



COLUMBUS STATE
COMMUNITY COLLEGE

Cougars Wellbeing Newsletter

September 2020 | Issue 1

Table of Contents

02 Inspirational Goal Planner

03 Workout of the Month
Step into September

04 Welcome to AccelWELL

06 Activity of the Month
Rethink Your Drink (Caffeine)

07 The Dish
Meal Planning Recipes

08 Your Wellbeing Advisory
Committee



Recipes from Degrees Restaurant's Executive Chef L. Fernando Mojica CEC
Check out page 7 for two delicious recipes featured in our very own Mitchel Hall.

COLUMBUS STATE
COMMUNITY COLLEGE

 AccelWELL
Inspire Purpose • Drive Performance

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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	29	30			

List your top three goals for the month below.

#Goals

1)

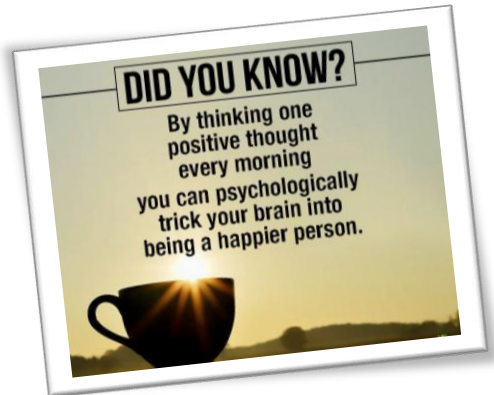
2)

3)

Goal Tracker

	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W							
	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	29	30
1																														
2																														
3																														

notes



- Healthy Habits to Try this Month**
- Stay hydrated by carrying and refilling a personal water bottle throughout the day.
 - Try something new this month that you have never done before.

Workout of the Month

Step into September

Complete 3-4 rounds of the exercises below for a great burn!
Challenger: Complete 5 rounds with only 30 seconds of rest in between each exercise.

1. 20 stepping lunges (10 each leg)



2. 10 chair step-ups (5 each leg)



3. 10 squat side steps (5 each leg)



4. 20 mountain climbers

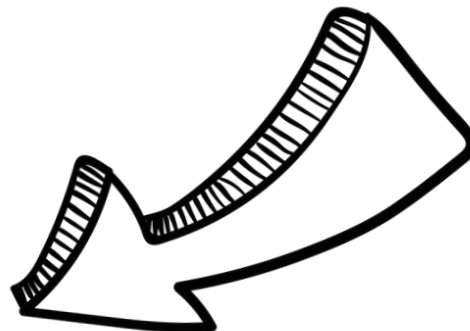


5. 30 jumping jacks



To prevent injury, form is critical when performing all exercise. Please reach out to 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.

WELCOME TO Accel**WELL**



Your **NEW** holistic resource for health & wellness!

Opportunities with AccelWELL

Monthly activities and holistic health education

- Customized newsletter
- Virtual Presentation opportunities

Opportunities to earn prizes

Personal coaching with a dietitian

Company-wide challenges

Creating a Culture of Health

- Create a supportive environment to encourage participation and goal achievement
- Celebrate those who achieve their goals



What Can A Dietitian Do For Me?

As a supportive mentor and accountability partner, your AccelWELL Dietitian is here to motivate you to develop positive health choices. They will provide education and support to help you achieve your health goals through lifestyle and behavior adjustments. Your AccelWELL Dietitian is available at your convenience – reach out at coach@accelwell.com to get to know your dietitian today!



Here are just a few ideas of how to utilize a Dietitian:

- Developing a meal plan that fits your health needs
- Setting goals to support your health and happiness
- Discussing stress management and work-life balance strategies
- Smoking Cessation
- Your personal resource for all health and wellness questions!



Contact your AccelWELL Dietitian!



Emily Bailey

- AccelWELL Coach
- Registered Dietitian
- Board Certified Specialist in Sports Dietetics
- Licensed Dietitian
- National Academy of Sports Medicine Certified Personal Trainer

Your AccelWELL Dietitian is a great resource to tap into for additional healthy inspiration, guidance, and accountability...And getting in touch is easy.

Simply email coach@accelwell.com or call 614-318-2101 and ask to speak with Emily today!



Activity of the Month - September

Rethink Your Drink! (Caffeine)

How much caffeine do you consume in a day? Learn just how much caffeine common products contain by completing this month's activity. Below, match the common caffeine sources to their correct amounts on the right.

