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SWOSU BULLDOG WELLNESS

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SWOSU Bulldog Wellness Committee

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SWOSU

BULLDOG WELLNESS

February 2017



New Vari-Desks

The new Vari-Desks have been delivered and being utilized all over campus. The six desks were snatched-up within minutes of the posting and the waiting list has about 20 folks in line according to when they contacted us.

The employees who are using them will have four months to decide with they want to permanently own this type of desk. After the time is up, or when the department purchases their own, the desk will go to the next person in line. What a great response! Anyone wishing to get on the waiting list can contact Lynne Thurman.



Pilates Coming to SWOSU

We have our own Dr. Kelly Logan on board to begin a Pilates Class for our employees. The class is free to all SWOSU staff and faculty.

Pilates is a physical fitness system developed in the early 20th century by Joseph Pilates. Pilates called his method

"Contrology." It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

The core, consisting of the muscles of the abdomen, low back, and hips, is often called the "powerhouse" and is thought to be the key to a person's stability. Pilates' system allows different exercises to be modified in range of difficulty from beginner to advanced or to any other level, and also in terms of the instructor and practitioner's specific goals and/or limitations. Intensity can be increased over time as the body conditions and adapts to the exercises. Classes will start March 1, 2017 and will be two days a week for six weeks.

Water Aerobics at the SWOSU Pool

We are offering this fun, new activity two times per week. Taught by Chelsie Griffith and open to all students, faculty and staff on Monday and Wednesday at 5:30pm- 6:30pm free of charge.



SWOSU Pool Hours

SWOSU Pool Hours – Spring 2017

MTWRF

6-7:50 AM, 12-1:50 PM

MWRF

5-7 PM

Closed Tuesday evening for SCUBA

Weight Watchers is Coming!

We will be starting Weight Watchers for SWOSU employees the week after spring break. SWOSU will be helping with a large part of the participation fees. If you are interested or know anyone who would like to join, please respond to either Lynne Thurman or Janet Slagell.



Sarah Yount has informed us that the Diabetes Prevention Program is continuing with great success! The six-month weight goals were almost totally met within the first three months.

The National Diabetes Prevention Program is a CDC-

recognized program that is proven to prevent or delay type 2 diabetes. Studies show that individuals who participate in a lifestyle changing program like this have reduced their risk of type 2 diabetes by 58% while medication alone reduced the risk by 31%.

It is a 12-month class that meets approximately once weekly for the first six months, then one to two times per month the remaining six months. The class is focused on equipping participants with prediabetes to practically and realistically change their lifestyle to help lower the risk of diabetes and other health problems.

If you would like to join the program, contact Sarah Yount or Lynne Thurman.

“Biggest Loser” Update

Amber Sturgeon is heading-up the Biggest Loser this semester. The starting weight for the 38 participants was 7,264 lbs. with an average weight of 191 lbs.

Many of the Biggest Loser Participants are teamed up with an Exercise Science Student. The students are working with them and helping each participant reach their health and wellness goals. Way to go!!

“Battle Steps” FREE Game App

Life is more fun when you defeat someone! **BattleSteps** turns walking into an engaging and delightful game anyone can play and win!

This handy app intelligently matches you to a new walking opponent every day for a 12-hour steps challenge. It's a simple way to get more steps in a day.

BattleSteps is for anyone who likes walking and enjoys a challenge. Because opponents are automatically picked by the app, it's a no-pressure fun challenge.



Useful Websites

- **Valuable medical information:** Online communities for different kinds of cancers, heart failure, lupus, psoriasis, stroke, etc. Knowledgeable patients and caregivers discuss treatments, side effects, clinical trials, new research results and other topics. **Smartpatients.com**
- **Home exercise library:** Detailed instructions for hundreds of exercises. Select by muscle group, fitness level, equipment needed (many require nothing special) or level of difficulty. Workout plans are included. **HomeGym-Exercises.com**
- **How fast does your brain work?** Test your problem-solving and reaction times – and see how you compare with others. Data for this citizen science project has already been collected from 1.3 million volunteers around the world. **TestMyBrrain.org/about.html#**
- **Figure it out:** Calculators for weight loss and body mass...retirement needs...fuel costs...auto lease/loan costs...compound interest...more. **Calculator.net**