

# Cougars Wellbeing Newsletter

February 2025 | Issue 54

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# FEBRUARY

Welcome to February!!! It's been "extremely" cold, *but* we're not going to let that stop us from engaging in our wellbeing. We are thirty-four days into 2025. Where are you with your lifestyle goals? The goals that will push your life longevity marker in the positive direction.

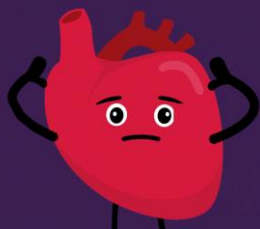
Visit: [Wellbeing | Columbus State Community College](#)

Download: [Creating a Healthier Life Guide](#)

Your feedback is important to us so continue to communicate with us through wellbeing @csc.edu about your wellbeing interests. There are more exciting wellbeing activities on the horizon.

Remember, **HR SUPPORTS YOUR SUCCESS.**

Dr. Nic



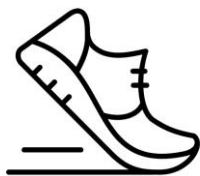
## February is Heart Health Month, Eye & Vision Month

[UAW: Healthy Heart](#)

[Heart disease types, risks, and symptoms | Health & wellness | UnitedHealthcare](#)

[Heart healthy diet supplements | Health & wellness | UnitedHealthcare](#)

[Computer vision syndrome symptoms and causes | Health & wellness | UnitedHealthcare](#)



## Cougar Challenge 5K

CSCC Delaware Campus-Saturday, May 3, 2025

Get a Team/Sign up as an individual!

Walk/Run and/or Donate to support students

[Columbus State Cougar 5K Challenge](#)



## Sustainability

Meeting on the first floor of Delaware Hall, DE106 & DE106A

•Wk 6, Friday, February 21 at 2:15 pm

Get involved: Join the group so you can be included in sustainability notifications.

### Ohio's Ohio By-Products Synergy (BPS) Network

Check out this free event taking place 5 minutes from our Columbus campus

on Thursday, Feb. 13th from 9a to 4p. The keynote speaker is the Director of the Ohio EPA. [Click here to register.](#)



## SWACO's Public Landfill Tours

SWACO is offering public landfill tours on Saturday, March 1, and May 31. If you haven't toured the landfill yet, it's quite an experience and much more enjoyable when it's cold out. To sign up for a public tour, email [Tours@swaco.org](mailto:Tours@swaco.org). [Click here for details](#) and scroll to the bottom of the page.

Download the [Climate Action Now app](#) to advocate for climate action easily

Forward to a Friend - Everyone in the CSCC community is welcome to join us. Share with students, staff, and faculty. Join the [Sustainability Group](#), and/or [our Discord](#).

Employee Advisors: Jennifer McCord, Allison Hendricks

**Stay Connected to CSCC Wellbeing (CLICK on LINK):**

[Wellbeing | Columbus State Community College](#)

# FEBRUARY



**American  
Red Cross**

## Blood Drive

Columbus State Community College

Nestor Hall, 488 Mt Vernon Ave, Columbus, OH 43215

Monday, Feb. 24, 2025 | 10:00 a.m. to 4:00 p.m.

To schedule an appointment: [Schedule a Blood, Platelet or Plasma Donation | American Red Cross RedCrossBlood.org](https://www.redcrossblood.org), **sponsor code: cougars**

## Well Wednesdays (employees & students welcome)

Here to help you live a longer healthier life!! Come **connect** with fellow employees & students. Join us in person or virtual.

**12pm in Library Media Studio**

**2/19-Zumba (low intensity)**

**2/26 Breathwork & Meditation**

30-40 min sessions, bring mat if you have one.

For more info, contact [wellbeing@csc.edu](mailto:wellbeing@csc.edu)



## Terri's Financial Wellness Tip (BMI Federal Credit Union)

### Start the Year with a Budget Review



Make room for future priorities with a detailed review of your budget. Evaluate your expenses. Shop around for the best rates. Analyze and create a plan to reduce debt. Over time expenses change and with a thorough examination of your budget, you can free up funds to put toward new financial goals. Use the [Trim Your Budget](#) virtual coach to find new ideas on how to cut costs.

