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SWOSU Bulldog Wellness Committee

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SWOSU

BULLDOG WELLNESS

November 2018



Healthier Dishes to Serve This Thanksgiving

This year, why not make Thanksgiving not only delicious but also a health-boosting experience that's truer to the origins of the holiday? For most of us, our traditional Thanksgiving meal has shifted away from the natural foods enjoyed by the 17th-century celebrants. But it's not that difficult to get back to preparing delicious food that is fresh from the harvest…and packed with nutrition.
Here's my advice on how you can get started…

- **Make your own cranberry sauce.** It is easy, economical and much healthier to make your own cranberry sauce instead of buying the canned, highly sweetened version. All you need is a bag of fresh cranberries, an orange and a little sugar. The recipe is on the package of fresh cranberries found in grocery stores all over America. I suggest using about half the amount of sugar that is called for (or a similarly reduced amount of a sweetener you may prefer, such as stevia, honey, date sugar or even maple syrup, though it may alter the consistency of the sauce). Use an organic orange so you can add the whole fruit, including the peel (chopped), which will soften and add a marmalade-like quality to your cranberry sauce. Preparing cranberries this way preserves more of the antioxidants and heart-healthy nutrients that naturally occur in the fruit.
- **Try hummus as an appetizer.** Instead of cheese, crackers, salami and dairy-based dips and chips, try hummus (combine mashed chickpeas, tahini, olive oil, lemon juice and garlic) and raw veggies. This combo is a great calories than the appetizers we often choose. Raw veggies also contain lots of fiber, which will fill you up a bit, so you won't eat too much before the turkey arrives. They also help with digestion and elimination of this big holiday meal. If carrots and celery are old hat, try jicama, cauliflower or daikon (white winter) radishes.
- **Bake potatoes whole.** Instead of mashing potatoes and mixing them with lots of butter and milk, try baking them instead. I like whole baked sweet potatoes—they are a great source of vitamins A, C, B-5 and B-6, potassium, manganese and copper. You can enjoy your baked potatoes plain with the stuffing (instead of white-bread croutons, try whole-wheat croutons, corn bread, chestnuts, mushrooms and celery), turkey and gravy, which will provide the fat we all enjoy—plus, we all need some fat to stay healthy!
- **Choose veggies harvested later in autumn.** Opt for broccoli, kale, brussels sprouts and thick-skinned squash such as acorn or butternut. If possible, buy these vegetables in late autumn from local growers. These steps help ensure that the veggies haven't been stored and/or shipped across country. *Also:* Don't slather your veggies with butter—use lemon juice, a small amount of olive oil and your favorite fresh herbs instead.
- **Serve peppermint or ginger tea at the end of the meal.*** It's natural to overindulge in such scrumptious foods. These teas reduce gas and bloating to tame indigestion naturally.

With these simple approaches, your Thanksgiving will be much healthier—and even more enjoyable! -
https://bottomlineinc.com



Walking Club

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



SWOSU Fall Pool Hours

Monday-Friday
6:00-8:00 a.m. 12:00-2:00 p.m.
5:00-7:00 p.m. (except Tuesday)

Water Aerobics

Monday-Wednesday 6:00–7:00 p.m.
Thursday 5:00-6:00 p.m.

Recipe of the Month



Canberry-Pear Wild Rice Stuffing

Ingredients

- 2 1/2 cups low-sodium vegetable broth
- 2/3 cup raw wild rice
- 1 1/2 tablespoons olive oil
- 1 medium red onion, chopped
- 2 large celery stalks, diced
- 2 medium firm pears, cored and diced
- 2 cups finely diced whole grain bread
- 1/3 cup dried cranberries
- 1/4 cup chopped pecans
- 2 teaspoons salt-free seasoning (like Spike or Mrs. Dash)
- 1/2 teaspoon dried thyme
- Salt and freshly ground pepper to taste
- 1/2 cup apple cider

Directions

1. Bring the broth to a simmer in a small saucepan. Stir in the wild rice, then cover and simmer gently until the liquid is absorbed, about 35 minutes.
2. Preheat the oven to 375°F.
3. Heat the oil in a medium-size skillet. Add the onion, and sauté until translucent. Add the celery, and sauté over medium heat until both are golden.
4. Combine the onion-celery mixture with the cooked wild rice and all the remaining ingredients except the apple juice in a mixing bowl. Stir well to combine. Drizzle the apple juice in slowly, stirring all the while, until the mixture is evenly moistened.
5. Transfer the mixture to a lightly oiled, large shallow baking dish. Bake for 30 to 35 minutes, or until the top begins to get slightly crusty.-https://www.popsugar.com

Move of the Month



Spider Walks
Click link above to view a how to do this move!

Catapult HEALTH

Check Your Numbers

Catapult Health will be coming to campus on **November 27th, 28th, and 29th**. Catapult Health provides a variety of health screenings (blood pressure, cholesterol, blood sugar, etc.). The goal of Catapult Health is to empower individuals to improve their health. Schedule your appointment now! www.timeconfirm.com/swosu

Diabetes Health Day!

world diabetes day
14 November

In honor of World Diabetes Day, we will be hosting a health day in the Wellness Center on **November 14th from 12:00 pm to 3:00 pm**. Come and enjoy the following:

* **Meal demonstration and sampling provided by a Registered Dietitian at 12:00 pm**

* TSET Healthy Living Program representation and information

* SWOSU Rural Health Center Diabetes Education and Prevention resources

* Additional local resources for implementing healthy and active living



Massage the Stress Away!

Stress can have both mental and physical results. To support health for both mind and body we will be providing mini massage sessions for employees **December 5th-6th.** Be on the lookout for sign-ups!

Classes Offered on Campus-Click link to view