



November 2017

SWOSU Bulldog Wellness Committee

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SWOSU

Bulldog Wellness

November 2017

Five Fitness Myths Debunked



Getting and staying fit is challenging enough without having to deal with bad information.

Myths like “no pain, no gain” are so common that everybody talks about them at the gyms and health clubs, causing confusion and, worse, injury. To help set the record straight, here are five popular fitness myths and the facts that debunk them.

“You have to work out hard and frequently every day to get fit.”

You don’t need to have the workout regimen of a marine boot camp drill sergeant to get in good shape. Frequent and moderate-intensity exercise can be effective in increasing and maintaining your fitness level. Running, cycling, walking, swimming or performing any sustained aerobic activity three or four times a week at a moderate intensity for 30-45 minutes will do the trick. Or, according to the American Council on Exercise (ACE), you can shoot for three 20-minute sessions at vigorous intensity.

“Eating protein supplements will make me muscular.”

This falls under the fitness myth category of a “magic bullet” that promises everything from instant washboard abs to unlimited energy. Simply put, complex carbohydrates, such as fruits, vegetables and whole grains, are the best, and easily accessible foods for exercise energy. It’s true that moderate protein helps muscles recovery from exercise, but it

is a progressive strength training program that builds muscle and not an excessive amount of protein shakes.

“No pain, no gain.”

There’s nothing wrong with a moderate amount of muscular soreness within 48 hours of a good workout, as long as it isn’t centered on joints. Moderate muscle soreness just means you have a bit of inflammation and microscopic tears in the elastic tissues that surround muscle fibers. This is a completely normal and desirable effect of exercise that ultimately results in stronger muscles. But sharp pain or high discomfort in joints or muscles during exercise is usually a sign that you’re overdoing it and need to back off.

“I can eat anything I want because I exercise.”

Everything in moderation is the real key. According to the American Dietetic Association, good nutrition in the form of complex carbohydrate and moderate protein helps maintain body weight, replenishes energy stores, and builds and repairs tissue. Plenty of natural foods—vegetables, fruits, whole grains—and moderate amounts of meats, fish and dairy, as well as avoiding processed, junk and fast foods is the diet your body needs to really leverage the benefits of exercise.

“You should exercise at a low intensity to lose weight.”

You may have heard of the “fat burning zone” of low-intensity workouts, but recent studies question whether this is the best way to lose fat. The simple truth is that it’s calories burned and eaten on a daily basis that most determines whether you lose weight or not. If anything, a recent study from the American

College of Sports Medicine concluded that short, higher intensity aerobic exercise, called interval training, can help you lose weight quicker than longer, low-intensity workouts.

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. Sign up here:

www.TimeConfirm.com/swosu. 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. Schedule your appointment online.

Walking Works

The competition is on its fifth week now. It started on September 11th and will end (at midnight!) Friday, November 10th. We look forward to handing out 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.



Low-Cal Fettuccine Alfredo

1 unsalted butter
1 clove garlic, minced
1 teaspoon grated lemon zest
2 teaspoons all-purpose flour 1 cup (2%) milk
Kosher salt
2 tablespoons Neufchatel or low-fat cream cheese
3/4 cup grated parmesan cheese
3 tablespoons chopped fresh parsley
12 ounces cooked fettuccine
Freshly ground pepper

Melt the butter in a skillet over medium heat. Add the garlic and lemon zest and cook until the garlic is slightly soft, about 1 minute. Add in the flour and cook, stirring with a wooden spoon, 1 minute. Whisk in the milk and 3/4 teaspoon salt and cook, whisking constantly, until just thickened, about 3 minutes. Add the cream and parmesan cheeses; whisk until melted, about 1 minute. Stir in the chopped parsley.

Add the sauce and 1/2 cup of the reserved pasta cooking water to the pasta and gently toss to combine, adding more cooking water as needed to loosen. Season with salt. Divide among bowls and top with parmesan and pepper. (Add rotisserie chicken or cooked shrimp for added protein!)

SWOSU Fitness Classes (click link to view)

I Will!

Commit to Wellness

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 3rd – 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 for a provided lunch or bring your own)

October 10th - 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 for a provided lunch or bring your own)

October 24th - 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 for a provided lunch or bring your own)

November 7st - 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 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

WalkingWorks begins September 11 and ends November 10 and don't forget **Walking Club** every Monday, Wednesday, and Friday at lunch!

Programs facilitated by Radonna Sawatzky, Custer County Family and Consumer Sciences Extension Educator- SWOSU Alumni

Radonna Sawatzky graduated from Weatherford High School and received her Bachelor of Science Degree in Vocational Home Economics from Southwestern Oklahoma State University in 1988. She then began her Career with OSU Cooperative Extension Service and completed her Masters of Education from SWOSU. Radonna also holds an Elementary Education Degree and Early Childhood certificate from SWOSU. Radonna has focused her career on teaching, nutrition, food Safety and parenting in Custer County. She has worked for the OSU Cooperative Extension Service for 29 years.