

# Cougars Wellbeing Newsletter

June 2025 | Issue 58

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LEARN MORE ON PAGE 6!



**MAY**  
**RAFFLE WINNER:**

**Resistance Band Set**  
Carie Davis

**Congratulations!**

# JUNE

## Welcome Summer!!!

Halfway through 2025.

Summer is usually associated with leisure, fun activities, and vacations. It is also an excellent time to do a mid-year health and wellbeing check-up with yourself. Am I on track with completing appropriate screenings? What is the status of goals that I set at the beginning of the year? Take time to reflect on your personal goals, personal growth, personal finances, health, and wellbeing, and personal development. We are midyear so now is the time to readjust and realign your behaviors so you can stay on track with your goals.

"Most behavior is habitual, and they say that the chains of habit are too light to be felt until they are too heavy to be broken."

(Warren Buffet) We become our habits.

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

**Remember, HR SUPPORTS YOUR SUCCESS.**

*Dr. Nic*



Stay Connected to CSCC  
Wellbeing (CLICK on LINK):  
[Wellbeing | Columbus State  
Community College](#)

## June is Men's Health and Cancer Survivor month

The leading cause of death for men is heart disease. The other leading causes of death for men are cancer and unintentional injuries from accidents. Here are some **risk factors** that impact the health of men: **obesity, unhealthy diet, lack of exercise, smoking, drinking alcohol, inadequate sleep, and not seeing a primary care physician on a regular basis for checkups and getting appropriate screenings.** Small lifestyle changes can make a difference. To reduce the risk of developing chronic health conditions, men can make behavior changes to help manage risks or maintain their health. **Behaviors that may reduce risk include: achieve and maintain a healthy body weight, eat a healthier diet, exercise regularly, don't use tobacco products, if you drink alcohol, do so in moderation, sleep 7 to 9 hours a night, and see your doctor for routine care.**

June is National Cancer Survivor Month and the most recent data from the American Cancer Society's "Cancer Treatment & Survivorship Facts & Figures" report states that there are approximately 18 MILLION cancer survivors in the United States and a projected number of 26 million by the year 2040. Survivorship is increasing because of the advancements in the treatment modalities of cancer as well as early detection which leads to increased survivability. The key to early detection includes following the American Cancer Society's recommendations for cancer screening by age. (CancerBridge) We must remember that the battle is not necessarily over. Celebrating National Cancer Survivor Month means remember to check in, offer support, and [share resources](#) to assist with coping and moving forward. Survivorship in and of itself is a milestone to celebrate, but it is not the end of the challenging journey. (National Foundation Cancer Research)

[Men's preventive health tips | Health & wellness | UnitedHealthcare](#)  
[Prostate cancer symptoms and treatment | Health & wellness | UnitedHealthcare](#)  
[Heart disease & heart attack signs in men | Health & wellness | UnitedHealthcare](#)  
[UAW: Men's Health 2024](#) (video, still applicable to 2025)





# CancerBridge

TUE  
JUNE  
10

## **CancerBridge Exercise Series: Self-Care vs. Seeking Care**

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

Chris Kolba, Tactical Rehab and Conditioning Coordinator and Certified Strength and Conditioning Specialist at Ohio State University, will discuss how to determine when it is appropriate to seek professional care from a healthcare professional versus when conservative, self-managed strategies may be effective in addressing pain or injury at home.

WED  
JUNE  
18

## **CancerBridge Support Series: Supporting Children While Navigating Cancer**

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

A social worker from the OSUCCC – James will guide participants through age-appropriate ways to talk to children about cancer, strategies to help children manage their feelings about an adult loved one's cancer diagnosis, and resources for adult survivors and caregivers as they navigate difficult conversations.

THU  
JUNE  
26

## **CancerBridge Self-Care Series: Mid-Year Wellness Reflections**

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

We're half-way through 2025 - Let's reflect on our best self-care practices and use the lessons learned to keep the efforts going strong. \*\* This will be a workgroup with time for personal writing reflections included during the session.

