



## May 2019

SWOSU Bulldog Wellness Committee

### Description

#### **Physical Fitness and Sports Month**

**Southwestern Oklahoma State University is supporting the President's Council on Sports, Fitness & Nutrition in honor of National Physical Fitness and Sports Month. During the month of May, we challenge all adults to get active every day!**

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

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# SWOSU

## Wellness Newsletter

May 2019

### Physical Fitness and Sports Month

Southwestern Oklahoma State University is supporting the President's Council on Sports, Fitness & Nutrition in honor of National Physical Fitness and Sports Month. During the month of May, we challenge all adults to get active every day!

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer.

The Physical Activity Guidelines for Americans recommend that adults:

- Aim for at least 30 minutes a day of moderate-intensity aerobic activity each week. This includes things like walking fast, dancing, swimming, and raking leaves.
- Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.
- Utilize the stairs vs. taking the elevator.
- Park your car further from the building you're going in to.
- Suggest walking meetings around the building or outside rather than sitting down.

Physical activity good is for everyone's health. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of May!

### Skin Cancer Awareness Month

May is also Skin Cancer Awareness Month and with summer right around the corner it's important to take note on this topic to protecting your skin. Skin Cancer is the most common type of cancer in the United States.

Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles and blotches or spots on your skin. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

Take simple steps today to protect your skin:

- Stay out of the sun as much as possible between 10 a.m. and 4 p.m.
- Use a broad-spectrum, water resistant SPF 30 sunscreen every day.
- Apply sunscreen every 2 hours after you swim or sweat.
- Cover up with long sleeves and a hat.
- Check your skin regularly for changes.

### De-Stress Fest

In an effort to help lower stress levels on campus during finals week, SWOSU Counseling Services is hosting a De-Stress Fest. Monday, April 29<sup>th</sup>- Thursday, May 2<sup>nd</sup> from 1:00PM- 5:00PM in the Wellness classroom 145.

All are invited to take a brain break from studying by grabbing a snack, doing arts and crafts, play games, a relaxing yoga flow, or play with therapy dogs.

## Summer Hours

### Wellness Center

Monday- Friday 8:00AM-6:00

### University Grill

Monday- Friday 7:00AM-4:30PM

### Bulldog Beanery

Monday-Friday 7:00AM-4:00PM

## Rader Park Walking Trail

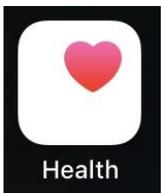
Another great way to get active this month is to head out to the walking trails at Rader Park. There are a few routes to choose from with Sand Plum Trail being one of them. Sand Plum is a 1 mile lightly trafficked loop. The trail is good for all skill levels and primarily used for walking and running. Ole Fishin Hole Trail is a 0.5 mile moderately trafficked that features a lake and is good for all skill levels. This trail is primarily used for walking, running, and fishing.

The park also features HealthBeat's Outdoor Fitness System which is equipped with an elliptical, cardio stepper, chest/back press, assisted row/push up and plyometric machines. HealthBeat is designed for beginner, intermediate, and advanced users to target cardiovascular health, muscle strength, balance and flexibility. Each machine comes with picture examples on how to operate and which areas of the body you're targeting.

## Equivalents

While physical fitness is an important theme this month, click on this link <https://www.swosu.edu/bulldog-wellness/equivalents.aspx> to explore various equivalents as they are based on the calories expended. You would burn the same number of calories in a minute of this activity as with taking this number of walking steps.

## App of the Month



The Health app comes already installed with most recent iPhones. The app gathers health data from your iPhone, Apple Watch, and other various wellness apps so you can view all your progress in one convenient place. Health highlights four categories: Activity, Sleep, Mindfulness, and Nutrition. Health automatically counts your steps, walking, and running distances. If you have an Apple Watch it automatically tracks your Activity data.



**Pedometer++**  
Cross Forward  
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For Android users, some phones may come with an app to track your steps but if not, Pedometer is a great free and easy option. Pedometer lets you keep track of your daily and weekly step counts, without any impact on your battery life. You can view your progress from previous days, create monthly challenges, view how many floors you've climbed, as well as receive awards for accomplishing your goals.

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>