

Wellness Warriors:

The Wellness Warriors committee met on May 22 to provide input on how to get more employees involved in wellness activities and suggestions for future programs. Prior to the meeting, the committee members completed a survey that will also help shape the Employee Wellness Program.

Send your suggestions to help make OSU America's **HEALTHIEST** Campus to Mary Talley at mary.talley@okstate.edu or 405.744.6907

First Cowgirl's Corner:



The Wellness Warriors are a growing group of 105 OSU employees committed to representing their department in wellness efforts. Working closely with the Department of Campus Recreation and Wellness, these Warriors play a vital role in creating a healthier and happier campus culture. Join us to hear and be heard, as we strive to become America's **HEALTHIEST** Campus.

Ann Hargis

Department Wellness Initiatives: Budget and Asset Management



Several employees teamed up for a 10-week Wellness Challenge that focused on awareness and healthy choices. Two teams competed on four focal points of wellness that included keeping a food log, consuming 72oz of fluids daily, eating five servings of fruits/veggies daily and accumulating 150 minutes of physical activity per week. Participants earned points in each of the four areas, with bonus points being awarded for going above 150 minutes. The challenge was extremely successful! At the end of the challenge, the two teams finished with the same exact number of points, forcing a tie-breaker to determine the winning team. The participants reported that the challenge was deeply rewarding in that it introduced all of them to some

aspect of wellness. They recommend that other departments participate in a similar challenge to encourage employees to view wellness in a whole new way, and offer this advice: Make it fun. Make it competitive. Make it healthy.

Did You Know?:

Inactivity Research has found that as people become more sedentary, their health, well-being and mood are negatively impacted. Humans were not designed to sit for long periods of time, the two legs attached to the human torso are for locomotion, not surfing the web. Carol Bender has developed a presentation titled "Surviving and Thriving at Your Desk", which includes simple methods to interrupt sitting, how to perform inconspicuous stretching and breathing exercises to increase energy. The program also demonstrates how to use technology to promote movement. Bender is also teaching a summer fitness class at the Seretean Wellness Center called Relax, Rejuvenate, Restore Yoga on Tuesdays from 5:30 - 6:30 p.m.

To schedule "Surviving and Thriving" for your department or organization, please contact Carol Bender at 405.747.9826 (phone or text) or send an email to carol.bender@okstate.edu

Group Exercise Summer Schedule:

To see the new Summer group exercise schedules for the Colvin Recreation Center, the Seretean Wellness Center and the Student Union, go to wellness.okstate.edu or campusrec.okstate.edu

Success Story: Lyn Putnam



Lyn Putnam, Manager of Marketing and Communications for the School of Hotel and Restaurant Administration, recently finished the B.A.L.A.N.C.E. program. She started eating healthier and doing daily exercises by working with a trainer three to five days per week and meeting with workout buddies for accountability. This program not only made her healthier but also gave her a new personal confidence. "I have lost inches and pounds from the exercise and nutrition changes but I

now have the confidence to try new foods and know that if I don't eat as well as I should, I'll be ok and will be able to know that I've made a bad choice and I can move on and correct myself," Putnam said. Her advice to others who want a healthier lifestyle is to "contact the Seretean Wellness Center, jump in, go for it and don't look back."

Sponsored Program Highlight:

The Oklahoma AgrAbility Project is a statewide project at the OSU Seretean Wellness Center. It provides direct service, education & networking to support the rehabilitation and assistive technology needs of Oklahoma farmers, ranchers and their family members impacted by a disabling condition. AgrAbility offers a variety of services at **NO COST** to customers. AgrAbility does not provide direct funding or equipment. However, the Oklahoma AgrAbility Project works with the Oklahoma Assistive Technology Foundation (OkAT), the Oklahoma Department of Rehabilitation Services and other funding sources to help customers obtain needed [assistive technologies](#) and modifications.

For more information, visit the website at www.ok.gov/agrability or call Sandra Stevenson at 405-744-9748.