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1-11-2021

January 2021

SWOSU Bulldog Wellness Committee

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Recommended Citation

SWOSU Bulldog Wellness Committee, "January 2021" (2021). *SWOSU BULLDOG WELLNESS*. 39.
<https://dc.swosu.edu/wellness/39>

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SWOSU

Wellness Newsletter

January 2021

National Thyroid Awareness Month

The thyroid gland is a small, butterfly-shaped gland located in the base of the neck and its job is to make thyroid hormones, which are secreted into the blood and then carried to every tissue in the body. Thyroid hormone helps the body use energy, stay warm and keep the brain, heart, muscles, and other organs working as they should. It is vitally important to ensure your thyroid gland is healthy and functioning properly.

Nutrition tips:

Iodine plays a key role in your thyroid's health and function. Most people in the U.S. get enough of this element from their diet, usually through fish and dairy products. Make sure you're using iodized table salt at home which you can find by looking at the label. Other foods to help the strength of your thyroid include seaweed, leafy greens, lightly salted nuts, baked fish, frozen yogurt and fresh eggs.

Exercise tips:

Low-impact aerobic exercise and strengthening moves are best and don't apply as much pressure to your body. Try activities like walking, water aerobics, yoga, tai chi or strength training. While medication from your doctor is the only way to help your body make more hormones, exercise can help some of the problems that come with hypothyroid by putting you in better physical and mental shape as well as boost your mood and raise your quality of life.

National Glaucoma Awareness Month

Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging a nerve in the back of your eye called the optic nerve. The symptoms can start so slowly that you may not notice them. The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam.

Nutrition tips:

Certain fruits and vegetables with higher vitamin A and C content have been shown to reduce glaucoma risk as well. Some of the most helpful fruits and vegetables for healthy vision are collard greens, cabbage, kale, spinach, Brussels sprouts, celery, carrots, peaches, radishes, green beans, and beets.

Exercise tips:

Different forms of exercises from riding a stationary bike to taking a brisk walk have been proven to briefly lower eye pressure. Try walking instead of driving or go for a stroll with your family or friends. Remember, exercise programs need to be regular and can require a great deal of effort to maintain so keep it simple!

Healthy Weight Week- (challenge included!)

National Healthy Weight Week has been observed during the third week of January since 1994. The observance aims to reinforce healthy eating as a way of life instead of dieting to lose weight. It also provides tools to help establish healthy relationships with food, a positive body image, and approaches to improving healthy habits.

The Wellness Committee has invested in a fun, easy-to-use step and activity challenge platform called MoveSpring and is encouraging employees to join us in this month's challenge!



1. Download MoveSpring's free mobile app on your phone or computer
2. Create a username and password
3. Pair with any fitness tracking device or enter data in manually
4. Get out, get moving and have fun!

This challenge is an initial kick start to get familiar with the app. It will take place during the week **of January 18th-22nd** and will be a simple step count challenge. Users will be able to see themselves on a leaderboard with other participants and the one with the highest step count at the end of the week will be eligible for a prize.

Fitness Matters Program

How about starting a new year with making YOUR fitness a PRIORITY? The Biggest Loser Program is back, but with a name change. Fitness Matters is an 8-week program that will focus on making fitness a priority in your daily life. From February 1st until March 26th, employees can choose in person personal training or have workouts sent to them via email or zoom. Enrollment will begin on **January 25th**. Contact Amber Sturgeon for more information at amber.sturgeon@swosu.edu.

Lifestyle Change Program to Prevent Type 2 Diabetes

Did you know that **1 in 3** adults are estimated to have **prediabetes**? Without intervention, one-third of those with prediabetes are estimated to convert to type 2 diabetes within five years. **The CDC's Lifestyle Change Program has proven to cut that risk in half!**

Southwestern Oklahoma State University's Rural Health Center will be offering a National Diabetes Prevention Program this semester through interactive, group Zoom sessions for qualifying individuals with prediabetes or at high risk for type 2 diabetes (family history of type 2 diabetes, personal history of high blood pressure, sedentary lifestyle, overweight, etc.). The 12-month class will be focused on equipping participants with the skills and tools necessary to build new and healthy lifelong habits.

To determine your risk or to enroll, please use the following link to a questionnaire that will calculate your level of risk for type 2 diabetes. If your risk is high, you can request to be contacted for more information. All personal information obtained from the questionnaire will be stored in a secure manner.

https://swosu.formstack.com/forms/prescreening_questionnaire_dpp

Eat Healthy in the Student Union

Make the most out of your healthy lifestyle by picking a day to walk over to the Student Union where you can enjoy delicious prepared food (like the ones suggested earlier for thyroid health) or a mid-day pick me up drink. To view what is being served in Duke's Diner check out the menu [here](#) as well as for what's being served in The University Grill which can be found [here](#).

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 right-hand side.

<https://bulldog.swosu.edu/faculty-staff/bulldog-wellness/program-events.php>