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SWOSU BULLDOG WELLNESS

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SWOSU Bulldog Wellness Committee

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BULLDOG WELLNESS

A newsletter brought to you by The Bulldog Wellness Committee

NOVEMBER 2023



Eat Right, Every Bite

Healthy eating is still possible during the holidays, when temptation arrives in the form of holiday buffets, work parties, and gifts of goodies and treats. The National Institutes of Health <https://newsinhealth.nih.gov/2016/11/healthy-holiday-foods-fun> gives these tips:

- Enjoy a healthy breakfast to help prevent overeating.
- Fill at least half your plate with fresh fruit and veggies and eat those first. That will leave less room for choices that are not as healthy.
- Fresh fruit by itself, such as clementines or apples, makes an excellent dessert.
- Avoid beverages that are high in calories and sugar.
- Keep a food journal to help track what you're eating.
- Instead of focusing on food, spend time with family, friends, and activities.
- Stay positive. If you eat more on some days, eat less on others. If you miss a workout, exercise a little longer the next day.

An Apple a Day ...

The old saying claims that eating an apple every day keeps the doctor away. While that may not be true, apples do offer health benefits. You can celebrate National Eat a Red Apple Day (December 1) by eating an apple. In the meantime, read about 10 health benefits of apples at <https://www.healthline.com/nutrition/10-health-benefits-of-apples#10-benefits>. According to the article, apples:

1. Provide good nutrition
2. May support weight loss
3. Could be good for your heart
4. Are linked to a lower chance of diabetes
5. May promote gut health
6. May help prevent cancer
7. Could help fight asthma
8. May help protect your brain
9. May improve mental health
10. May help with digestive diseases



Staff and faculty MESSAGES are back on November 30 and December 1 in the SWOSU Wellness Center

Reserve your spot at <https://docs.google.com/spreadsheets/d/1SV5TMFsd2KpicP51OYY2FqArt3h5oRTA/edit?usp=sharing&ouid=111514115966816445512&rtipof=true&sd=true>

Five Tips for Exercising Safely During Cold Weather

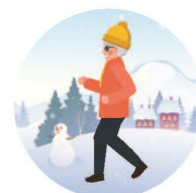
Don't let falling temperatures stop your outdoor exercise plans! You can walk, ski, ice skate, shovel snow, and more.



Take a few extra steps to stay safe:

1

Warm up and cool down, such as stretching or walking in place, to prepare and restore your muscles before and after a workout.



2

Pick the right clothes. Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.



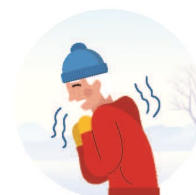
3

Be extra careful around snow and icy sidewalks so you won't slip and fall. Wear sturdy shoes to give you proper footing.



4

Learn about the signs of hypothermia, a drop in body temperature that can cause serious health problems.



5

Check the forecast. If it's too windy, cold, or wet outside, consider an indoor workout instead using an online video or your own routine.



Visit www.nia.nih.gov/health/exercising-outdoors to learn more.