



COLUMBUS STATE  
COMMUNITY COLLEGE

# Cougars Wellbeing Newsletter

August 2022 | Issue 24

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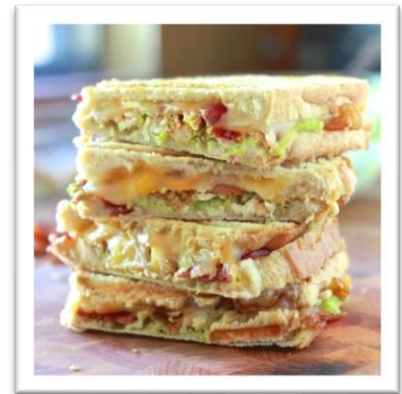
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**Chicken, Bacon & Avocado Panini**  
*Add this flavorful, toasted sandwich to your weekly meal plan. (Page 12)*

**JULY**  
**RAFFLE WINNER:**  
Liquid IV

Karen Burry  
Vena Hill

*CONGRATULATIONS!*

# AUGUST

## Health Observances & Virtual Classes

<p><b>Breastfeeding Month</b></p> <p>U.S. Breastfeeding Committee  <a href="http://www.usbreastfeeding.org/nbm">http://www.usbreastfeeding.org/nbm</a></p>	<p><b>Immunization Awareness Month</b></p> <p>Centers for Disease Control and Prevention  <a href="https://www.cdc.gov/vaccines/events/niam/">https://www.cdc.gov/vaccines/events/niam/</a></p>	<p><b>Minority Donor Awareness Month</b></p> <p>Donate Life America  <a href="https://www.donatelife.net/">https://www.donatelife.net/</a></p>	<p><b>Psoriasis Awareness Month</b></p> <p>National Psoriasis Foundation  <a href="https://www.psoriasis.org/">https://www.psoriasis.org/</a></p>	<p><b>Spinal Muscular Atrophy (SMA) Month</b></p> <p>Cure SMA  <a href="https://www.curesma.org/sma-awareness-month/">https://www.curesma.org/sma-awareness-month/</a></p>
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S	MON	TUES	WED	THUR	FRI	S
<p>Take advantage of the Virtual Class opportunities this month provided by Cerner Solutions in partnership with AccelWELL. select the link to join the live class the day of the event! A recording is available after the event by request only.</p>						
	1	2	3	4	5	6
7	8	<p><a href="#">Class: Movement for Moms</a> 1:00 pm EST</p>	10	<p><a href="#">Class: How to set up a dynamic workstation</a> 1:00 pm EST</p>	12	13
14	15	<p><a href="#">Class: Flexible Thinking</a> 1:00 pm EST</p>	17	18	19	20
21	22	23	24	25	26	27
				*Event times are subject to change		

### Follow Us



"ACCEL\_WELL"



"ACCELWELL"



"ACCELWELL"

### Contact Us

Email: [coach@accelwell.com](mailto:coach@accelwell.com)

Your Coaches are here for you!

# AUGUST

## August is National Wellness Month

These past two years have reinforced the fact that we need healthy habits as we adapt to the changing environment. Every day is an opportunity to assess how we are taking care of ourselves. Wellbeing is an ongoing practice. Try to embrace a self-care mindset. Lets make “Our” wellbeing a priority all of the time!

*Dr. Nic*

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## List of August Information

### National Wellness Month

Here are some ways to make small changes.

- Increase your water intake.
- Add more fruits and veggies to your meals.
- Monitor your sleep and make adjustments for better sleep habits.
- Join a yoga, walking, or aerobics class.
- Learn to meditate.

These small steps can lead to many more healthy habits in your lifestyle.

#WellnessMonth (National Day Calendar)

### National Immunization Awareness Month

August is National Immunization Awareness Month (NIAM). This observance recognizes the importance of getting recommended vaccines across the life span. The COVID pandemic has impacted people’s ability to stay up to date on vaccinations for themselves and their children. During NIAM you are encouraged to speak with your healthcare provider about getting caught up on important vaccinations to protect you against serious diseases.

