



December 2018

SWOSU Bulldog Wellness Committee

Description

Money savers for Holiday Shoppers

We hate to be negative this time of year, but gift-giving can get expensive! How to pay for all those gifts?

Here are a few suggestions...

Healthy Holiday Habits

Travel, parties, big meals and snack foods at the office all create a challenging environment for eating healthy. Add in several days of travel with little scheduled physical activity, and it becomes a real effort to stay on track. Here are some helpful hints to help keep your holidays healthy!

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SWOSU

Bulldog Wellness

December 2018



Money savers for Holiday Shoppers

We hate to be negative this time of year, but gift-giving can get expensive! How to pay for all those gifts? *Here are a few suggestions...*

Loose change for gift cards. If you have a big jar of coins, seek out a Coinstar machine, usually located at supermarkets and discount department stores. If you dump your coins in for cash, you are charged a fee. But if you exchange your change for gift cards, there is no fee, and there are lots of choices, including gift cards for popular retail clothing stores, movie theaters and restaurants. Gift-card selection depends on location.

Reward points on credit cards. When was the last time you checked your reward dollars? Cash them in and allot the money directly to your Christmas gift budget.

Get creative with your gift-giving. Great gifts don't have to be expensive...

- Try thrift shops for retro clothes for the hip teens (and millennials) in your life. Or a funky old lamp, bookends, tea cups, old shot glasses. It may take some time to hunt down that special gift, but that's part of the fun.

Who doesn't love food? One or two items of something especially delicious makes a great gift. We advise that you *not* purchase pricey gift baskets, since the individual items within the basket often are small-portioned and low-quality (except for maybe a

gift basket from your favorite food market such as Zabar's). We like this list for foodie gift ideas.

- Craft beverages. Wine used to be the holiday gift beverage of choice but now there are more craft beer breweries than ever, offering crazy-labeled (and delicious!) beers to please the person who has everything. Click here for some favorite craft brew ideas (and there are tons more, most likely one or two in your area, such as Southern Tier Brewing Company, New Belgium Brewing, Green Flash, Goose Island Beer, Jester King Brewery, Blue Point Brewing company, Dogfish Head Craft Brewed Ales.) - <https://bottomlineinc.com/life/money-savers/moneysavers-for-holiday-shoppers>



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



Cream of Turkey & Wild Rice Soup

Ingredients

- 1 tablespoon extra -virgin olive oil
- ¼ teaspoon freshly ground pepper
- 2 cups sliced mushrooms (about 4oz.)
- 4 cups reduced sodium chicken broth
- ¾ cup chopped celery
- 1 cup quick cooking or instant wild rice
- ¾ cup chopped carrots
- 3 cups shredded cooked turkey (or chicken)
- ¼ cup chopped shallots
- ½ cup reduced fat sour cream
- ¼ cup all- purpose flour
- 2 tablespoon chopped fresh parsley
- ¼ teaspoon salt

Directions

1. Heat oil in large sauce pan over medium; add mushrooms, celery, carrots and shallots and cook until softened about 5 minutes. Add flour, salt and pepper and cook, stirring for 2 minutes more.
2. Add broth and bring to a boil, scraping up any brown bits. Add rice and reduce heat to simmer. Cover and cook until the rice is tender, 5 to 7 minutes. Stir in turkey (chicken), sour cream and parsley and cook until heated thoroughly, about 2 minutes more.

Serving Size = 1 Cup

Serves 7

Nutrition Facts: Calories 216; 16 g carbohydrates/1 carbohydrate choice; 21 g protein; 6 g fat; 2 g fiber; 454 g cholesterol, 182 mg sodium.

Source: www.eatingwell.com/recipe/252422/cream-of-turkey-wild-rice-soup.

Move of the Month



[March Jacks](#)

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



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 next Wednesday and Thursday (**December 5th-6th**) from 9:00 a.m.- 4:00 p.m in the Wellness Center. [Sign-up List](#)- click on the link to sign-up!



Tips and Tricks to Make Your Holiday Easier

Tis the season to spend too much time and money on little details and mishaps. Here are tried-and-true tips and tricks to make your holidays a bit easier...Cleaning Tricks

- **Fallen pine needles.** If you don't want to lug out the vacuum, wrap a piece of duct tape around your hand and pat to pick up pine needles.
- **Dried candle drips.** Set your blow-dryer with a nozzle on a high setting. Direct the heat over drippings and hold for 20 seconds or until the wax melts. Wipe immediately with a paper towel. *For Hanukkah candleholders:* Remove the melted wax with Q-tips.
- **Cranberry sauce stains.** Remove any remains with a butter knife. Rinse with cold water. Place a clean paper towel or cloth under the stain to prevent "bleeding." Douse with aerosol hair spray to loosen the stain. Blot with a clean cloth or paper towel. Launder per care instructions.
- **Carpet indents.** Place a damp cloth on the indent and hold a steam iron at least four inches above it for 30 seconds. The steam helps the carpet fibers return to their original upright position. Next, use the edge of a coin to work out the dent by rubbing it back and forth until the carpet is fluffy again.
HOLIDAY HELP
- **Dab incandescent lightbulbs with peppermint oil.** The scent will be "activated" when the lights are turned on, warming the oil and adding a fresh holiday scent. Make sure that the bulbs are off and cold before adding the oil. - <https://bottomlineinc.com/life/family/8-tips-and-tricks-to-make-your-holidays-easier>

[Classes Offered on Campus](#)-Click link to view



Healthy Holiday Habits



Travel, parties, big meals and snack foods at the office all create a challenging environment for eating healthy. Add in several days of travel with little scheduled physical activity, and it becomes a real effort to stay on track. Here are some helpful hints to help keep your holidays healthy!



Go with a PLAN:

- What is worth eating?
- Keep it balanced
- Veggies first
 - * Choose raw, grilled or steamed



Skip high calorie drinks:

- Stick to water, unsweet tea or diet soda instead of punch or mixed drinks
 - * Sip on these throughout the day to prevent mindless munching
- Limit alcoholic beverages
 - * One drink for females
 - * Two drinks for males



Avoid “saving” your calories or carbs by skipping meals:

- Eat a healthy, balanced breakfast
- Have a small, balanced snack before you leave home

Stay active:

Go for a walk, play backyard football or chase the kids to get moving and stay focused on your fitness goals.



Position yourself away from the food to avoid grazing.

Bring your own healthy dish!