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SWOSU BULLDOG WELLNESS

Newsletters

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SWOSU Bulldog Wellness Committee

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SWOSU

Wellness Newsletter

March 2020

National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Eat Right, Bite by Bite

Good nutrition doesn't have to be restrictive or overwhelming. Small goals and changes can have a cumulative healthful effect, and every little bit (or bite!) of nutrition is a step in the right direction.

VARY YOUR DIET

- Eat a variety of nutritious foods every day.

MEAL PLANNING

- Enjoy healthful eating at school, work and home.

COOK & PREP

- Learn skills to create tasty meals to share and enjoy.

VISIT AN RDN

- See a registered dietitian nutritionist.

National Kidney Month

The kidneys are two bean-shaped organs in the renal system. They help the body pass waste as urine. They also help filter blood before sending it back to the heart. The kidneys perform many crucial functions, including:

- maintaining overall fluid balance
- regulating and filtering minerals from blood
- filtering waste materials from food, medications, and toxic substances
- creating hormones that help produce red blood cells, promote bone health, and regulate blood pressure

Tips for healthy kidneys

The kidneys are important organs that affect many other body parts, including the heart. Follow these tips to keep them working efficiently:

✓ **Avoid extra salt**

Eating a lot of salty foods can disrupt the balance of minerals in the blood. This can make it harder for the kidneys to work properly. Try swapping out processed foods — which usually have a lot of added salt — for whole foods, such as:

- fresh fruits and vegetables
- lean cuts of meat
- nuts

✓ **Exercise**

High blood pressure is a known risk factor for chronic kidney disease. Regular exercise, even for just 20 minutes a day, can help reduce blood pressure.

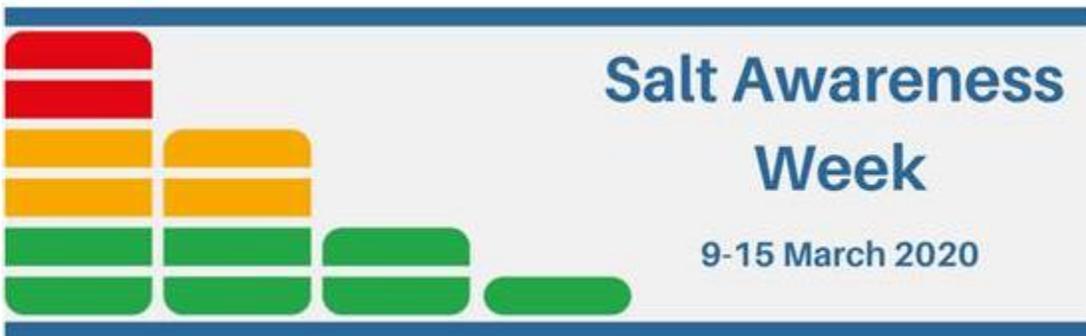
✓ **Stay hydrated**

Drinking plenty of water helps the kidneys perform one of their most important functions: removing toxins. [Learn more about how much water you should really be drinking every day.](#)

✓ **Use medications with caution**

Regularly taking certain over-the-counter medications, such as nonsteroidal anti-inflammatory drugs, can cause kidney damage over time. Occasionally taking them is fine, but work with your doctor to find alternatives if you have a condition that requires managing pain, such as [arthritis](#).

World Salt Awareness Week



The SWOSU Wellness Committee will be hosting a Lunch and Learn on March 12th from 11:30 AM to 12:30 PM in the Wellness Center Concession Area. Radonna Sawatzky will lead food demonstrations on how to prepare meals with different cooking devices such as the InstaPot and Air Fryer. She will also be teaching on how to be creative in flavoring food while sticking to the recommended amount of sodium intake. Sarah Yount will share about the effects of salt (sodium) on blood pressure and other heart conditions. SWOSU pharmacy students will also be present to offer blood pressure screenings for any interested attendees. Bring your lunch and join us for a fun learning session!

Diabetes Support Group Meeting

There will be another diabetes support group meeting on Tuesday, March 24th from 11:30am- 12:30pm in the Bonny Board Room. The theme for this meeting will be discussing Medications and Moving More. Contact Sarah Yount at sarah.yount@swosu.edu or Radonna Sawatzky at radonna.sawatzky@swosu.edu for additional information!

The Biggest Loser Competition: UPDATE

The Biggest Loser Competition has been under way for 3 weeks and participants have lost a totally of 57 pounds! The competition will wrap up on March 13th and we will be highlighting the male and female winners in next month's newsletter.

Stay Connected

Visit the link below to see upcoming programs and classes offered by the Wellness Committee. You can also explore additional information regarding health and wellness provided by SWOSU in the tabs on the left hand side.

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