Presented by [BMI Federal Credit Union](#). Federally insured by NCUA. Eligibility requirements apply. Equal Housing Lender. NMLS ID: 410831

# FEBRUARY



## CancerBridge

THU  
FEB  
6

### **CancerBridge Kitchen Series: Nutrition Reset: How to Realign Your Goals**

**11am EST | [REGISTER NOW!](#)**

Start the year strong by learning how to realign your nutrition and wellness goals. This session will focus on practical strategies to create sustainable habits, meal plan effectively, and stay motivated throughout the year.

TUE  
FEB  
11

### **CancerBridge Exercise Series: Training the Core**

**11am EST | [REGISTER NOW!](#)**

Exercises to help improve posture and stability. This is a planned monthly series with more to come on the class descriptions.

TUE  
FEB  
18

### **CancerBridge Financial Wellness Series: Top 5 Tax Tips for Individuals and Families**

**11am EST | [REGISTER NOW!](#)**

In recent years there have been some major changes in the tax laws. This session will review some of those changes and share some strategies that you can use to make tax time a little less stressful.

WED  
FEB  
19

### **CancerBridge Nutrition Series: Plant Powered Plate**

**11am EST | [REGISTER NOW!](#)**

Join us to learn about how a plant-forward diet can benefit your health. We will discuss the science behind why a plant-heavy diet is ideal and tips for busy people.

THU  
FEB  
20

### **CancerBridge Support Series: Early Onset Colorectal Cancer**

**11am EST | [REGISTER NOW!](#)**

This prerecorded presentation will cover the risk factors, signs and symptoms, how it is treated, and complications. Please submit questions when you register and she can answer them when she records this session.

THU  
FEB  
20

### **CancerBridge Self-Care Series: Breathe Better, Stress Less**

**11am EST | [REGISTER NOW!](#)**

Learn and practice a variety of breath exercises that can reduce stress and promote resilience, focus, and calm.

**For cancer-related questions: (855) 366-7700**

**For questions about these events: [hello@mycancerbridge.com](mailto:hello@mycancerbridge.com)**



# Get Involved with AccelWELL!

THU  
FEB  
27

## Virtual Health Coaching

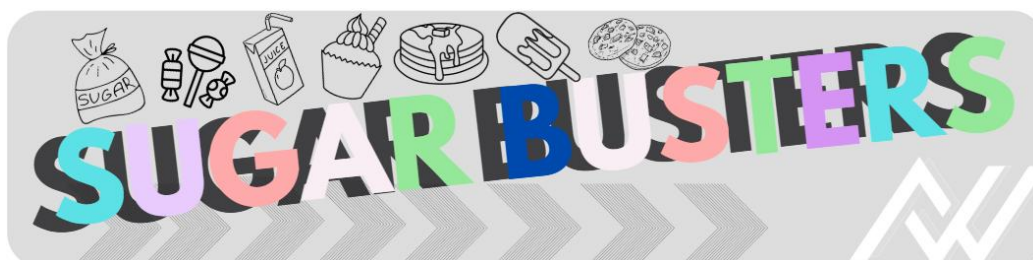
Private Sessions Available

10:00am – 3:00pm EST



### HOW TO SIGN UP:

From your AccelWELL 3.0 portal or WellSteps app, select the **menu** in the upper right-hand corner. From there, select the **calendar tool** to be redirected to a calendar view of the month's events. Find the correct day and event and select **Register**. Then, fill out the designated prompts and select a timeslot that best works for you. Lastly, click **Register**.



## January 13<sup>th</sup> – February 16<sup>th</sup>

It's not too late to take part in this campaign on your AccelWELL [Portal](#)!

You'll receive educational and motivational messages as you learn how to reduce the amount of added sugar in your diet, all while satisfying your sweet tooth!

Learn how to recognize the many forms of sugar, how to avoid hidden sugars, and apply "sugar busting" substitutions.

Simply visit the [Campaign](#) page on your [portal](#) to get started and complete all the weekly activities.

Earn a raffle entry to win a [body comp scale](#) for successfully completing the campaign!

*\*If you are unable to participate in this challenge due to health restrictions, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation by contacting [coach@accelwell.com](mailto:coach@accelwell.com).*

## Workout with AccelWELL: Follow-Along Yoga

Join us for a 30-minute yoga flow to connect with your body, get a good stretch & relax!