**(\*\*\*\*If you can't attend at the 11am time, still register and you will receive the recording.)**

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

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

## Get Involved with AccelWELL!

THU  
JUNE  
26

**Virtual 1-on-1 Health Coaching**  
**10:00am – 3:00pm**



### 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 click the blue **R**. Select your reminder preference, enter your preferred phone number in which to be reached for your telephonic session, and select a timeslot that best works for you. Lastly, click **Register**.

**After signing up for a time, your Coach will call you at the number you provided when registering.**

## Your Feedback Matters – Take our Satisfaction Survey!

Your feedback is very important to the AccelWELL Team and the success of your program. Please [CLICK HERE](#) to complete this year's satisfaction survey and be entered into a raffle to win a [Cuisinart 13-Piece Wooden Grill Tool Set](#)



**Thank you for your continual support!**





## WORKOUT OF THE MONTH

# OUTDOOR WORKOUT

NO EQUIPMENT NEEDED

### WARM-UP

Run, jog, or walk for 10 minutes



### MAIN WORKOUT

- Walking lunges along park path - 10 per side
- Park bench tricep dips - 15
- Bodyweight squats - 15
- Park bench step-ups - 10 per side
- Incline push-ups (hands on bench) - 10
- Calf raises (standing on curb) - 20
- Reverse lunge to knee drive - 10 per side

*\*Repeat main workout 2-3 times*



### COOL DOWN

Stretch & take a 3 minute recovery walk



# PROTEIN & FIBER BALANCE

PROTEIN BUILDS AND MAINTAINS YOUR BODY - FIBER REGULATES AND PROTECTS IT



## What is protein?

Protein is an essential macronutrient made up of amino acids, which are the building blocks your body uses to build and repair tissues. Your body can't store protein the way it stores carbs or fat, so you need to consume it regularly to maintain muscle, regulate metabolism, and support bodily functions.

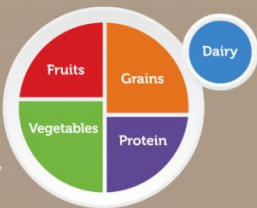
Protein is found throughout the body - in muscle, bone, skin, hair, and virtually every other body part or tissue.

## How much protein should you consume?

The National Academy of Medicine recommends that, in general, adults get a minimum of 0.8-2.0 grams of protein for every kilogram of body weight per day, or just over 7 grams for every 20 pounds of body weight.

They also set a wide range for acceptable protein intake: 10% to 35% of calories each day.

The amount of protein you need daily depends on factors like age, sex, body weight, activity level, and health goals.



### TYPES OF PROTEIN

Animal proteins include chicken, beef, egg, fish, dairy, cheese, and whey or casein protein.

Plant proteins include beans, tofu, lentils, nuts, seeds, and hemp or brown rice protein.

The main difference between animal & plant proteins are their amino acid profiles.

## BENEFITS OF A PROTEIN RICH DIET





# What is fiber?

Fiber is a type of carbohydrate that your body can't digest, but it plays a crucial role in your overall health - especially digestive and metabolic function. It helps regulate digestion, supports heart health by lowering cholesterol, stabilizes blood sugar levels, and promotes a feeling of fullness, which can aid in weight management.

Fiber is only found in plant-based foods.



## SOLUBLE FIBER



DISSOLVES IN WATER, SLOWS DIGESTION, REGULATES BLOOD SUGAR, LOWERS CHOLESTEROL

## INSOLUBLE FIBER



DOES NOT DISSOLVE IN WATER, ADDS BULK TO STOOL, HELPS FOOD PASS THROUGH DIGESTIVE TRACT, PREVENTS CONSTIPATION

# How much fiber should you consume?

Focus on consuming whole, unprocessed foods. Foods that are refined and/or processed will have LESS fiber compared to whole and unprocessed foods!

Recommended intake = 25-38 grams per day. Typically, women should aim for 25 grams/day, while men should aim closer to 38 grams/day.

Tips for reaching your fiber goals: choose whole fruits instead of juice, eat vegetables with skin when possible, and switch to whole grains.

