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SWOSU BULLDOG WELLNESS

Current Newsletters


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9-2023

## September 2023

Southwestern Oklahoma State University

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# SWOSU

## Bulldog Wellness

September 2023



### September is Healthy Aging Month

To help motivate movement and get your heart rate up, the Bulldog Wellness Committee is launching **STEPtember** starting **September 20** that will go through September 30.



Set your own goal for how many minutes of activity you want to achieve each day.



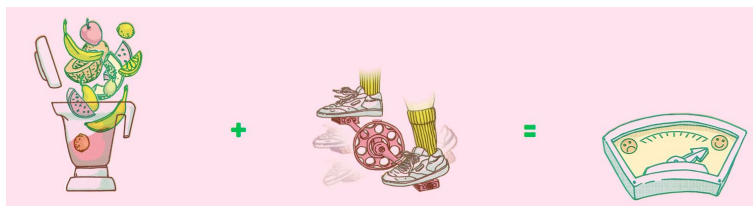
Try to meet your minutes goal at least 8 out of 11 days.

*Click here to sign up and join the challenge!*

<https://link.movespring.com/join?orgCode=swosu1&groupCode=M86Y9Z>

We have several additional activities coming for the fall semester to keep an eye out for:

### October 3 – National Fruit at Work Day



Step 1: Select your fruit and juice.

Step 2: Hop on the bike and pedal power the blender.

Step 3: **Drink up!**

**October 20 & 27 and November 10 & 17** – Employee Health Screenings

### October 16 to October 31 – **SPOOKTACULAR STEP CHALLENGE!**

We dare you to join a spooky journey through a haunted house in Virtual Race mode. Tiptoe through the map, unlock fun facts about Halloween, and do your best to reach the finish line at 45 miles. Sign-up information will be released in October.

In honor of **Healthy Aging Month**, here are some ideas for getting active:

- When you're tired: <https://www.youtube.com/watch?v=0i1lCNHaxhs>
- When you're too busy: <https://www.youtube.com/watch?v=61p1OIO20wk>

Make your activity plan: <https://health.gov/moveyourway/activity-planner>



**OLDER ADULTS**

# What's your move?

## Physical activity can make daily life better.

When you're active and strong, it's easier to:



Do everyday tasks,  
like chores and shopping



Keep up with the grandkids



Stay independent  
as you get older

And it has big health benefits, too.



Less pain



Better mood



Lower risk of many diseases

## What types of activity do I need?

### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



### Muscle-strengthening activity

Activities that make your muscles work harder than usual count.



### And mix in activities to improve your balance!

Aim for a mix of aerobic, muscle-strengthening, and balance activities.



Try activities that count as more than 1 activity type — like dancing, sports, or tai chi — to help keep your body strong and lower your risk of falls.

## Physical activity can help manage many health problems.

✓ Reduce symptoms of arthritis, anxiety, and depression

✓ Help keep diabetes and high blood pressure under control

### Just getting started?

No problem — start slow and do what you can. **Even a 5-minute walk has real health benefits.** Build up to more activity over time.

### And all sorts of activities count.



Even things you have to do anyway



Even things that don't feel like exercise

### You can get more active.

No matter your age, you can **find a way that works for you.**



So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.

[health.gov/MoveYourWay/Activity-Planner](https://health.gov/MoveYourWay/Activity-Planner)