[Myths and Facts about COVID-19 Vaccines | CDC](#)

[Finding Credible Vaccine Information | CDC](#)

*Source: Centers for Disease Control*

### United Health Care: Understanding Vaccines

[Understanding Vaccines \(brainshark.com\)](#)

[Child immunizations | UnitedHealthcare \(uhc.com\)](#)

# 2022 Financial Wellbeing:

## Preparing you for expected & unexpected changes!

### Financial Tip

Stress about money and finances may have a significant impact on Americans. Nearly 72% of adults report feeling stressed about money at least some of the time and nearly 25% say they experience extreme stress about money.

### The 5 fundamentals of financial well-being:

1. **Budget** - Figure out your goals, calculate your income and expenses and see what's left.
2. **Save for Emergencies** - Try to have a minimum of 6 months of living expenses in your savings account.
3. **Seek Guidance** – Get help from a financial planner, financial coach and financial literacy educator.
4. **Plan for Retirement** – Establish your retirement needs and goals.
5. **Watch your Credit Score** – Your credit is only as good as its score and its accuracy.

Sources: United Healthcare; American Psychological Association, *Stress in America Paying with Our Health*

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31

### Prudential Seminar Is Your Financial House in Order 12pm – 1pm (EST) via WebEX [Click Here to Register](#)



The seminar will cover important topics like these:

- Assessing your current financial situation
- Setting financial priorities and managing debt
- Protecting yourself and your assets
- And more

### REMINDER

Scott Alexander is available for 30-minute Financial Wellness Checkups on Wednesday, September 7th to review your current financial situation and to help you navigate future financial challenges. To schedule your virtual Financial Wellness Checkup, you may click the link below to select a time that works best for you.

[Schedule your Financial Wellness Checkup!](#)

### Please check out these financial resources.

#### Prudential Financial Resources:

<https://www.prudential.com/financial-wellness/A91B2070C1BF67BAF59BD840CAD856CDEF722BCC34701369916F643A89D30A87>

#### BMI Federal Credit Union

Financial Education: [BMI Federal Credit Union](#).

**BMI Financial Resources:** [Columbus State Community College \(bmifcu.org\)](http://Columbus State Community College (bmifcu.org))



THU  
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18

## Virtual Support Series

### Nutrition Label 101: Understanding the Nutrition Facts Label

11am EST

Join us to learn more about how to read a nutrition label, what information is important when making health choices, and what ingredients you should avoid.

<https://my.demio.com/ref/1Y2AgTzT5srIMjMn>

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## Rally Coins/Benefits Session

12pm EST

Nichole Bowman-Glover, Wellbeing Benefits Analyst will review the Rally Coin program for those who are on United HealthCare. Remember the Rally coin cycle runs from July 1, 2022 through June 30, 2023. The coins apply to employees on the health plan and covered spouses. Jason Love, Benefits Analyst, will review benefits and address any questions.



New cycle July 1, 2022-June 30, 2023 8 coins. If you have questions, contact Nichole.

[Rally.BenefitsSession](#)

(click the link to join)

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## Telephonic Health & Nutrition Coaching with Emily Bailey, RD, CSSD, LD, NASM

Private Sessions Available 10:00am – 3:00pm EST

### HOW TO SIGN UP:

From your AccelWELL portal or app, select the **Upcoming Events image** on your dashboard or select “Events” from the menu options, then choose the available coaching event by clicking **Details**. Select a timeslot and click **Register**. \*Contact [coach@accelwell.com](mailto:coach@accelwell.com) with questions or for support.



