



## October 2017

SWOSU Bulldog Wellness Committee

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# SWOSU

## BULLDOG WELLNESS

October 2017



### Is Back Pain Holding You Back?

Almost everyone will experience lower back pain at some point. In fact, it's the most common cause of job-related disability and it's a top reason for missed work. Luckily, most lower back pain only lasts a few days. This is known as

acute back pain, and although it can be very painful, it's usually not serious.

#### Common Causes

Muscle strain is one of the most common causes of acute lower back pain. Muscle strain can stem from activities such as lifting something heavy or moving suddenly.

#### How to Treat at Home

For simple back pain caused by overuse, try the following:

- Apply heat; warm, wet washcloths or a warm bath may reduce muscle spasms.
- Try a rub-on cream or ask your healthcare provider about over-the-counter pain medicines.
- Take it easy, but continue your usual activities. Avoid bed rest.
- Sleep on your side with a pillow between your knees.

If your back pain does not improve, or gets worse, notify your healthcare provider. See your healthcare provider right away if your back pain is the result of a fall or injury, or your back pain is accompanied by fever, trouble passing urine, numbness in your legs or muscle weakness.

#### Prevent the Pain

- Practice good posture when you sit, stand and walk.
- Get regular, low-impact exercise like walking, swimming or riding a stationary bike and remember to stretch before you exercise.
- Wear low-heeled shoes with good support.
- Don't try to lift things that are too heavy for you. When you must lift, bend at your knees, not your waist.



### Walking Club

The SWOSU Walking Club is meeting every MWF, 12:10 pm, at the Wellness Center. Fit fitness into your workday with a 30-40 minute walk and receive the benefits of

social support, stress relief, and renewed energy.

### Check Your Numbers Health Screening

Monday 11/6, 11/7, or 11/8 at the Wellness Center

Screening Appointments offered every 15 minutes. 7:30am to 4:00pm. Screenings are provided by Catapult Health and SWOSU Bulldog Wellness.



#### Why check your numbers?

Checking your numbers is one of the best ways to evaluate your health by identifying your risk and providing motivation for managing your health. Even if you feel great and look healthy, you may not know what's going on inside. Many diseases are "silent" and affect

your health long before you feel anything wrong.

Check Your Numbers is a voluntary, fasting health screening including total cholesterol, HDL, LDL, and triglycerides, glucose, blood pressure, weight, body mass index (BMI), and waist circumference. Receive your confidential results (seen only by program staff) and resources for follow-up immediately. Plan for 20-30 minutes to complete the screening. You will be able to schedule your appointment online.

### Walking Works



The competition is on its third week now. It started on September 11<sup>th</sup> and will end (at midnight!) Friday, November 10<sup>th</sup>. We look forward to

handing out some great prizes!



### SWOSU Pool Fall & Spring Hours

Monday-Friday 6 a.m.- 8 a.m.,  
12p.m.- 2 p.m., 5p.m. – 7 p.m.  
Tuesday 5 p.m. -7p.m. (closed)

### Water Aerobics Mondays,

Tuesdays & Wednesdays 6 -7 p.m.



### Square Dance

Taught by Phillip Snider,  
Tuesday evenings, 7:00 pm –  
9:00 pm. First 3 lessons free;  
by donation thereafter.

### Weight Watchers @ Work

Meetings are on Mondays in the  
Stafford/Room 201. Weigh-ins are at  
12:00 p.m. to 12:15 p.m. and the  
meeting begins at 12:15 p.m. Contact  
Janet Slagell (7023) or Kathy Megli (7070).



### Thai Basil Chicken

#### Ingredients:

- 1 1/4 lbs. boneless, skinless chicken breasts, sliced into thin strips
- 2 tbsp. oyster sauce
- 2 tbsp. light soy sauce
- 5 cloves garlic, minced
- 1 serrano chile, seeded and minced (keep seeds for extra hot)
- 2 teaspoons vegetable or canola oil
- 3 cups fresh Thai or regular basil leaves
- cooked jasmine rice, optional for serving



#### Directions:

In a bowl marinate the chicken with oyster sauce and soy sauce 10 minutes.

Heat a large nonstick skillet or wok over medium-high heat, when hot add the oil, garlic and chili and cook until fragrant, about 30 seconds. Increase the heat to high and add the chicken and cook, stirring until just cooked through, about 4 minutes.

Add the basil and cook until wilted, about 1 minute.

Serve over rice.



### Bulgarian Split Squat

Click link above to view a video of this move!

### Did you know that nasal bacteria help produce a powerful antibiotic?

The antibiotic, created using a type of staph bacteria found in about 30% of people's noses, appears strong enough to be used against antibiotic-resistant infections, such as MRSA.

Study by researchers at University of Tübingen, Germany, published in *Nature*.



### SWOSU Fitness Classes [Click link to view](#)



Join us for "I Will", our new 5 week commitment to health and wellness  
For those that want to jumpstart a new healthy lifestyle, this free 5-week

program will equip you with the skills you need to get started. I WILL! is an interactive program that includes nutrition and fitness assessments, a hands-on cooking class and grocery tour, weekly workouts, and a pedometer app for your smart phone to encourage you to work toward 10,000 steps a day. Don't think about how many other times you've promised to do this for yourself – this time just say I WILL!

#### Nutrition Classes:

**Our lunch meetings will begin at 12:00pm in the SWOSU Conference Center; they will end by 12:50pm)**

**October 3<sup>rd</sup>** – Basic Nutrition looking at Fats, Sugars, and Carbs- We will be looking at different foods and the amount of fat and sugar. We will have some food models and some experiments to look at. How much sugar does your Route 44 drink have? (RSVP to [lynne.thurman@swosu.edu](mailto:lynne.thurman@swosu.edu) for a provided lunch or bring your own)

**October 10<sup>th</sup>** - Meet at United Supermarket for a Grocery Store Tour- We will take a quick look at some items on the store shelves that would be healthier choices. We will look at labels and see if we really know what we are eating. (RSVP to [lynne.thurman@swosu.edu](mailto:lynne.thurman@swosu.edu) for a provided lunch or bring your own)

**October 24<sup>th</sup>** - Food Prep Ideas/ Food Safety – We will be looking at new gadgets and things that can help you get the job done easier and quicker. We will also discuss some home food safety issues. (RSVP to [lynne.thurman@swosu.edu](mailto:lynne.thurman@swosu.edu) for a provided lunch or bring your own)

**November 1<sup>st</sup>** - Healthy Pressure Cooker Cooking- We will look at a variety of pressure cookers and make some dishes for you to try. This is a new product that save time and money for the busy family. (RSVP to [lynne.thurman@swosu.edu](mailto:lynne.thurman@swosu.edu) for a provided lunch or bring your own)

#### Workouts:

Mondays, Resistance Bands, Wellness room 144, 12-1 pm

Tuesdays, Water Aerobics, Rankin from 6-7 pm

Thursdays, Circuit Training, Wellness room 144, 12-1 pm,  
Water Aerobics, Rankin from 5-6 pm