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SWOSU Bulldog Wellness Committee

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Summer travel season is almost here

Studies show that eating out at both fast-food and full-service restaurants resulted in diners consuming about 200 additional total daily calories, plus more sodium, sugar and saturated fat.

1. SHARE THE SPLURGE - When eating with a friend, share a salad or appetizer along with an entree. Portion control is my number 1 issue. If it’s on my plate, I’m probably going to eat it. Sharing a meal means that I get to enjoy a variety and it helps to ensure I won’t go too crazy. If you have the willpower, unlike me, save half of your meal for later and get two for the price of one.

2. MODIFY THE MEAL - Introduce smart swaps to make the meal work for you. Get your protein steamed, grilled or baked instead of fried, for example. Add something green and fresh to the mix (healthy side dishes are a good thing to include).

3. PILE ON THE PLANTS - Get a fruit plate to start or end your meal. And, even if it’s not on the menu, a lot of restaurants can throw together a side of steamed or grilled veggies — broccoli or spinach should be attainable — just ask.

4. SIDELINE THE SAUCE - You’ve heard this before, but ask for your dressing and sauce on the side. There are a lot of hidden calories, sodium and fat in those deliciously drizzled condiments — when it’s on the side, you can control how much you are consuming.

5. DRINK UP - Fill your glass with water — I know, I know, everybody says that — but that’s because staying hydrated has major benefits! It’s especially important to stay hydrated when traveling, but it’s also a great way to cut back on empty calories and sugar when you don’t have control over your food options.

Are you caring for an elderly parent?
The SWOSU Health and Wellness website offers many resources and online sites to help with your journey. These include housing options, Alzheimer’s care, support groups, and many other caregiver and community resources. [http://www.swosu.edu/bulldog-wellness/elder-care.aspx](http://www.swosu.edu/bulldog-wellness/elder-care.aspx)
**Weight Watchers @ Work**
Twenty-three employees enrolled in the 17-week program beginning the end of March. A total of 41 pounds was lost during the first week! 80.6 pounds have been lost to date. The Health and Wellness Initiative is covering half the cost of the program for employees and their dependents.

**Happiness increases with age**
Even though aging is tied to declines in physical health and cognition, older people report more satisfaction, happiness and well-being than younger ones, on average…and less anxiety, stress and depression.

**Recipe of the Month**
Classic ranch typically combines about a cup of buttermilk and 1/4 cup mayonnaise. **This recipe** from “Show Me The Yummy” adds Greek yogurt while completely nixing the mayo and reducing the amount of buttermilk to just 1/3 cup. The whole recipe (which makes 1 1/2 cups) is only 206 calories total, while a 2-tablespoon serving of that classic ranch has about 140 calories.

**Move of the Week**
**Superman Lower Back Exercise**
“It’s a bird. It’s a plane. It’s Superman!”

Perform the Superman exercise on a mat. Lie flat on your stomach with your arms extended in front of you on the ground and your legs lying flat. Lift both arms and legs at the same time, as if you were flying, and contract the lower back. Make sure that you are breathing and, depending on your fitness level, hold the movement for at least two to five seconds per repetition. Again, depending on your fitness level, perform between five and 10 repetitions and possibly two or three sets.

Move courtesy of LiveStrong.com + photo courtesy of FitStudio.com

**Diabetes Prevention Program**
There are nine enrolled in the 12-month program and to date they have cumulatively lost 137.8 pounds! This calculates to be 6.86% average total body weight loss for the group. CDC requirements were to have reached 5% by the 6-month mark. Great work everyone!

**Mind Tip The power of deep breathing: mental clarity and calmness.**
We know it’s easy to write off deep breathing as some kind of how-to-book hocus-pocus. But there’s real science here. Taking a deep breath through your nose triggers the release of nitric oxide, which has a calming effect and opens up your blood vessels. (Think about why this helps. When your blood pressure rises in stressful situations, it’s because those arteries constrict, making it harder for blood to pass through. So when those arteries open up, your blood pressure lowers, and you feel much calmer.)
Thinking about how you really feel and understanding your feelings lead to that awareness of triggers and anticipation, which leads to learning how you can neutralize the response, which then can lead to practice. That’s when the neutralizing response becomes so automatic that it’s like the chopsticks you played after a year of piano practice — tough the first time, so automatic the 80th that your neighbors could hum it. The second way deep breathing helps is by giving you some mental clarity, which can help you make specific decisions to solve your stresses. Whether you choose to do deep breathing by yourself in a meditative way or perhaps in a yoga class or in the few minutes after the knucklehead cuts you off in traffic, the fact is that deep breathing serves as a method by which you clear your mind of clutter and piece together smart, rational approaches to your issues.

Excerpted from *Age-Proof: Living Longer Without Running Out of Money or Breaking a Hip* by Michael F. Roizen, MD, and Jean Chatzky.