## Recreational Cooking Classes and More

[The Mix – at Columbus State \(csc.edu\)](http://csc.edu)

## Matrix Tip

### Don't Skip Your Health Check Ups

So, you are feeling well and are without any apparent health problems? Great, but are you postponing preventive health care, screenings, and examinations because you don't seem to have any cause for concern? Don't do it, especially as you grow older. Delays in identifying and treating some medical conditions can make doing so harder or even futile later. Many detectable health conditions, like high blood pressure, diabetes, vision problems, and cancer, can be cured when they are spotted early, and you won't notice any symptoms in early stages. Postponing preventive health care might be more likely if you live alone, without someone who may urge and prod you to see a doctor because of conditions like sleep apnea. Use this month (August is National Wellness Month) as your reason for making preventive health care a routine part of your life, so you can enjoy your life longer.

(The Matrix Monitor)

You can register for webinars or view archived webinars through your member login at [www.matrixpsych.com](http://www.matrixpsych.com)

Go to <http://www.matrixpsych.com/Employee-Assistance-Programs/Employee-Resources.aspx>

-drop down to your company name

-click on the “Work & Family Resources” link to register

## AccelWELL Event

### Raffle Opportunity!

#### Win a \$50 Amazon Gift Card

[CLICK HERE](#) to follow along with coach Emily Bailey to learn how to make healthy choices and smart food swaps to reduce your added sugar intake. Once viewing the video, complete a quick survey [here](#) to earn **entry into the raffle!**

**Deadline to complete is 8/31**

## Access the AccelWELL 2.0 Portal & App!

Welcome to AccelWELL 2.0! Get ready to achieve your health and wellness goals with the all new AccelWELL 2.0 wellness app and portal! And with our new Healthy Path companion app, you can now have the same portal experience from your mobile device! Get started by following the steps below to create your new account from either a computer web browser or through the app.

### Create your account

1. Select your method of signing up
  - a) From a web browser, visit [Wellness Onboarding \(accelwell.com\)](https://www.accelwell.com) and select **Sign Up**
    - **Tip:** Add the website address to your “Favorites” so you can easily access your account and stay engaged with your progress.
  - b) Download the **Healthy Path** app from the App Store/Google Play Store, then search for **ACCELWELL** when prompted to search for an organization within the app.
2. Enter your email address and click **Submit**
3. Enter the activation code sent to the email you provided, then click **Submit**
4. Confirm your Date of Birth and Employee ID #, and click **Continue**
  - Please note, your Employee ID is based on the formula “**CSCC + Your 7-Digit Cougar ID Number**”(example: **CSCCXXXXXX**)
5. Fill in all fields on the Create an Account page and then click **Create Account** at the bottom
6. **Agree** to the terms of use

*If you have program questions or need assistance creating your account, please email [coach@accelwell.com](mailto:coach@accelwell.com) for support.*

# Wellbeing Resources

## Matrix Online Resources (all employees)

You can register for webinars or view archived webinars through your member login at [www.matrixpsych.com](http://www.matrixpsych.com)

Go to <http://www.matrixpsych.com/Employee-Assistance-Programs/Employee-Resources.aspx>

-drop down to your company name

-click on the "Work & Family Resources" link to register

**Matrix Employee Assistance Program (EAP):** No cost - call (614) 475-9500 to make an appointment.

**Counseling (virtual/in-person):** full time employees, spouses & dependents up to 8 visits & regular part time, spouses & dependents up to 3 visits.

**UHC-Behavioral Health Benefit** - [www.myuhc.com](http://www.myuhc.com) (search under "Find Doctor" type in mental health) copay applies for PPO and deductible and Coinsurance applies for the HDHP.

**Mental Health America Ohio-pro bono counseling- (anyone) (614) 884-7227**

[Pro Bono Counseling Program – Mental Health America of Ohio \(mhaohio.org\)](http://www.mhaohio.org)

## 988 Crisis & Suicide Lifeline

The Lifeline provides compassionate, accessible care and support via phone, text, or online chat to anyone experiencing mental health-related distress. You can use **988** if you have thoughts of suicide, mental health or substance use crises, or any other kind of emotional distress. You can also **dial 988** if you are worried about a loved one who may need crisis support

## CSCC Victim Advocacy Services

**Victim Advocacy is available on Columbus Campus**

Wednesdays & Thursdays 9:30am - 6:30pm.