Click [HERE](#) for the full video to follow along.

Earn entry into a raffle to win a [\\$50 Visa Gift](#) card for following along with this yoga class! Simply submit [this survey](#) to let us know you completed this activity.



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



**FEBRUARY**

**20 MINUTE  
TREADMILL HIKE**

MINUTE	SPEED	INCLINE
0:00-4:00	3.0	3%
4:00-6:00	3.5	5%
6:00-8:00	3.5	8%
8:00-12:00	4.0	3%
12:00-14:00	3.0	10%
14:00-18:00	3.5	5%
18:00-20:00	4.0	8%





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.

# HEART CONSCIOUS

## *Reducing added salt & sugar*

### WHAT IS FOOD PROCESSING?

This occurs when a whole food is altered from its natural state. Unfortunately, in the U.S. there is an overwhelming number of processed foods in our grocery stores. Processed foods can be categorized into 4 different groups.

Group 1	Group 2	Group 3	Group 4
Unprocessed or Minimally Processed Foods	Processed Culinary Ingredients	Processed Foods	Ultra-Processed Foods
			

## *The problem with added sugar...*

Added sugars can increase your risk of high blood pressure, diabetes, and obesity.

Sugar itself is not bad! **Natural sugars** allow your body to use them for energy. **Added sugars** are not broken down the same way in the body and cannot be used as efficiently.

### SMART SWAPS: SUGAR

#### If you usually buy this...

1. Coke or Pepsi
2. Barbeque sauce
3. Quaker Apples & Cinnamon oatmeal
4. Swedish Fish
5. Chips Ahoy cookies

#### Try this instead...

1. Flavored sparkling water
2. Mustard
3. Quaker original oatmeal
4. Smart Sweets Candy
5. Simple Mills Crunchy Chocolate Chip Cookies





# The problem with added salt ...

**Added salt** is the same thing as sodium. **Sodium** is an essential nutrient but is highly regulated in the body. Processed foods typically contain unhealthy levels of sodium.



The American Heart Association labels six of the most popular high sodium foods as the “Salty Six”

High sodium intake can lead to high blood pressure, headaches, edema, kidney disease, stroke, and osteoporosis.



bread & rolls



pizza



sandwiches



cold cuts & cured meats



soup



tacos & burritos

## SMART SWAPS: SODIUM

### If you usually buy this...

1. White bread
2. Thick crust pizza
3. Subway sub
4. Broccoli cheddar soup
5. Taco Bell crunch wrap

### Try this instead...

1. Whole wheat bread
2. Cauliflower crust pizza
3. Lettuce wrap
4. Low-sodium chicken noodle soup
5. Taco with fresh ingredients

## Lifestyle changes can be impactful

### SLOW CHANGES

Too much change all at once isn't sustainable. Pick one small habit to change at a time when trying to reduce your salt & sugar intake.

### EAT AT HOME

Be intentional about the ingredients you cook with. Fresh is best! Frozen meals & restaurant meals usually contain more processed foods.

### DON'T STRESS

Diet changes don't have to be “all or nothing”. Treat yourself once in a while, enjoy your favorite foods. Just start adding in some of our simple swaps.



# ACTIVITY OF THE MONTH



## SMART SWAPS FOOD LOG



For this activity, track your food for one day and tally the number of unprocessed, processed, and ultra-processed foods you eat at each meal. Then, answer the questions at the bottom of the page.

	UNPROCESSED	PROCESSED	ULTRA-PROCESSED
BREAKFAST			
LUNCH			
SNACK			
DINNER			

Which type of food did you eat the most of this day?

When did you tend to eat ultra-processed foods? Did you eat them out of convenience?

Are there any smart swaps you can make for the ultra-processed foods you ate?



