



## February 2018

SWOSU Bulldog Wellness Committee

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# SWOSU

## Bulldog Wellness

February 2018

### Does the Type of Sneaker Matter?

“Barefoot sneakers” strengthen legs and feet more effectively than regular sneakers. These minimalist shoes have stretchy-fabric uppers, zero heel-to-toe drop and a three-millimeter outer sole-with no midsole cushioning or arch support. Runners who used them for six months had 7% larger leg muscles and 9% larger foot muscles-while those who used regular sneakers had no muscle increase.



Study of 38 runners led by researchers at Hong Kong Polytechnic University, Hung Hom, Kowloon, published in *Clinical Biomechanics*.

-BottomLine Personal



### What is COPD and How Can I Help Prevent It?

Chronic Obstructive Pulmonary Disease, or

COPD, is the term for a group of progressive lung diseases that lead to inflammation and destruction of the airways and air sacs of the lungs. The two major forms are emphysema and chronic bronchitis. Emphysema destroys the air sacs in the lungs that help move oxygen into your bloodstream, and bronchitis leads to inflammation of the bronchial tubes, causing them to narrow and become clogged with mucus, limiting airflow. Patients with COPD often have both conditions.

The main presenting symptom of COPD is difficulty breathing and unexplained shortness of breath. This breathlessness may start out fairly mild but usually

increases over time, and often becomes worse with activity. Other symptoms include a slowly evolving chronic cough, wheezing, tightness in the chest and excess phlegm production.

COPD is the third leading cause of death in the U.S. and the largest risk factor by far is cigarette smoking. Although not everyone who smokes will develop COPD, about 90 percent of those who do are smokers or former smokers. The longer you smoke, the greater your risk - so the sooner you quit, the better.

COPD can develop over a long period of time before symptoms become noticeable. Anyone with breathing difficulties needs to be evaluated as soon as possible not only for COPD but for other high-risk illnesses, so talk to your doctor as soon as you notice any concerning symptoms. Unlike many other illnesses, once the damage to your lungs is done there is little you can do to reverse the destruction. The sooner COPD is diagnosed the sooner you can start taking measures to minimize any future lung damage.

Patients with COPD have a higher risk of heart disease, high blood pressure, lung infections and lung cancer, and it frequently presents alongside these illnesses. Smoking increases the risk for all of these diseases, quitting smoking reduces all of these risks. It's a recurring theme: smoking is not good for your lungs or heart or any other part of your body.

Travis Stork, M.D., is a board-certified emergency room physician and the host of the Emmy Award-winning TV series *The Doctors*, The New York Times best-selling author of *The Doctor's Diet*, and *The Doctor's Diet Cookbook*. Visit [thedoctorstv.com](http://thedoctorstv.com) for more information.

-Healthy Living Magazine

## Crescent Chick-Be-Quicks

### Ingredients

¾ cup crushed canned french-fried onions  
1 tablespoon flour  
¼ teaspoon seasoned salt  
8-ounce can refrigerated crescent dinner rolls  
1 whole chicken breast, skinned, boned, cut into 16 pieces\*  
1 egg, beaten  
Sesame or poppy seed

### Directions

Heat oven to 375°F. Lightly grease cookie sheet. In small bowl, combine french fried onions, flour and salt; blend well. Set aside. Separate dough into 8 triangles. Cut each in half length-wise to make 16 long triangles. Dip chicken pieces in beaten egg; coat with onion mixture. Place one coated piece on wide end of each triangle; roll to opposite point. Place point side down on greased cookie sheet. Brush tops with remaining beaten egg; sprinkle with sesame seed. Bake at 375°F. for 12 to 15 minutes or until golden brown. Serve warm or cold. 16 snacks.  
\*About ½ pound, skinned and boned chicken.  
100 calories

## Recipe of the Month



## Water Aerobics

Mondays, Tuesdays & Wednesdays 6 -7 p.m.



## Biggest Loser

After 2 weeks, there were 31.3 pounds lost. It's an 8 week program so all those BL participants are off and running!

## Nature's Pain Killers



There are herbal supplements for pain relief that are legal in all states. These include willow bark, devil's claw, turmeric and ginger. They contain powerful anti-inflammatory and pain-relieving compounds—willow bark's *salicin* (similar to the active ingredient in aspirin), devil's claw's *iridoid glycosides*, turmeric's *curcumin*, ginger's *gingerols*. Each has been the subject of clinical trials demonstrating efficacy (although more clinical research is warranted)—and they all have good safety records. *Reminder:* Always consult with your physician or pharmacist before taking a new drug or supplement.

**Source:** Mark Blumenthal, PhD, founder and executive director of the American Botanical Council, Austin, Texas, and editor of its publication, *HerbalGram*. [HerbalGram.org](http://HerbalGram.org) **Date:** February 15, 2018



## 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)



## Air Bike Crunches



**Classes Offered on Campus**