

Cougars Wellbeing Newsletter



COLUMBUS STATE
COMMUNITY COLLEGE

February 2021 | Issue 6

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Pesto & Shrimp Buddha Bowl
Enjoy this heart healthy meal. (P. 9)

COLUMBUS STATE
COMMUNITY COLLEGE

 **AccelWELL**
Inspire Purpose • Drive Performance

february

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

List your top three goals for the month below.

#Goals

Goal Tracker



	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
1																												
2																												
3																												

notes



Healthy Habits to Try this Month

- Incorporate more healthy fats into your diet for a healthy heart.
- Try getting 30 minutes of exercise each day. Do the heart healthy workout of the month to get started!

FEBRUARY

Events

WED
FEB
10

Prudential Seminar

presented via WebEx

11:00am-12:00pm EST

- Longevity risks
- Pros and cons of rollover IRAs
- Healthcare and long-term goals



COLUMBUS STATE
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Register Now!

MON
FEB
15

Mid-Month Monday Movement

12:00pm – 12:30pm EST

Join Dr. Nic for a 30 min Monday Zumba stress relieving movement session. Details: mid-day break, no previous dance experience required; sneakers, space & open mind.

[Mid-Month Monday Movement](#)

TUE
FEB
16

Voya Financial Seminar w/Barnett McGowan

Starts 12:00pm EST

[Personal Finance Basics](#) (Click to Join!)

Learn how to manage your money in a common-sense way. The goal is to see how your day-to-day decisions make a difference in the life you want to lead.

WED
FEB
24

Rally Coins & Health Benefits Session

Starts 11:00am EST

Nichole Bowman-Glover, Wellness Program Coordinator and Jason Love, Benefits Analyst will review Rally Coin program for those who are on United HealthCare as well as how to navigate your health benefits. Remember the Rally coin cycle runs from July 1, 2020 through June 30, 2021. The coins apply to employees on the health plan and covered spouses.



THU
FEB
25

Telephonic Health & Nutrition Coaching

with **Emily Bailey, RD, CSSD, LD, NASM**

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

HOW TO SIGN UP:

- [CLICK HERE](#) to sign-up for your private session.
- Select a 20-minute time slot and click the box next to "Sign Up."
- Then click Sign and Submit at the bottom of the page.
- IMPORTANT – When registering, be sure to provide a telephone number in the box provided. All personal information requested when signing up (name, email, phone number) is kept confidential.



REMINDER!

[Spring 2021 Brain Breaks](#)

Every Wednesday at 12:30pm take a BRAIN BREAK for 15 minutes!

OR

[Spring 2021 30min](#)

Every First Monday of month for 30 minutes!

(Microsoft Teams):
Grace Howard

Special Note: Attend at least 5 of the offered wellbeing seminars (July 1-June 30) and earn 1 coin. (Attendance is taken at seminars) If you have questions contact Nichole.

[Rally.Health Benefits](#)

**ENTER TO
WIN!**

[Click Here](#) to learn about your biometric numbers and how to take charge of your health! Submit your answers to the questions at the end of the presentation to be entered into the [raffle for an essential oil diffuser with oil!](#) Email your answers to coach@accelwell.com by 2/28 to be eligible!

Your mental/behavioral health is important to us!

Black Mental Health

"The effect of racism and racial trauma on mental health is real and cannot be ignored. The disparity in access to mental health care in communities of color cannot be ignored. The inequality and lack of cultural competency in mental health treatment cannot be ignored.

"Our nation's African American community is going through an extremely painful experience, pain that has been inflicted upon this community repeatedly throughout history and is magnified by mass media and repeated deaths. We stand with all the families, friends and communities who have lost loved ones senselessly due to racism. And, with more than 100,000 lives lost to the coronavirus pandemic - disproportionately from minority communities - these recent deaths add gasoline to the fire of injustice.

"While there is much we need to do to address racism in our country, we must not forget the importance of mental health as we do so. Racism is a public health crisis.

From The National Alliance on Mental Illness' (NAMI) CEO, Daniel H. Gillison, Jr., regarding recent racist incidents across the country and their impact on mental health.