# BENEFITS OF A FIBER RICH DIET

NORMALIZES  
BOWEL  
MOVEMENTS

LOWERS  
CHOLESTEROL  
LEVELS

CONTROLS  
BLOOD SUGAR  
LEVELS

HELPS WITH  
WEIGHT  
MANAGEMENT

# Why combine protein & fiber?

Protein and fiber paired together will keep you feeling satiated and help to stabilize your blood sugar. Feeling satiated makes it easier to avoid mindless eating.

A diet relatively high in both protein and fiber can improve body composition and metabolic risk factors.

Benefits: fewer cravings, better portion control, steadier energy, improved gut health, more efficient calorie burning, and ultimately a stronger body inside and out!



## HELPFUL TIPS

Hydrate: drink plenty of water to help move fiber through your digestive system.

Consume a vegetable or fruit with every meal and snack.

Start your day with protein! Try eggs, Greek yogurt, or a protein smoothie for breakfast.

Switch to whole grains instead of refined grains.

# ACTIVITY OF THE MONTH



## Summer Meal Makeover

### Incorporating Protein and Fiber into Your Summer Cookout

Find a recipe you want to make for yourself/your family this month.

List the ingredients below, then do a little research to see if the ingredients have protein and/or fiber in them. If you have less than 3 ingredients without either protein or fiber, see what you can add to enhance the nutrition of the meal! Make sure to have at least one ingredient with each nutrient.

Ingredient	Protein? Y/N	Fiber? Y/N
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Ideas to boost fiber:

- A sprinkle of chia seeds or flax seeds
- Add a vegetable

Ideas to boost protein:

- A spoonful of cottage cheese
- A scoop of chickpeas





## BAKED FETA & TOMATO CHICKPEAS

### Ingredients (Serves 4)

- 2 (15-ounce) cans no-salt-added chickpeas, rinsed
- 3 cups multicolored cherry tomatoes (about 16 ounces)
- 1/4 cup extra-virgin olive oil
- 2 teaspoons fresh rosemary leaves
- 2 teaspoons red-wine vinegar
- 2 teaspoons garlic paste
- 1/2 teaspoon ground pepper
- 1 (6-ounce) block feta cheese in brine, drained
- 1 tablespoon fresh basil leaves
- 2 (6-inch) whole-wheat pita rounds, split and warmed



### Instructions

1. Preheat oven to 425°F. Combine chickpeas, tomatoes, oil, rosemary, vinegar, garlic paste and pepper in a 9x13-inch baking dish; stir well. Nestle feta in the center of the mixture.
2. Bake until most of the tomatoes have split and the feta is very creamy, about 20 minutes. Tear basil leaves and sprinkle them over the mixture. If desired, stir the feta into the chickpea mixture until creamy. Serve with warm pita.

[Baked Feta Recipe](#)

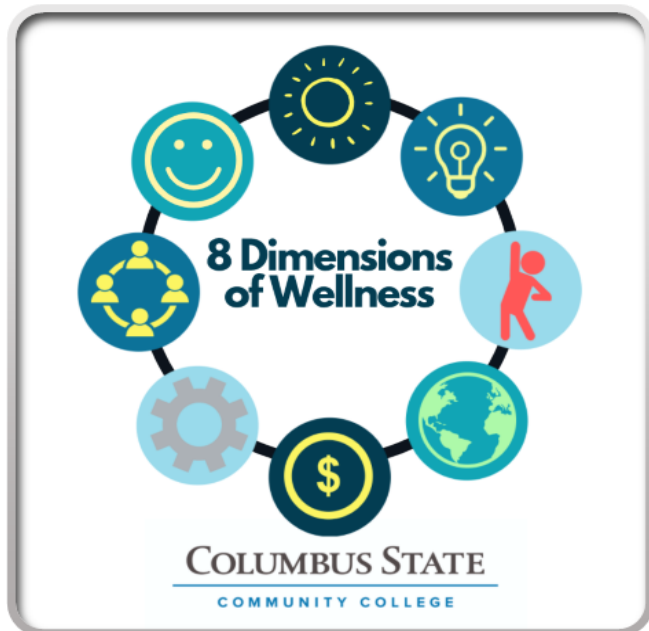


Meal-prep high-fiber,  
high-protein dishes like  
this one for easy,  
satisfying lunches that  
keep you full and  
focused.



# 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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