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SWOSU BULLDOG WELLNESS

Newsletters

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# January 2018

SWOSU Bulldog Wellness Committee

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# SWOSU

## BULLDOG WELLNESS

January 2018

### Go with your Gut

Healthy Living Magazine



According to numerous reports, digestive problems account for more than 200 million doctor visits and billions of dollars in health care costs annually.

What's becoming more evident as

research delves deeper into the gut is that these bacteria imbalances can impact more than just digestive health.

Research from John Hopkins University School of Medicine shows that the composition of gut bacteria changes when the body is exposed to different diseases. Mayer explains that part of the human hormonal and endocrine systems are also in the gut. Hormones stored in specialized cells along the lining of the gut have been found to have a prominent role in appetite regulation.

Probiotics are the good bacteria in your gut and primarily come from fermented foods and yogurt. Those foods that feed the good bacteria are referred to as prebiotics (apples, onions, garlic, bananas). Feeding the gut a combination of prebiotics and probiotics can help resolve digestive issues and increase overall health.

Mayer suggests eating a diet low in calories, with nearly two thirds of those calories plant-based, and little to no refined sugar. The key is not to think of it as a diet, but more like a lifestyle change.

### Gut bacteria impacts on health

The trillions of bacteria that live inside your digestive system have largely positive and sometimes negative effects on the whole body.

#### **Positive:**

*Immune Health* - Good gut bacteria help create a protective barrier that prevents unwanted immune system activation.

*Vitamins* - It's through this bacteria that vitamins B and K are synthesized, and iron and calcium are absorbed.

*Metabolism* - Many plant-derived fibers would not be metabolized by the body without the proper gut bacteria.

#### **Negative:**

*Obesity* - A recent discovery has shown a significant difference between the gut bacteria of obese and average-weight adults.

*Inflammation* - Bad bacteria play an important role in the development of chronic inflammation throughout our body, which increases the risk for Type 2 diabetes, heart disease and Parkinson's disease.

### 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.



## 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.

## Recipe of the Month

**Lemon & Dill Chicken**  
(170 calories per serving)  
Ingredients



- 4 boneless, skinless chicken breasts, (1-1 1/4 pounds)
- Salt & freshly ground pepper, to taste
- 3 teaspoons extra-virgin olive oil, or canola oil, divided
- 1/4 cup finely chopped onion
- 3 cloves garlic, minced
- 1 cup reduced-sodium chicken broth
- 2 teaspoons flour
- 2 tablespoons chopped fresh dill, divided
- 1 tablespoon lemon juice

Preparation Active 30m Ready in 30m

1. Season chicken breasts on both sides with salt and pepper. Heat 1½ teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.
2. Reduce heat to medium. Add the remaining 1½ teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.

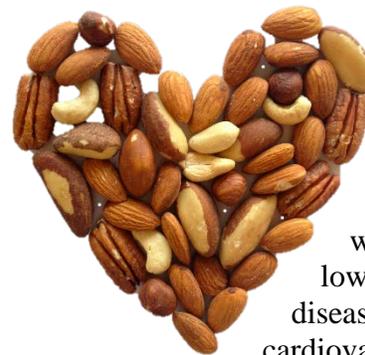
3. Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.

## Move of the Month



Bird-Dog

**Weight Watchers @ Work starts January 8<sup>th</sup>!**



## Can Nuts Lower Your Disease Risks?

Just a few nuts a day may lower disease risk. In a review of studies, people who ate nuts had a 29% lower risk for coronary heart disease...21% reduce risk for cardiovascular disease...and 15% lower risk for cancer. Nut eaters also had a 52% lower risk for respiratory disease...39% lower risk for diabetes...and 75% reduced risk for infectious disease. Most risk reduction for all diseases occurred in people who ate just one ounce of nuts per day—about two dozen almonds or 15 pecan halves.

Review of data from 20 prospective studies led by researchers at Imperial College London, UK, and Harvard T.H. Chan School of Public Health, Boston, published in *BMC Medicine*.

## Know Your Numbers SWOSU Results:

Four who were unaware that they were diabetic  
Two who were unaware that they were hypertensive  
18 who were unaware they were dyslipidemic