See statement and resources:

NAMI's Statement On Recent Racist Incidents and Mental Health Resources for African Americans

[NAMI: National Alliance on Mental Illness](#)

Local resources: Matrix (614) 475-9500, Mental Health America-OH (614)

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

[Pro Bono Counseling Program – Mental Health America of Ohio \(mhaohio.org\);](#)

Black Community Ambassadors Program

[The Black Community Ambassadors Program](#)



Parent Tools: Talking to your children about what's going on in the world

[Talking to Kids in Times of Tragedy - On Our Sleeves](#)

News Flash: Expanded mental health services

Matrix-Employee Assistance Program (EAP): Call (614) 475-9500 or go to website/download app to make an appointment- full time employees, spouses & dependents up to 8 visits & regular part time, spouses & dependents up to 3 visits; **New: virtual sessions 1st Thursday (male clinician) 2-6pm or 3rd Tuesday (female clinician) 9am-1pm (call and request CSCC virtual session-ALL employees including adjuncts).**

Employee Resource Groups

Employee Resource Groups (ERGs) allow members to connect with other employees who share similar interests and a common bond or background. These employee-led groups are designed to meet the unique needs of each affinity or identity, and aid in fostering a diverse, inclusive workplace aligned with the College's mission and values.



Reach out to the contacts for meeting information:

African/African American-Royce Carpenter & Michelle Baker
Aspiring Leaders-Tywan Banks & Jessica Jones

Caregivers-Melissa Lamar

Faith in Parenting-Debbie Strain

LGBTQ-Michael Hicks, George Johnson, Katina Fitch

Women's-Crystal Clark & Kelly Hogan



Workout of the Month



**H
E
A
R
T**

H E A L T H Y W O R K O U T

Get your heart pumping with February's Workout of the Month! Aim to complete each exercise for 45 seconds. Rest for 30 seconds between exercises. Modifiers are available. Be sure to take each movement slow and focus on your form. Challengers—try to complete this workout 3-4 times through. [*CLICK HERE](#) to follow along with Coach Emma!

1. Speed Skaters

Leap on alternating feet from side to side swinging your back foot behind the standing leg. Do not let your toes of the back foot touch the floor. **Modification:** Instead of jumping, side step crossing your back foot behind into a lunge.



2. Squat Pulses

Lower down into a regular air squat holding the seated position. Rather than coming back to starting position pulse a few inches up and down for the entire exercise.



3. Bicycle Crunches

Lift one leg just off the ground and extend it out. Lift the other leg and bend your knee towards your chest. As you do so twist through your core so the opposite arm comes towards the raised knee. Alternate sides for the entire exercise.



4. Squat Jumps

Perform a regular squat keeping your weight back, heels down. When raising up explode into a full jump landing back into a squat position. **Modification:** Instead of jumping, finish your squat up on your tip toes.



5. Russian Twists

Sit in a V-shape position, holding your chest high and core pulled in tight, then rotate your torso side to side without letting your feet touch the ground.

Modification: Keep your feet on the ground for more stability while rotating your torso side to side.



6. Jumping Lunges

Lower into a regular lunge position. Explode upward out of this position and switch legs mid air to land back in a lunge position.

Modification: Instead of jumping do regular walking lunges or stationary lunges.



KNOW YOUR NUMBERS

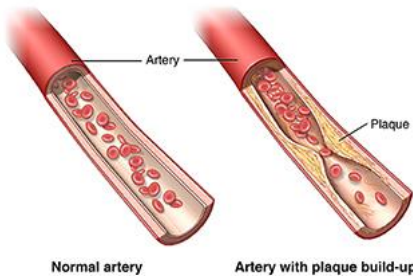
TOTAL CHOLESTEROL	UNDER 200	Desirable
	200 - 239	Borderline High
	OVER 240	High
HDL CHOLESTEROL <small>The GOOD Kind</small>	OVER 60	Optimal
	UNDER 40	Low for Men
	UNDER 50	Low for Women
LDL CHOLESTEROL <small>The BAD Kind - lower number is better</small>	UNDER 70	Optimal for those with heart or blood vessel diseases
	UNDER 100	Optimal (diabetics & those with risk factors for heart disease)
	100 - 129	Near Optimal
	130 - 159	Borderline High
	160 - 189	High
	OVER 190	Very High
TRIGLYCERIDES	UNDER 150	Normal
	150 - 190	Borderline High
	200 - 499	High
	OVER 500	Very High

Cholesterol

Cholesterol is a waxy substance that comes from two sources: your body and food.

