



March 2019

SWOSU Bulldog Wellness Committee

Description

The Bulldog Wellness Committee has 1 standing desk available to be loaned out for a 4 month trial basis. The desk has a two-tiered design with separate keyboard/mouse deck and a spring-assisted lift mechanism that allows for easy access when either sitting or standing. Contact Christina Darras at (580) 774-3159 or email christina.darras@swosu.edu to reserve your desk today.

Follow this and additional works at: <https://dc.swosu.edu/wellness>

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SWOSU

Wellness Newsletter

March 2019

Colorectal Cancer Awareness Month

Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancers that affect both men and women. Colorectal cancer affects all racial and ethnic groups and is most common in people ages 50 and older.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that’s why it’s so important to get screened.

To increase awareness about the importance of colorectal cancer screening, **SWOSU** is proudly participating in Colorectal Cancer Awareness Month.

- Our SWOSU BCBS plan offers several preventive services at no cost, including screenings for Colorectal Cancer.
- Login to your BCBS account at www.bcbsok.com/OKHEEI and locate the full list of preventive services offered.

People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you smoke, are African American, or have a family history of colorectal cancer.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50.
- Encourage your family members and friends over age 50 to get screened.
- Quit smoking and stay away from secondhand smoke.
- Get plenty of physical activity and eat healthy.

National Nutrition Month

National Nutrition Month is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. This campaign is celebrated each year during the month of March and focuses on the importance of making informed food choices by developing sound eating and physical activity habits. Below is an easy guide to track your recommended servings per day in the following categories: Also, by visiting <https://www.choosemyplate.gov/oklahoma> you can check out foods that are locally grown and produced in Oklahoma.

Population	Age (years)	Recommended Servings Per Day				
		Protein (ounce equivalents)	Fruit (cups)	Vegetables (cups)	Grains (ounce equivalents)	Dairy (cups)
Women	19-30	5.5	2	2.5	3	3
	31-50	5	1.5	2.5	3	3
	51+	5	1.5	2	3	3
Men	19-30	6.5	2	3	4	3
	31-50	6	2	3	3.5	3
	51+	5.5	2	2.5	3	3

Sleep Awareness Week

Along with nutrition and exercise, sleep is one of the three pillars of a healthy lifestyle. Getting adequate sleep improves your health and quality of life in a variety of ways. March 10th-16th will highlight sleep awareness week and a great opportunity for you to track how much sleep you're getting each night, 7 hours to be the optimal number. Here are a few tips to establish healthy sleep habits:

- Don't go to bed unless you are sleepy.
- If you don't fall asleep after 20 minutes, get out of bed.
- Establish a relaxing bedtime routine.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evenings.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Exercise regularly and maintain a healthy diet.
- Avoid consuming caffeine in the late afternoon or evening.
- Reduce your fluid intake before bedtime.

Standing Desk

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Fitness Classes at the Wellness Center

Yoga

Instructor: Angela Fleming
Tuesday- Noon (for beginners)
Wednesday 5:30 p.m. (for intermediate)
Thursday 6:30 a.m. (for beginners and intermediate)

Zumba

Instructor: Sydney Monkres
Monday & Wednesday 7 p.m.
Tuesday & Thursday 7 p.m.

Mile Markers around Campus



Whether you're on your lunch break, walking to another building, or out on your free time, look for one of these three bulldog logos on the sidewalk that map out 1 mile trails around campus. This is an easy way to get active and explore our beautiful campus.

App of the Month



Fooducate Nutrition Tracker
Eat healthy. Lose weight.
★★★★★ 33.9K

Fooducate is an easy-to-use, free smartphone app that helps you make healthier food choices. To use it, scan a packaged item's bar code or search for food items and you'll see its letter grade (A to D) with an explanation of its nutritional benefits as well as examples of healthier alternative products.

To find more information regarding health and wellness provided by SWOSU check out the Wellness page at <https://www.swosu.edu/bulldog-wellness/index.aspx>