November 2016

SWOSU Bulldog Wellness Committee

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Top stories in this newsletter

FREE Personal Training Offered
Abs Class, Toning, and Yoga Classes
FREE On-Site Health Checkups
Walking Works Winners Announced

Exercise Science Personal Training Services

- Have questions about exercise and strength training?
- Don’t know where to start or what to do?
- Need a little help to see the results you are striving for?

Exercise Science students are available at the Wellness Center two days a week to help you accomplish your goals and to be your fitness coach. The hours are from 12:00 – 2:00 on Tuesdays and from 4:30-6:30 on Thursdays. Students will be located by the chairs on the 2nd floor of the Wellness Center. THIS SERVICE IS FREE FOR ANY SWOSU EMPLOYEE. The Wellness Committee hopes you enjoy this service and you are able to get the help you need to accomplish your fitness goals.

Wellness Center Offers Classes Geared towards Faculty and Staff

The Wellness Center offers a variety of classes including:
Abs Class— Monday/Thursday 7 pm
Toning — Monday/Wednesday 8 pm
Yoga — Tuesday/Thursday 6:30 am; Wednesday Evenings 5:30 pm and 7:00 pm (All Students, Faculty and Staff); Thursday noon (Faculty and Staff).
Water Aerobics and Pilates coming in the spring.

Free On-Site Health Checkups

November 28-29 and December 5
Each checkup includes lab-accurate diagnostic blood work, a full medical history, a tailored Personal Health Report, and a private consultation with a board-certified Catapult Nurse Practitioner – all at the workplace and in just 30 minutes. For more information, check out their website at www.catapulthealth.com/

Walking Works Campaign Winners!

Congratulations to the top teams for the 2016 Fall Walking Works Competition!

DAWG Walkin’ – Bibliotroopers
Jason Dupree, Phillip Fitzsimmons, Ashlee Merritt, David Reed and Janet Slagell

DAWG Trottin’ – Walk This Way
Dirk Bouma, Ruth Butler, Michael Davis, Ashley Hancock and Jackie Reagan

DAWG Dashin’ – Hook it Up
Kendra Brown, Ruth Boyd, Charles Hulett, Kim Liebscher and Jordan Selman
Stocking the Pantry Competition

November 22 - December 22

Get your teams together and join the fun! Gather as many non-perishable food items together as you can and compete. Weekly winners are exempt from the fitness challenges (wall-sits, jumping jacks, etc.) and at the end of the month, teams will build a "food-sculpture" in the Wellness Center for a claim to the traveling trophy. Food drive winners will score a catered luncheon! Get more information at www.swosu.edu/bulldog-wellness. The fun starts November 22!

Healthy Lifestyle and Eating Well Resources

ChooseMyPlate.gov
MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal. Before you eat, think about what goes on your plate, in your cup, or in your bowl. Site includes resources about Eating on a Budget, Tips, Quizzes, Trackers, Create Your Own Cookbooks and more. www.ChooseMyPlate.gov

Healthy Eating Plate
Created by nutrition experts at Harvard School of Public Health and editors at Harvard Health Publications, this model provides simple guidance for making healthy choices at each meal. In addition, the Healthy Eating Plate is based on the most up-to-date nutrition research, and it is not influenced by the food industry or agriculture policy. www.health.harvard.edu/healthy-eating-plate

Dietary Guidelines for Americans, 2015-2020, Eighth Edition
The Dietary Guidelines for Americans are updated every five years by a committee that analyzes current research and scientific information on diet and health. The 2015-2020 Dietary Guidelines translates science into succinct, food-based guidance that can be relied upon to help Americans choose foods that provide a healthy and enjoyable diet. Its recommendations are ultimately intended to help individuals improve and maintain overall health and reduce the risk of chronic disease—its focus is disease prevention. www.health.gov/dietaryguidelines/2015/guidelines

Mayo Clinic Nutrition and Healthy Eating Center
Diet plays a significant role in diseases such as cancer, heart disease and diabetes. The Food & Nutrition Center features the latest in nutrition research and comprehensive articles on eating well. www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/basics/nutrition-basics/hcfa-2049477

Sugar Science
SugarScience provides evidence-based, scientific information about sugar and its impact on health. www.sugarscience.org

Bulldog Wellness ... goals and vision

The goal of SWOSU Bulldog Wellness is to encourage all members of the SWOSU community to lead and maintain a healthy lifestyle and to promote lifelong learning with access to the wellness activities and programs offered by the SWOSU campuses in Weatherford and Sayre. Wellness is a lifelong pursuit and sometimes we all need a little encouragement. SWOSU Bulldog Wellness offers the assistance you need through programs, activities and resources that support the health and well-being of SWOSU faculty, staff, and retirees.

BULLDOG WELLNESS INCLUDES:

- Campus and health system wellness activities
- Programs and support from SWOSU’s benefits providers
- An incentive program administered by Blue Cross and Blue Shield of Oklahoma, open to eligible faculty, staff, and retirees
- Online wellness coaching offered by Blue Cross and Blue Shield of Oklahoma
Healthy Recipes

TURKEY STROGANOFF

ACTIVE: 30 MIN
SLOW-COOKER TIME: 4 1/4 or 8 1/4 hours
TO PREP AHEAD: Prep vegetables and turkey; cover and refrigerate separately for up to 1 day.
EQUIPMENT: 5-6 quart slow cooker

8 cups sliced mixed mushrooms (about 20 ounces)
3 medium carrots, sliced
1 small onion
1 3-4 pound split turkey breast, skin removed, trimmed
1 cup reduced-fat sour cream
1/2 cup all-purpose flour
1/2 cup dry sherry
1 cup frozen peas, thawed
1 teaspoon salt
1/2 teaspoon freshly ground pepper
8 ounces whole-wheat egg noodles (6 cups dry), cooked
1/4 cup finely chopped flat-leaf parsley

1. Combine mushrooms, carrots and onion in a 5-6 quart slow cooker. Add turkey, meat-side down. Cover and cook on High for 4 hours (or on Low for 8 hours).
2. Transfer the turkey to a cutting board.
3. Whisk sour cream, flour and sherry in a bowl. Stir into the slow cooker along with peas, salt and pepper. Cover and cook on High until thickened, about 15 minutes.
4. Remove the turkey from the bone and cut into bite-size pieces; cover to keep warm.

When the sauce is done, gently stir in the turkey. Serve on noodles, sprinkled with parsley.

Makes: 6 servings, 1 1/3 cups stew & 1 cup noodles each
Calories: 437, Fat 6g (sat 3g), Cholesterol 110 mg, Carbs 43g, Total sugars 6g (added 0g), Protein 46g, Fiber 7g Sodium 545mg, Potassium 865mg

Submit your Most Amazing & healthy crock pot meal for your chance to win a Yeti Travel Cup or Fit Bit.

If you want to start your slow cooker in the morning before heading out the door, get your ingredients ready the night before. Refrigerate meat, vegetables and liquids in separate containers, not in the slow-cooker insert. Starting with a cold insert keeps food from heating quickly, which can be a food-safety risk.

If possible, please include nutritional information as the recipe above shows. Send recipes and a photo of the dish or your family preparing the dish to tamra.misak@swosu.edu. Submitted recipes will be included in future Newsletters.