Your body, and especially your liver, makes all the cholesterol you need and circulates it through the blood. But cholesterol is also found in foods from animal sources, such as meat, poultry and full-fat dairy products.

Your liver produces more cholesterol when you eat a diet high in saturated and trans fats.

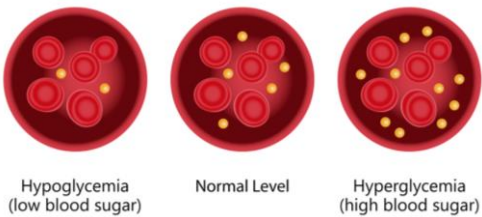


Control Your Cholesterol

- 1. **Eat a Heart Healthy Diet:** To lower cholesterol, it's recommended to eat a diet emphasizing fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. You should also limit red meat and sugary foods and beverages.
- 2. **Get Moving:** Being physically active is also important to prevent heart disease and stroke. Just 40 minutes of aerobic exercise of moderate to vigorous intensity done three to four times a week can lower cholesterol.

Blood Glucose

- After eating a meal, the food is broken down by the digestive system and blood sugar (or glucose) rises.
- The pancreas is an organ near the stomach, which produces a hormone called insulin.
- With the help of insulin, the body's cells take up the glucose and use it for energy.



RANGE	DIAGNOSIS	WHAT IT MEANS
< 100 mg/dL	Normal	Healthy Range
100 - 125 mg/dL	Prediabetes (impaired fasting glucose)	At increased risk
126 mg/dL or more	Diabetes	High risk for cardiovascular disease & stroke

Control Your Blood Sugars

- 1. **Get into a routine:** Choose a meal plan based on eating three meals a day at regular times. This helps you better use the insulin that your body produces or gets through a medication. Talk with a doctor or our health coach and registered dietitian, Emily Bailey, to help you put together a diet based on your health goals, tastes and lifestyle.
- 2. **Keep a water bottle handy:** Not having enough fluid in the body can wreak havoc on blood sugar levels. Choose water to quench your thirst instead of juice or soda.
- 3. **Exercise:** Being active makes the body more sensitive to insulin. This helps blood sugar stay steady. Once your doctor gives the OK, try an aerobic workout that gets the heart pumping, like walking or biking. It is recommended to exercise 30 minutes, 5 days a week, but even 5 minutes is a good start. When ready, add resistance training. This strengthens the muscles, where most blood glucose is stored.

Blood Pressure

Control Your Blood Pressure

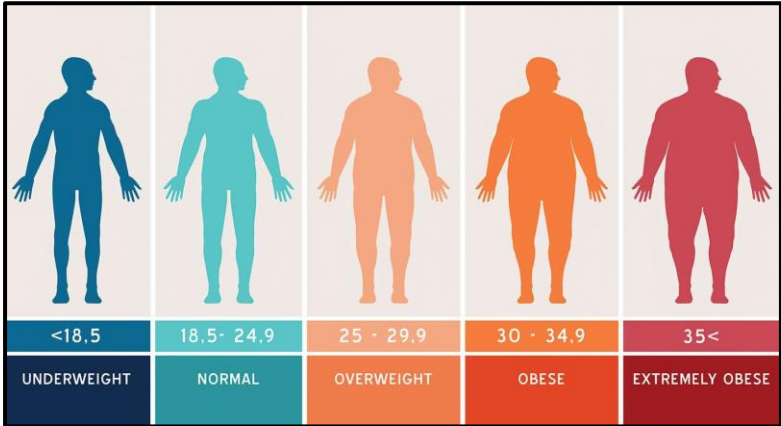
- A high-salt (sodium) diet can elevate blood pressure. Salt keeps excess fluid in the body that can add to the burden on the heart.
- Heavy and regular use of alcohol can increase blood pressure.
- Physical activity is good for your heart and circulatory system. An inactive lifestyle increases the chance of high blood pressure.

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Body Mass Index (BMI)



BMI is an estimation of body fat, using height and weight, and a good measure of risk for diseases that can occur with overweight and obesity. (NIH.gov)

This is just one of the various ways to measure body composition. Others include waist circumference and body fat percentage.

Control Your Body Mass Index

Managing or decreasing your BMI and body weight can be a difficult thing. Think of it as a healthier way of life. The tips below may help to control your body mass index and/or weight.

