



## POSITIVE THOUGHT

All we have to  
decide is what to do  
with the time that  
is given to us.

-Gandalf, Lord of the Rings

## THIS WEEK @ MCI

### Monday, 3/9

7:30-9 Coffee in the Lobby  
11 & 3 Walk It Out

### Tuesday, 3/10

12:15 Fitness Class in the EC  
11 & 3 Walk It Out

### Wednesday, 3/11

10, 11, 2 & 3 Walk It Out  
4:15 Fitness Class in the EC

### Thursday, 3/12

10, 11 & 3 Walk It Out

### Friday, 3/13

11 & 3 Walk It Out

## SMALL CHANGES = BIG DIFFERENCES

BALANCE  
MODERATION  
VARIETY

Want a quick and easy dessert option  
that's also nutritious?

Try this **chocolate avocado mousse!**

*For best results, heat the bananas and avocado in the  
microwave for 10 seconds before use.*

½ cup chocolate chips, melted  
2 ripe bananas, peeled  
½ avocado  
1 tsp vanilla extract

Combine all ingredients.  
Refrigerate until ready to serve.

## GET YOUR MOVE ON

**Stay motivated with your steps!**

What better way to focus your efforts  
than to have a goal in sight?

**Set a goal:** 10,000 steps a day,  
or prepare for one of our  
upcoming 5Ks!

Have fun walking in the

**Get Your Rear in Gear event,**  
**join the MCI team today.**

## Check out what's new for you this week at MCI...

In case you missed it, here's the link from last week's Campus Update email about **new discounts**:

[New discounts: The Prep Kitchen, Speed Zone, and Medieval Times](#)

## March is Colorectal Cancer Awareness Month!

Join us for the Colon Cancer Coalition 2020 "Get Your Rear in Gear" 5K Run/Walk on Saturday, March 21!

Please help support by joining our Moncrief race team: #TotallyFIT. Runners and walkers of all ages are welcome to join us!

To register, please visit the Moncrief team page

at <https://donate.coloncancercoalition.org/fortworth/moncrieftotallyfit>

## SMART Goals

Looking to make the most of your personal goals? Make sure they are SMART! The attached handout gives more details!