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SWOSU BULLDOG WELLNESS

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September 2024

SWOSU Bulldog Wellness Committee

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SWOSU

Bulldog Wellness

September 2024



In Oklahoma, 20.4% of youth ages 10 to 17 have obesity, giving Oklahoma a ranking of 42 among the 50 states and D.C. The Oklahoma data is in four areas: the latest data on obesity, diabetes, and hypertension; how federal nutrition policies impact Oklahoma; health behaviors and outcomes among high school students; and policies enacted by Oklahoma to support health and prevent obesity.

Children ages 2-4 participating in WIC



Children ages 10-17



High School Students



- Heart disease
- Type 2 diabetes
- Stroke
- Osteoarthritis
- High blood pressure
- Sleep apnea and breathing problems
- At least 13 types of cancer



Employee Massages – November 5th and 6th. Sign up to reserve your time with this link

<https://docs.google.com/spreadsheets/d/17RKEkT5CtBILNlyew475C4A48RhG9BU/edit?usp=sharing&oid=117517003445633388215&rtpof=true&sd=true>

This September is all about eating MORE nutrient-rich fruits and vegetables. How do we know how much is “more” or how much is “enough”? A simple concept that typically helps when designing your plate is to **fill half your plate with fruits and vegetables at each meal or eating occasion**. For some of us, this may be easier said than done. For those who are not too wild about particular fruits or vegetables, there are a [few tips to incorporate fresh produce](#) into your eating plan. More fruits and veggies matter in one’s diet because they provide vital nutrients to keep one’s body running healthy. The greater variety and bright rainbow of foods one consumes, the greater assortment of vitamins and minerals available; not to mention that fresh produce is also low in calories and can reduce the risk of several diseases and development of kidney stones, lower blood pressure, and help decrease bone loss.

More Fruits and Veggies, Please!



Blend a variety of fruits and vegetables together to make a sweet smoothie.



Recreate the chip! Try thinly slicing and baking sweet potatoes or kale to create a healthy, crunchy snack.



Dip raw vegetables in hummus or low-fat dips for a nutrient-rich flavor.



Saute onions and add low-fat cheese and cooked meat. Then stuff tomatoes, bell peppers, or mushroom caps with filling and bake for 15 minutes.



Grill zucchini, squash, or pineapple long enough to become soft. Drizzle some olive oil and sprinkle some oregano or paprika to add more flavor.



Mix fruits and vegetables together in a spinach salad and toss in a citrus vinaigrette.



Add bananas, apples, peaches, or blueberries to oatmeal in the morning.



Dice vegetables to add into casseroles or on top of pizza.



Raw, frozen, or canned -- any form of fruits and vegetables is better than none at all!

NCHPAD

How
many
words
can
you
find?

Fall Harvest

K	X	H	B	T	C	R	C	G	L	R	T	F	J	S
U	O	C	G	S	E	V	A	E	L	U	P	T	N	Y
H	I	M	Y	Y	A	H	A	P	W	U	J	I	A	D
O	R	T	M	B	J	L	B	P	R	K	K	W	S	S
Q	C	R	V	U	V	P	C	Y	P	P	D	M	F	D
I	I	O	M	C	A	W	S	F	M	L	A	V	A	Q
Z	I	I	R	C	L	E	H	U	M	F	E	C	L	L
N	X	E	O	N	L	X	P	U	Y	D	D	S	L	S
H	V	R	T	P	R	E	C	W	Q	I	N	D	Q	J
D	N	X	A	T	V	K	C	U	X	C	N	U	E	T
S	B	M	T	N	B	A	I	J	Q	I	I	M	T	R
S	C	A	R	E	C	R	O	W	W	R	C	E	X	E
C	Z	F	Z	D	D	F	M	Z	R	K	F	W	N	E
R	I	T	T	J	H	Q	Y	E	K	R	U	T	S	S
E	A	K	E	X	K	K	L	M	T	A	X	Y	O	R

LEAVES
FALL
ACORNS
WIND
TREES
APPLES
PUMPKINS
MAPLESYRUP
SCARECROW
CORN
RAKE
SQUIRREL
HAY
TURKEY

(c) WebSpinstress



Successful completion of the scavenger hunt includes accomplishing 20 of 25 available activities. The first 75 individuals to finish the scavenger hunt will be eligible for a \$5 Beanery gift card! Document the date you complete each activity, provide a brief description of the activity, and include who joined you (if applicable).

1. Week 1: _____

2. Week 2:

3. Week 3:

4. Week 4:

5. Week 5:

6. Week 6:

7. Week 7:

8. Week 8:



10. Participate in the Bulldog Pause/Paws Day on October 11. _____

11. Carve a pumpkin with someone you love. _____

12. Pick a nutrient dense recipe and try it at home. [Recipes](#) | [MyPlate](#)

13. Send a “thank you” letter, text, or email to someone on campus.

14. Conduct a random act of kindness _____

15. Do yard work (rake leaves, move, pull weeds, plant flowers) for a friend or neighbor.

16. Make a list of 10 things you are thankful for. _____

17. Make a list of 10 things you like about yourself. _____

18. Try a new vegetable. _____

19. Try a new fruit. _____

20. Get 30 minutes of sunshine. _____

21. Practice a relaxation exercise 30 minutes before bed. [Relaxation Exercises to Help Fall Asleep \(sleepfoundation.org\)](https://www.sleepfoundation.org/relaxation-exercises-to-help-fall-asleep) _____

22. Get a massage on November 5 or 6! _____

23. Complete a sudoku, word search, crossword puzzle, or regular puzzle!

24. Organize one thing that you have been putting off (desk, handbag, drawer, etc.).

25. Create a 5-minute brain break/activity for yourself that can be repeated each day (draw, swing a golf club, meditation, listen to a song, take a walk, etc.).