- Choose healthier nutrient dense foods (fruits, vegetables, whole grains, nuts & seeds, lean meats)
- Consume less saturated fat. To know a food's fat content read the food label.
- Eat 5 smaller meals throughout the day to minimize overeating at a meal.
- Try to exercise for 30 minutes a day 5 or more days a week including a combination of cardio and strength training.

First/Last Name & Organization: _____

Activity of the Month - February

KNOW YOUR NUMBERS

Do you Know Your Numbers? Be proactive and schedule your annual check up so you know where you stand with your health. For this month’s activity, record your most recent health numbers below and identify if you’re in the optimal range. **If you have concerns regarding specific categories/ranges or have not received testing on your health numbers in over a year, contact your primary care physician to set up an annual wellness visit!*



Blood Sugar – The amount of sugar in your blood.
What should my number be? **Before eating: 100 or less //**
Two hours after eating: Less than 140



Blood Pressure – The force of blood against your arteries when your heart beats (top number) and rests (bottom number). What should my number be? **120/80 or less**



Total Cholesterol – Cholesterol is a waxy substance produced by the liver. Too much can make it harder for blood to circulate. What should my number be? **Total score 200 or less**



Body Mass Index – Your ideal body weight depends on your gender, age, height and frame. BMI provides a good guideline. What should my number be? **18.6 – 24.9**

MY RESULTS

HDL:

LDL:

TOTAL:

WEIGHT:

HEIGHT:

BMI:

Are any of your numbers out of range? If so, what steps can you take or have you already taken towards improvement?

Have you scheduled an annual visit with your personal care physician? Checking in with your doctor is important to your long-term health and wellness. Make a plan today!
When do you plan to complete your annual check-up?

THE DISH:

Meal Planning AccelWELL Style



Pesto & Shrimp Buddha Bowl

Ingredients (Serves 4)

- ½ cup prepared pesto
- 2 tablespoons balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 pound large shrimp, peeled and patted dry (16-20 count)
- 4 cups arugula
- 2 cups cooked quinoa
- 1 cup halved cherry tomatoes
- 1 avocado, diced



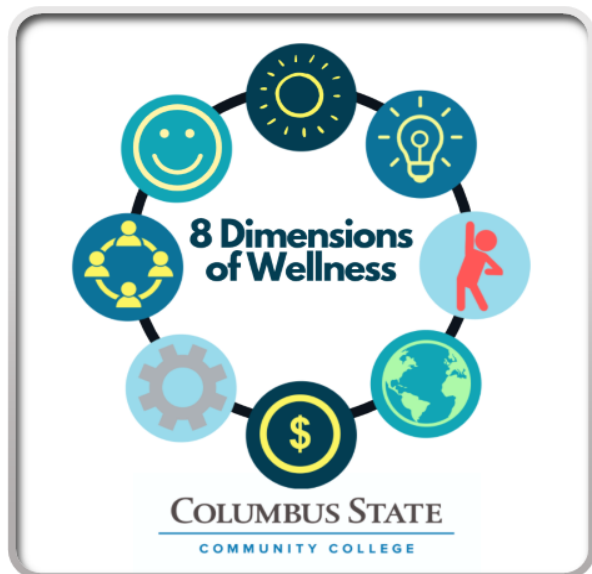
Source: <http://www.eatingwell.com/>

Instructions

1. Whisk pesto, vinegar, oil, salt and pepper in a large bowl. Remove 4 tablespoons of the mixture to a small bowl; set both bowls aside.
2. Heat a large cast-iron skillet over medium-high heat. Add shrimp and cook, stirring, until just cooked through with a slight char, 4 to 5 minutes. Remove to a plate.
3. Add arugula and quinoa to the large bowl with the vinaigrette and toss to coat. Divide the arugula mixture between 4 bowls. Top with tomatoes, avocado and shrimp. Drizzle each bowl with 1 tablespoon of the reserved pesto mixture.

Your Wellbeing Advisory Committee:

Nichole Bowman-Glover, PhD, Wellness Program Coordinator, Human Resources



Averee Fields, Delaware Campus

Tommy Tucker, Mitchell Hall

Amanda Cecil, College of Recreation & Wellness

Pete Hackman, Food Services

Vena Hill, Financial Aid Department

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

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 of 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 Jason Love/Jolene Broshious..

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