## SKILLET STEAK WITH MUSHROOM SAUCE

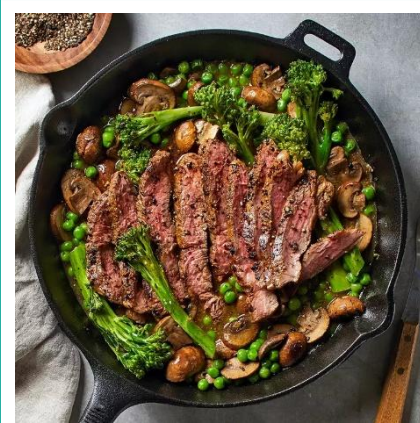
### Ingredients (Serves 4)

- 12 oz top sirloin steak, cut 1 in thick and trimmed
- 2 tsp salt-free steak seasoning
- 2 cloves garlic, minced
- ½ tsp salt, divided
- 2 tsp oil
- 6 oz broccolini, trimmed
- 2 cups frozen peas
- 1 tsp chopped fresh thyme
- 3 cups sliced fresh mushrooms
- 1 cup unsalted beef broth
- 1 tbsp whole-grain mustard
- 2 tsp cornstarch

### Instructions

1. Preheat oven to 350°F. Sprinkle steak with steak seasoning, garlic and 1/4 teaspoon salt.
2. Heat oil in a 12in cast-iron skillet over medium-high heat. Add steak and broccolini. Cook 4 minutes, turning the broccolini once (don't turn steak). Place peas around steak; sprinkle with thyme.
3. Transfer skillet to oven and bake until steak is medium-rare, about 8 minutes. Transfer steak and vegetables to a plate (leave the drippings in the pan); cover and keep warm.
4. Sauce: Add mushrooms to the pan drippings. Cook over medium-high heat for 3 minutes, stirring occasionally. Whisk broth, mustard, cornstarch and remaining salt in a small bowl; add to pan with mushrooms. Cook until thick and bubbly, about 1 to 2 minutes.
5. Serve the steak and vegetables with sauce. Enjoy!

Skillet Steak Recipe

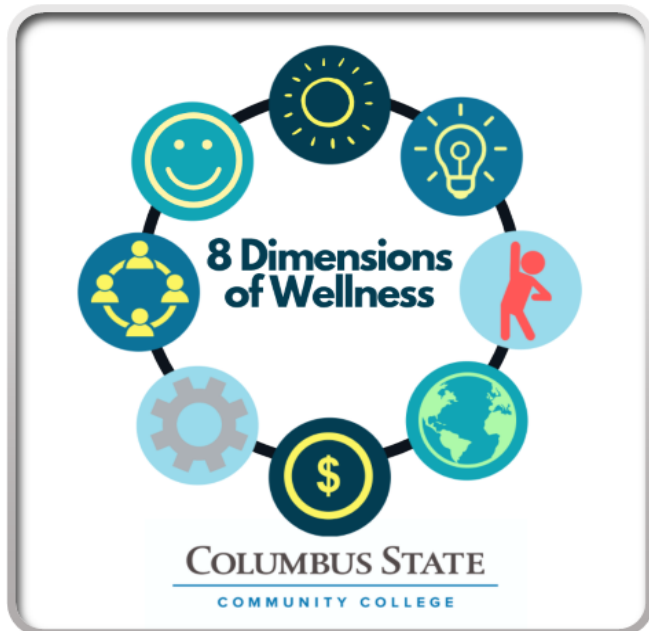


### WHAT IS BROCCOLINI?

- Broccolini is a hybrid of broccoli and Chinese kale.
- It contains almost 4 times as much Vitamin A as regular broccoli.
- The stems are more delicate and thin, making them easier to eat than the thick stems of broccoli.
- Broccolini has a sweeter and milder taste.
- The texture of broccolini is similar to asparagus.
- It is low in calories, but high in fiber!

# Your Wellbeing Advisory Committee:

Nichole Bowman-Glover, PhD, Wellbeing Benefits Analyst



Tommy Tucker, Mitchell Hall

Vena Hill, Human Resources

Jason Love, Human Resources

Yvette Johnson Veterinary, Imaging & Surgical  
Technology Department

Terrence Lawrence, Inclusive Advising Innovation

Shawntera Hollinshead, Police Communications &  
Admin

Join us on Microsoft Teams: **“Cougars Living Well”** **Join Us Today!**

*Cougars Living Well* is a place for you to engage in conversations about health and wellness, share resources and words of encouragement, and receive updates about all the wellbeing services and resources available to you. To join this public Team, **log into Teams, click “join or create a team,” search for *Cougars Living Well* and click “Join Team.”** If you have questions or need assistance joining *Cougars Living Well*, please reach out to Nichole Bowman-Glover/Vena Hill.



“ACCEL\_WELL”

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