The recommended safe amount for adult daily caffeine consumption is: 400mg

<i>Example – Starbucks 16oz Matcha Latte</i>	80 mg
<i>16oz Monster Energy Drink</i>	65 mg
<i>8oz Black Coffee (Folgers House Blend)</i>	200 mg
<i>8.4oz Red Bull</i>	95 mg
<i>1oz Dark Chocolate (70%)</i>	76 mg
<i>Starbucks 16oz Blonde Roast Coffee</i>	160 mg
<i>8oz Green Tea</i>	23 mg
<i>1 Caffeine Pill (Can vary based on brand)</i>	91 mg
<i>20oz Bottle Diet Coke</i>	150 mg
<i>Excedrin Migraine Medication Pill</i>	80 mg
<i>20oz bottle Mountain Dew</i>	35 mg
<i>Starbucks 16oz Caffe Latte</i>	300 mg
<i>Optimum Nutrition 1 Scoop Pre-Workout (Varies based on Brand)</i>	360 mg

KEY: 16oz Monster Energy Drink = 160mg, 8oz black coffee = 95mg, 8.4oz Red Bull = 80mg, 1oz Dark Chocolate = 76mg, Starbucks 16oz Blonde Roast Coffee = 360mg, 8oz Green Tea = 23mg, 20oz Bottle Diet Coke = 150mg, Excedrin Migraine medication pill = 80mg, 200mg, 20oz Bottle Mountain Dew = 35mg, Starbucks 16oz Caffe Latte = 300mg, 1 Scoop Pre-Workout = 300mg.

THE DISH:

Meal Planning AccelWELL Style



Sweet Potato and Leek Pure

Ingredients (Yields: 6-8 servings)

5 sweet potatoes
2 whole leeks
2 cups vegetable broth
½ cup milk
2 tablespoons butter, unsalted
Salt and pepper, to taste

Instructions

1. Wash and peel the sweet potatoes and cut them into medium size dices, about ½" in size.
2. Wash the leeks in cold water to remove any dirt. Dry the leeks well then cut them in half lengthwise. Cut each half into thin half-moons, about ¼" thick.
3. In a sauce pot, melt the butter over medium heat. Add the leeks and cook them until they are soft but not browned.
4. Add the diced sweet potatoes and the broth and simmer the vegetables over low heat until the sweet potatoes have cooked. If needed, add more vegetable broth during the cooking time.
5. Once the potatoes are fully cooked and soft, strain the vegetables making sure to reserve the cooking liquid.
6. Transfer the vegetables into a blender, add salt and pepper to taste, add some of the milk, and some of the cooking liquid. Puree the vegetables until completely smooth. If needed slowly add more milk and cooking liquid in small quantities to adjust the thickness of the puree.

Source: Degrees Restaurant's Executive Chef L. Fernando Mojica CEC

Endive, Arugula, and Grapefruit Salad

Ingredients (Yields: 6-8 servings)

2 grapefruits, medium size
3 endive heads, trimmed, leaves separated
4 ounces baby arugula, stems removed
2 tablespoons lemon juice
2 teaspoons honey
1 teaspoon Dijon mustard
¼ cup olive oil
¼ cup pecan halves
2 ounces goat cheese
Salt & pepper, to taste

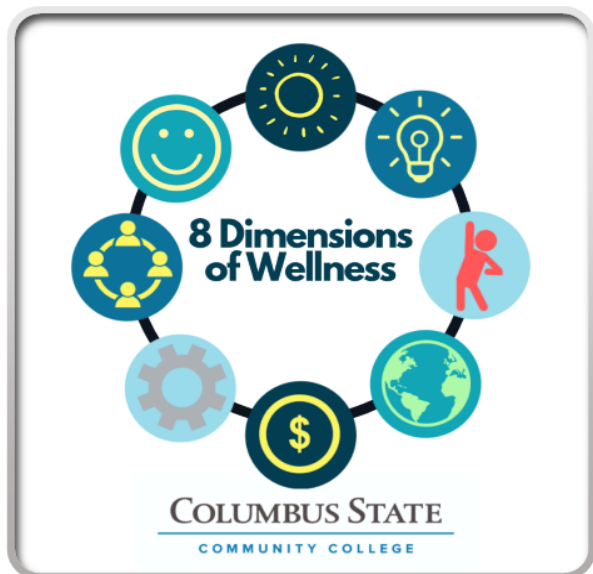
Instructions

1. Peel and section the grapefruits over a mixing bowl. Squeeze to extract all the juice from the grapefruit.
2. Add the honey, lemon juice, mustard, salt, and pepper, to the bowl and mix thoroughly.
3. Slowly drizzle in the olive oil, a few drops at a time, while continuously whisking to form an emulsion.
4. Once the oil has been added and the emulsion has been created, taste the vinaigrette and season with salt and pepper if needed.
5. In a separate bowl, combine the endive and the arugula leaves. Pour a little bit of vinaigrette over the leaves and carefully toss them to coat. Season with salt and pepper as needed.
6. Transfer the dressed leaves to a serving bowl, top with the grapefruit segments, pecans, and goat cheese.
7. Drizzle a little bit of vinaigrette over the salad and serve the rest of the vinaigrette as side.

Source: Degrees Restaurant's Executive Chef L. Fernando Mojica CEC

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

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.

Follow Us on Social Media!



"ACCELWELL"



"ACCEL_WELL"



"ACCELWELL"