**Virtual assistance is still available!**

Mondays, Tuesdays, & Fridays

To make an appointment: [victimadvocacy@csc.edu](mailto:victimadvocacy@csc.edu)

We can chat face-to-face, online, or via telephone call.

**Are you a survivor of IPV/domestic violence, or human trafficking?**

Any member of the Columbus State community can receive support, information and resources from Victim Advocacy. Contact Advocate Corey Harris directly at 614-287-2198, or [charris12@csc.edu](mailto:charris12@csc.edu).

Columbus State Victim Advocacy provides support and resource information to victims of traumatic crime, **regardless of when or where** the crime occurred.

**Victim Advocates** maintain survivors' privacy while providing supportive services; however, if you would like to speak with a *confidential resource*. Faculty and staff members can access the college's **Employee Assistance Plan (EAP)** through Matrix for confidential services.

## Employee Resource Groups

Employee Resource Groups (ERGs) are employee-led voluntary groups organized around common interests, characteristics, or affiliations; these groups were created to foster a sense of belonging and are integral to Columbus State's commitment to advance workplace diversity and inclusion, facilitate networking and connections, and promote professional development.



**Reach out to the contacts for meeting information:**

**African/African American** - Royce Carpenter & Michelle Baker

**Caregivers** - Melissa Lamar

**Faith in Parenting** - Debbie Strain

**LGBTQIA+ ERG** - Michael Hicks, George Johnson-Gamm, Katina Fitch

**Womens** - Crystal Clark & Kelly Hogan





# Workout of the Month

## Abs in August

Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities. Take advantage of August and incorporate some core work to your weekly routine!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 15 Bicycle crunches 10 Leg raises 10 Russian twists 15 Mtn. Climbers 20 Sec. plank	<b>2</b> 20 Bicycle crunches 15 Leg raises 15 Russian twists 20 Mtn. Climbers 25 Sec. plank	<b>3</b> 25 Bicycle crunches 20 Leg raises 20 Russian twists 25 Mtn. Climbers 30 Sec. plank	<b>4</b> REST	<b>5</b> 25 Bicycle crunches 20 Leg raises 20 Russian twists 25 Mtn. Climbers 30 Sec. plank	<b>6</b> 30 Bicycle crunches 25 Leg raises 25 Russian twists 30 Mtn. Climbers 40 Sec. plank
<b>7</b> 30 Bicycle crunches 25 Leg raises 25 Russian twists 30 Mtn. Climbers 40 Sec. plank	<b>8</b> REST	<b>9</b> 35 Bicycle crunches 30 Leg raises 30 Russian twists 35 Mtn. Climbers 50 Sec. plank	<b>10</b> 35 Bicycle crunches 30 Leg raises 30 Russian twists 35 Mtn. Climbers 50 Sec. plank	<b>11</b> 40 Bicycle crunches 35 Leg raises 35 Russian twists 40 Mtn. Climbers 60 Sec. plank	<b>12</b> REST	<b>13</b> 40 Bicycle crunches 35 Leg raises 35 Russian twists 40 Mtn. Climbers 60 Sec. plank
<b>14</b> 45 Bicycle crunches 40 Leg raises 40 Russian twists 45 Mtn. Climbers 70 Sec. plank	<b>15</b> 40 Bicycle crunches 45 Leg raises 45 Russian twists 40 Mtn. Climbers 70 Sec. plank	<b>16</b> REST	<b>17</b> 50 Bicycle crunches 45 Leg raises 45 Russian twists 50 Mtn. Climbers 80 Sec. plank	<b>18</b> 50 Bicycle crunches 45 Leg raises 45 Russian twists 50 Mtn. Climbers 80 Sec. plank	<b>19</b> 55 Bicycle crunches 50 Leg raises 50 Russian twists 55 Mtn. Climbers 90 Sec. plank	<b>20</b> REST
<b>21</b> 55 Bicycle crunches 50 Leg raises 50 Russian twists 55 Mtn. Climbers 90 Sec. plank	<b>22</b> 60 Bicycle crunches 55 Leg raises 55 Russian twists 60 Mtn. Climbers 100 Sec. plank	<b>23</b> 60 Bicycle crunches 55 Leg raises 55 Russian twists 60 Mtn. Climbers 100 Sec. plank	<b>24</b> REST	<b>25</b> 65 Bicycle crunches 60 Leg raises 60 Russian twists 65 Mtn. Climbers 110 Sec. plank	<b>26</b> 65 Bicycle crunches 60 Leg raises 60 Russian twists 65 Mtn. Climbers 110 Sec. plank	<b>27</b> 70 Bicycle crunches 65 Leg raises 65 Russian twists 70 Mtn. Climbers 120 Sec. plank
<b>28</b> REST	<b>29</b> 70 Bicycle crunches 65 Leg raises 65 Russian twists 70 Mtn. Climbers 120 Sec. plank	<b>30</b> 80 Bicycle crunches 70 Leg raises 70 Russian twists 80 Mtn. Climbers 130 Sec. plank	<b>31</b> 80 Bicycle crunches 70 Leg raises 70 Russian twists 80 Mtn. Climbers 130 Sec. plank	<b>LINKS for exercise tutorials:</b> - <a href="#">Bicycle Crunches</a> - <a href="#">Leg Raises</a> - <a href="#">Russian Twists</a> - <a href="#">Mountain Climbers</a> - <a href="#">Plank</a>		

