



MAKE THE MOST OF MUD SEASON!



April 2013

**Spring Risotto
Recipe!**

Ingredients

- 1 pound asparagus, trimmed & cut into 3/4-inch pieces
 - 1 3/4 cups low-sodium chicken broth
 - 2 tablespoons olive oil
 - 1 1/2 cups chopped onion
 - 2 garlic cloves, minced
 - 1 cup uncooked Arborio rice
 - 1 cup frozen shelled edamame
 - 1/4 cup 1/3-less-fat cream cheese
 - 1/2 teaspoon freshly ground black pepper
 - 1 ounce shaved Parmesan cheese
 - 2 tablespoons chopped fresh thyme
- For instructions click [HERE!](#)

PSU Walks is going strong. Contact Jill at [Healthy PSU](#) to arrange for a custom workshop for your group or work unit. All participants receive free pedometers, program guides and cool incentives for consistent walking!

Coming Soon: Walking with the President
President Steen is looking forward to Lunch Walks with YOU!

Circle Trot Community 10K Run & 5K or 2K Run/Walk

When: Sunday April 28, 2013 @ 9:30 AM
Where: PSU Ice Arena & Welcome Center

Family friendly – ALL ages & abilities are welcome & encouraged to participate!

Get a FREE T-SHIRT if you [register online](#)
Click [here](#) for more information!

Healthy Returns

When: Tuesday April 30, 2013
11:00 AM – 3:00 PM
Where: HUB Hage Room

Sign-up today for an appointment to learn more about your health & receive VISA gift cards for your participation

Stop by & learn about what Healthy PSU will be offering this summer & put your name in a raffle for some cool prizes (including a customized standing desk for your office)

Healthypsu@plymouth.edu
plymouth.edu/healthy-psu