



December 2017

SWOSU Bulldog Wellness Committee

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SWOSU

Bulldog Wellness

December 2017

Exercises for Every Age!

These workout ideas for cardio, strength and flexibility are tailor-made for your age to help you stay at the peak of health for decades to come.

-AllianceHealth Oklahoma

40- Your body shrinks by about half an inch every decade. You also start gaining more fat around the waist, which means you're getting shorter and wider at the same time. Put a curb on the pear shape with exercises that burn belly fat and elongate your physique.

Cardio: Swimming

Swimming is not only great for your heart, but has also been shown to elongate your muscles, helping you become longer and leaner.

Duration 30 min. Frequency: 3 days/week

Strength: Leg Raises, Crunches

These exercises target the tummy in three different ways, working the upper, lower and side abdominal muscles. Duration 2 rounds of 8 reps per exercise (alternating) Frequency: 2 days/ week

Flexibility: Spinal Stretch

Sitting comfortably on the ground with your legs extended, lean forward until you achieve an even curve of the spine. Hold for 45 seconds. You can also shift your shoulders slightly to the left or right as you stretch. Duration 3 reps Frequency: Daily

50- You're likely starting to feel the effects of perimenopause (or "menopause" for men). Hormone changes can lead to fatigue and sleep disturbances, leaving you feeling zapped of energy.

Don't push yourself. Instead, take 10-minute bursts of activity throughout the day are just as beneficial as one long workout. Instead, take your exercise in small doses. Studies show several 10-minute bursts of activity throughout the day are just as beneficial as one long workout.

Cardio: Dance Aerobics

Aside from the health benefits, breaking a sweat (even a short one) increases blood flow to your muscles and brain, helping you feel more alert.

Duration: 10 min., 3x/day Frequency 3 days/week

Strength: Squats, High-Knees

Muscles burn more calories at rest than fat, and your glutes are one of the biggest muscle groups in the body. Squats help build these powerhouse muscles, while high-knees tone and lengthen them.

Duration: 3 rounds of 30 seconds per exercise (alternating) Frequency: 2 days/week

Flexibility: Leg Stretch

Sitting on the ground, extend one leg out and keep the other tucked. Lean forward and touch your toes, holding for 45 seconds. Repeat for both legs. This will help relieve joint pain in the legs.

Duration: 2 reps for each leg Frequency: Daily

60- With retirement near and the kids all grown up, your 60s are a time for discovering new interests. Take this opportunity to find hobbies that are fun and active without being too strenuous.

Cardio: Golfing

In case you didn't think golf counts as exercise, playing 18 holes on foot translates to about five miles of walking – well above the daily activity level recommended by the American Heart Association. If golfing isn't your thing, try a brisk walk in the park.

Duration: 1 hour Frequency: 3 days/week



Strength: Resistance Band Arm Curls

With the center of a resistance band under your foot, place your hands on the handles and pull up, keeping your elbows at your sides. Resistance bands provide the resistance needed for promoting new bone growth without impact to the joints.

Duration: 3 rounds of 8 reps Frequency: 2 days/week

Flexibility: Group Yoga

Group fitness classes offer a built-in cheerleading team, provide customized, achievable goals and add an element of social connection that can wane later in life.

Duration: 1 hour Frequency: 2-3 days/week

Recipe of the Month



Lynne's Sheet Pan Balsamic Baked Chicken

Preheat oven to 350 degrees

Boneless skinless chicken thighs, breasts, or legs

½ c balsamic vinegar

½ c red wine or broth

4 cloves minced garlic

2 tsp kosher salt

2 T fresh rosemary chopped

2 T olive oil

Pepper or red pepper flakes to taste

1 onion sliced

Cubed potatoes, winter squash, carrots, Brussel sprouts or any combination of vegetables.

Combine all ingredients in a foil lined sheet pan tossing to mix and arranging chicken on top of veggies. Roast for 1 hour or until chicken is cooked through and vegetables are tender.

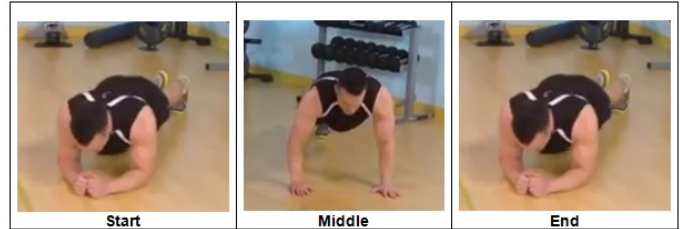
Flextime and Compressed Work Weeks are available for all SWOSU Employees!

If you are interested in one of these options, you will need to be in agreement with your supervisor and then contact Human Resources for final approval.



Move of the Month

Elbow to Hands



LOW LEVELS OF VITAMIN D ARE LINKED TO CHRONIC HEADACHES

Men with levels below 50 nmol/l were more likely to report chronic headaches... and those with the lowest levels were more than twice as likely to have headaches as those with the highest levels. If you often have headaches, have your doctor check your vitamin D level. If your level is low, supplements may be needed.

Jyrki Virtanen, PhD, is adjunct professor of nutritional epidemiology at Institute of Public Health and Clinical Nutrition, University of Eastern Finland, Kuopio.



Biggest Loser Begins January 22!

It's that time again – the competition starts in January and everyone is invited! We'll be competing for great prizes for both a male and female winner on each campus.

Personal trainers are once again available – but be aware, these people are serious!

Be sure to sign-up early as students are available first come, first served. To sign-up, contact Dr. Amber Sturgeon: amber.sturgeon@swosu.edu

Weight Watchers will be starting another session in January – stay tuned for more news to come.

SWOSU Pool 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.