*To prevent injury, form is critical when performing all exercise. Please reach out to [coach@accelwell.com](mailto:coach@accelwell.com) if you have any questions about the movements and how to perform them correctly. It is always recommended to consult your physician to assess your individual medical status and specific needs prior to making any major changes to your dietary intake and/or exercise regimen.*



# SMART SWAPS

## Insight into Added Sugar



### Added Sugar:

- ❖ Sugar and/or syrup that is put into foods during preparation or processing or is added at the table.
- ❖ Adds sweetness to food, but it does not provide any nutrients to your body. Too much added sugar will be converted to fat in your body, increasing your risk of overweight/obesity, diabetes, high blood pressure, and many other chronic conditions.
- ❖ Daily recommendations for added sugar: no more than 6% of your total calories for the day (Women – 25 grams or approximately 5 teaspoons // Men – 36 grams or approximately 7 teaspoons).

### Common Foods Containing Added Sugar:

- ❖ Soft drinks, sweetened tea/coffee, energy and fruit drinks.
- ❖ Candy, desserts and sweet snacks: cookies, cakes, pies, muffins.
- ❖ Dairy desserts and milk products: ice cream, sweetened yogurt and sweetened milk.
- ❖ Breakfast cereals and bars.

### Sugar Substitutes:

- ❖ Low-calorie sweeteners, artificial sweeteners, noncaloric sweeteners, non-nutritive sweeteners, sugar alcohols.
- ❖ Replacement for sugar added to processed foods - used to reduce sugar and calories in the diet.
- ❖ Non-nutritive sweeteners could possibly help with weight control, but they are not the only solution. Foods marked as sugar-free are not calorie-free, so they still can contribute to weight gain if consumed in excess. It is best to eat whole foods with natural sweetness (fruits, milk) as these provide additional health benefits.

### Natural Sugar:

- ❖ Sugar can be found naturally in certain foods, such as fruits, starchy vegetables, milk and cheese, and whole grains like rice and whole-grain pasta.
- ❖ This type of sugar is beneficial to include in your diet because the foods that contain natural sugar have additional health benefits.
  - They do not cause a rapid rise and drop in blood sugar that has been associated with obesity and chronic diseases.

