



September 2019

SWOSU Bulldog Wellness Committee

Description

National Childhood Obesity Awareness Month

One in 5 children in the United States have obesity. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, SWOSU encourages your family to make healthy changes together.

- Get active outside! Walk around the neighborhood, go on a bike ride, or play basketball at the park.
- Limit screen time. Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less per day.
- Make healthy meals. Buy and serve more vegetables, fruits, and whole-grain foods. Taking small steps as a family can help your child stay at a healthy weight.

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SWOSU

Wellness Newsletter

September 2019

National Childhood Obesity Awareness Month

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The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, SWOSU encourages your family to make healthy changes together.

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National Yoga Awareness Month

September is official National Yoga Month (a national observance designated by the Department of Health & Human Services) designed to educate about the health benefits of yoga and to inspire a healthy lifestyle.

Available reviews of a wide range of yoga practices suggest that it can reduce the impact of exaggerated stress responses and may be helpful for both anxiety and depression. In this respect, yoga functions like other self-soothing techniques, such as meditation, relaxation, exercise, or even socializing with friends.

5 Reasons to Practice Yoga:

- Helps to reduce stress
- Increases concentration and focus
- Reduces future injuries by increasing flexibility and range of motion
- Helps build your physical strength and mental fortitude
- Cultivates the mind body connection

Yoga on the Lawn

SWOSU is partnering with Angela Fleming of Salt & Light Yoga and Barre Studio in Weatherford, OK to bring “Yoga on the Lawn” to campus. On Saturday September 7th from 8:30AM-9:30AM come out to the Student Union Lawn with a mat and some water to enjoy a relaxing yoga session.

National Guacamole Day

Guacamole (or guac for short) is made of avocados, which are well-known for their health benefits due to their high vitamin content and lots of those healthy fats that help to lower cholesterol.

Traditionally, guacamole is served with tortilla chips, but it's also good with regular corn chips, carrot sticks (or celery), and even on sandwiches, salads, or hamburgers. Some people even blend it into smoothies! However you like your guacamole, break out a big bowl of it and start dipping on September 16.

The SWOSU Wellness Committee also invites you to come to the Student Union from 2:30-3:30 to partake in a demonstration prepared by Radonna Sawatzky. She will be showcasing how to make guacamole as well as leave you with some delicious samples!

Blood Drive

The Oklahoma Blood Institute will be hosting a Blood Drive in the Wellness Center on September 16th and 17th from 11:00AM-4:00PM.

Shape Your Future

Shape Your Future is a program through the Oklahoma Tobacco Settlement Endowment Trust (TSET) and the Oklahoma State Department of Health devoted to improving the health of Oklahomans. Oklahoma is ranked 48th nationally for health and has some of the highest child and adult obesity rates in the nation.

Shape Your Future strives to educate Oklahomans on ways to eat better, move more, drink water and be tobacco free. They provide resources for parents, children, teachers and businesses to help make healthy choices become the easiest choices. Explore their website at <https://shapeyourfutureok.com/get-active/save-time/> to find great ways on how to incorporate healthiness into your everyday routine!

App of the Month



It's the start of the fall semester and a busy time for students and teachers which is why we're excited to share with you this App of the Month that will help you stay organized. The Evernote app is a centralized notepad for everything – notes, sketches, text, PDFs, even audio recordings and videos. Evernote can also sync and save items from the internet. It enables you to use your phone to scan documents for when you need to email an image or collaborate on a project with others. Evernote has a great compatibility feature that will sync with Dropbox, as well as all of your other devices so you're never having to use more than one resource to access your files.

UPDATE:

The Bulldog Wellness page has undergone an update featuring a new tab titled “Wellness Programs & Events”. There, you will find upcoming programs and classes offered by the Wellness Committee and other departments on campus, plus more information regarding health and wellness provided by SWOSU.

<https://www.swosu.edu/bulldog-wellness/index.aspx>