### Cut Back on Added Sugar:

- ❖ Gradually cut back on the amount of sugar that is added to foods and beverages such as pancakes/waffles, cereal, coffee and tea.
- ❖ Swap out sugary drinks, ideally for water. If you can't cut out sugary drinks completely, choose sparkling water, tea or coffee.
  - Tips for drinking water: carry a reusable water bottle with you throughout the day; add fresh fruit to your water for sweetness; drink seltzer, club soda or sparkling water if you crave carbonation.
- ❖ Compare food labels of similar products and choose the product with the least amount of added sugar.
- ❖ Cut the serving back by using only about one-third to one-fourth of the sugar called for in a recipe.
- ❖ Try extracts like vanilla, almond, orange or lemon in recipes in place of sugar.
- ❖ Make your own salad dressings, ketchup, tomato sauce and barbeque sauce because these store-bought condiments contain a lot of added sugar.
- ❖ Enhance recipes with spices such as cinnamon, allspice, ginger or nutmeg instead of sugar.
- ❖ Substitute unsweetened applesauce for sugar in recipes.
- ❖ Replace candy and other sweets with fruit, plain Greek yogurt with cinnamon/fruit, baked fruit with cream, or dark chocolate.
- ❖ Eat whole foods like fruit, legumes, whole grains, and vegetables.
- ❖ Everything in moderation- it is ok to have sugary drinks and desserts every once in a while, but do not make the consumption of these a regular activity.

### Soda vs. Sparkling Water



**Coke (12 oz. can)**  
 -Serving size: 1 can  
 -Calories: 140 calories  
 -Total sugar: 39 grams  
 -Added sugar: 39 grams (78% Daily Value)



**La Croix Sparkling Water (Key Lime)**  
 -Serving size: 1 can  
 -Calories (per can): 0 calories  
 -Total sugar: 0 grams  
 -Added sugar: 0 grams

### Cereal- Raisin Bran vs. Shredded Wheat



**Raisin Bran**  
 -Serving size: 1 cup  
 -Calories: 190 calories  
 -Total sugar: 17 grams  
 -Added sugar: 9 grams (18% Daily Value)



**Post Shredded Wheat**  
 -Serving size: 1/3 cup  
 -Calories: 210 calories  
 -Total sugar: 0 grams  
 -Added sugar: 0 grams  
 \*Add a little cinnamon or fresh fruit on top to give it some flavor

### Frappuccino vs. Unsweetened Cold Brew Coffee



**Starbucks Frappuccino Chilled Coffee Drink**  
 -Serving size: 13.7 oz. bottle  
 -Calories: 300 calories  
 -Total Sugar: 47 grams  
 -Added Sugar: 34 grams (68% Daily Value)



**Stok Cold Brew Coffee**  
 -Serving size: 12 oz.  
 -Calories: 15 calories  
 -Total Sugar: 0 grams  
 -Added Sugar: 0 grams  
 \*Add vanilla extract or cinnamon to give it some sweetness

### Flavored Instant Oatmeal vs. Plain Instant Oatmeal



**Quaker Apples & Cinnamon Instant Oatmeal**  
 -Serving size: 1 packet  
 -Calories: 160 calories  
 -Total Sugar: 11 grams  
 -Added Sugar: 8 grams (16% Daily Value)



**Quaker Original Instant Oatmeal**  
 -Serving size: 1 packet  
 -Calories: 100 calories  
 -Total Sugar: 0 grams  
 -Added Sugar: 0 grams  
 \*Add cinnamon or fresh fruit to give it more sweetness

### Regular Ice Cream vs. No Sugar Added Ice Cream



**Breyers' Chocolate Ice Cream**  
 -Serving size: 2/3 cup  
 -Calories: 180 calories  
 -Total Sugar: 20 grams  
 -Added Sugar: 15 grams (30% Daily Value)



**NadaMoo No Sugar Added Chocolate Ice Cream**  
 -Serving size: 2/3 cup  
 -Calories: 120 calories  
 -Total Sugar: 2 grams  
 -Added Sugar: 0 grams  
 -Sugar Alcohol: 4 grams

### Swedish Fish vs. Smart Sweets Sweet Fish



**Swedish Fish**  
 -Serving size: 5 pieces  
 -Calories: 110 calories  
 -Total Sugar: 23 grams  
 -Added Sugar: 23 grams (46% Daily Value)



**Smart Sweets Sweet Fish**  
 -Serving size: 10 pieces  
 -Calories: 100 calories  
 -Total Sugar: 3 grams  
 -Added Sugar: 0 grams

### Clif bars vs. unsalted nuts



**Clif Bars (Chocolate Chip):**  
 -Serving size: 1 bar  
 -Calories: 250 calories  
 -Total sugar: 17 grams  
 -Added sugar: 16 grams (32% Daily Value)



**Planter's Unsalted Mixed Nuts**  
 Serving size: about 22 pieces  
 -Calories: 170 calories  
 -Total sugar: 1 gram  
 -Added sugar: 0 grams

### Sweetened Greek Yogurt vs. Plain Greek Yogurt



**Chobani Blueberry Greek Yogurt**  
 -Serving size: 1 container  
 -Calories: 110 calories  
 -Total sugar: 15 grams  
 -Added sugar: 9 grams (18% Daily Value)



**Chobani Plain Non-Fat Greek Yogurt**  
 -Serving size: 1 container  
 -Calories: 80 calories  
 -Total sugar: 5 grams  
 -Add sugar: 0 grams  
 \*Add flavor to the yogurt by adding fresh or frozen fruit

### Barbeque Sauce vs. Mustard



**Barbeque Sauce**  
 -Serving size: 2 Tbsp.  
 -Calories: 70 calories  
 -Total sugar: 17 grams  
 -Added sugar: 16 grams (32% Daily Value)



**Mustard**  
 -Serving size: 1 tsp.  
 -Calories: 0 calories  
 -Total sugar: 0 grams  
 -Added sugar: 0 grams

### Chips Ahoy vs. Simple Mills Chocolate Chip Cookies



**Chips Ahoy**  
 -Serving size: 3 cookies  
 -Calories: 150 calories  
 -Total Sugar: 11 grams  
 -Added Sugar: 11 grams



**Simple Mills Crunchy Chocolate Chip Cookies**  
 -Serving size: 4 cookies  
 -Calories: 150 calories  
 -Total Sugar: 7 grams  
 -Added Sugar: 7 grams

First/Last Name & Organization: \_\_\_\_\_

# Activity of the Month

Added sugars are sugar and/or syrup that is put into foods during preparation or processing, or is added at the table. These added sugars do not provide any nutrients to your body and may be converted to fat in your body when eaten in excess. This could increase your risk of different health conditions. It is important to read food labels to help you track your added sugar intake. For this month's activity, reference the example food label to help you complete the tasks below. Complete steps 1-3 to discover the total amount of added sugars in your favorite snacks/drinks. **Upon completion, submit a copy through the Incentive campaign on your portal.**

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 Bar (37g)</b>
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 13g	
Incl. 12g Added Sugars	<b>24%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg 0% • Calcium 130mg 10%	
Iron 1.8mg 10% • Potassium 80mg 0%	
Vitamin A 10% • Thiamin 10%	
Riboflavin 10% • Niacin 10%	
Vitamin B <sub>6</sub> 10% • Zinc 10%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

1 Choose 3 snacks/drinks you would typically eat/drink in a week.

2 Read the food label and record how many added sugars is included. (see example label to the left)

3 Calculate the total amount of added sugars in the three items combined. (Add up the three totals below)

Dietary Fiber 1g	<b>5%</b>
Total Sugars 13g	
Incl. 12g Added Sugars	<b>24%</b>

Example: Nutri-Grain Food Bar: 12 grams Added Sugar

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Total Added Sugars**    \_\_\_\_\_    +    \_\_\_\_\_    +    \_\_\_\_\_    =    \_\_\_\_\_    **Total Grams**



# The Dish:

## Healthy Recipes Curated By AccelWELL

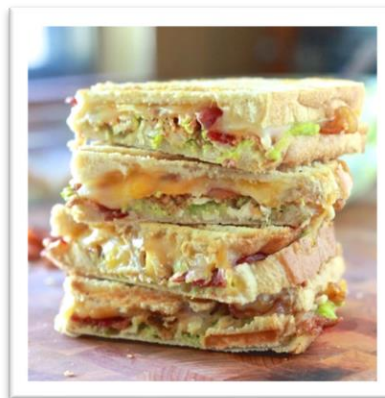
## Chicken, Bacon & Avocado Panini

### Ingredients (Serves 2)

- 4 breaded chicken tenders, diced
- 1 tablespoon ranch dressing mix
- 6 slices bacon
- ½ avocado
- Juice of ½ a lime
- Salt
- 4 slices cheese
- 4 slices sourdough

### Instructions

1. Pre-heat oven to 400 degrees.
2. Line a sheet pan with parchment paper. Lay bacon on a sheet pan and roast in the oven for 15 - 20 minutes or until crispy.
3. While bacon is in the oven combine diced chicken with ranch dressing mix, set aside. Mash avocado with lime juice and salt, until smooth.
4. Heat panini press (or stovetop). While the press is heating assemble the sandwich.
5. Spread mashed avocado on a slice of bread, followed chicken, bacon, cheese and topped with bread. Brush press with butter or olive oil. Press sandwich until warmed through, crispy and gooey.



Source: <https://www.thenoshery.com>

### Tips for selecting the best produce:

- **Corn:** Choose ears of corn that have green husks, fresh silks and tight rows of kernels.
- **Watermelon:** Look for firm, free from bruises/cuts/dents (scratching is okay); underside should have creamy yellow spot from ground.
- **Peach:** Choose firm peaches with smooth skin; should smell fragrant when ripe.
- **Tomato:** Choose tomatoes with bright, shiny skins that are firm to the touch.
- **Zucchini:** Look for slightly prickly but shiny skin; firm, free of cuts/bruises; vibrant/rich color.

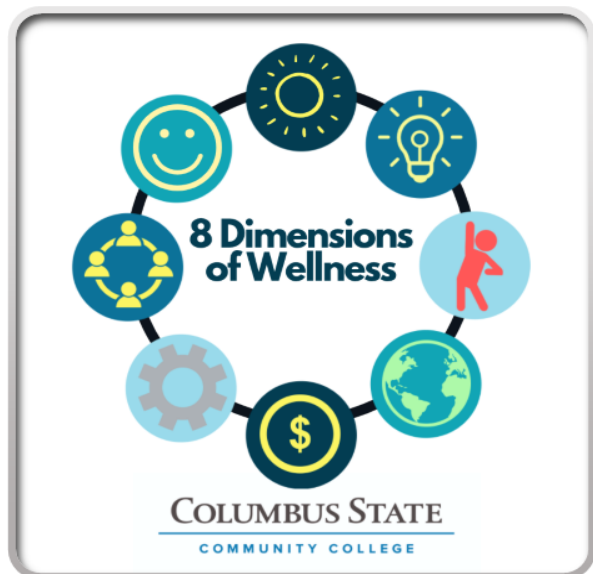
*Check out this month's recipes for ways to incorporate fresh produce into your meals!*





# Your Wellbeing Advisory Committee:

## Nichole Bowman-Glover, PhD, Wellbeing Benefits Analyst



Averee Fields, Delaware Campus

Tommy Tucker, Mitchell Hall

Amanda Cecil, College of Recreation & Wellness

Pete Hackman, Food Services

Vena Hill, Student Central

Jason Love, Human Resources

Jackie Miller, Nursing Department

Justin Grote, Admissions Department

Darien Velasquez, Marketing & Communications

Jolene Broshious, Equity & Compliance

Yvette Johnson Veterinary, Imaging & Surgical  
Technology Department

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