



# The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

## ART THERAPY – AFTERALL, ART IS GOOD FOR YOU!

– DR. ALICE KORKOR EBEHEAKEY

(DEPT OF EDUCATIONAL INNOVATIONS IN SCIENCE AND TECHNOLOGY, KNUST)

The forms of art are vast and so are the benefits. Art includes visual, performing, and verbal forms; in all these, there are several addendums that have various purposes they serve in the human body and mind. Making and experiencing art is said to increase serotonin levels (the neurotransmitter responsible for sending messages throughout the nerve cells, the brain and the body). When experiencing an art piece, the viewer is gifted with 'embodied cognition', this is explained as emitting the same neurons as the artist did while creating the piece.

Brain scans showed that, when people viewed an artwork they perceived as beautiful, blood flow to the brain is increased by 10%, the same rate of increase associated to looking at a loved one.

Art today, as part of wellness and diagnosis is used in prisons, hospitals, schools and other institutions, to actively captivate the brain and the body. The use of art in health and wellness is also effective in reducing anxiety, depression, Post Traumatic Stress Disorder and decelerating the progression of cardiovascular diseases.

So, before you dismiss that notice on an art show, think of all the positive ways that art show could impact your health.

## THE FITNESS UNIVERSE

### MANAGING DELAYED ONSET MUSCLE SORENESS

– MR. DOMINIC OFORI

(FITNESS COACH, KNUST WELLNESS CENTRE)

#### 1. Warm up before working out

Spend a few minutes before each workout undertaking some dynamic movements, such as mimicking movements from the activities or sport you are about to perform.

#### 2. Stretching

It is the slow relaxation of the muscles. This helps to improve range in motion.

#### 3. Massaging

Knead, squeeze, and gently shake your muscles with any mild ointment to massage the affected area.

#### 4. Ease into the workout

Increase the intensity of your workouts one small step at a time. This can help you safely increase your strength and endurance while reducing the effects of DOMS.

#### 5. Cool down

A few minutes of low-intensity movement after a workout can help reduce muscle soreness.

# THE NUTRITION CORNER

## NUTRITIONAL TIP FOR THE MONTH

Deliberately lessen the purchase and consumption of already cooked meals particularly foods high in salt.

It is advisable to eat more home-cooked or self-prepared meals with less salt and significantly reduced artificial spices. Natural flavouring agents such as ginger, cinnamon, garlic, rosemary and other locally known natural spices are rather recommended in food preparation.

When you prepare your own meals, you have more control over the ingredients. By cooking for yourself, you can ensure that you and your family eat fresh, wholesome meals. This can help you to look and feel healthier, boost your energy, stabilize your weight and mood, and improve your sleep and resilience to stress.

Always remember that, cooking is an art. Explore ways to make your food nutritious, tasty and appetizing! Do enjoy your healthy meals!

**From your Dietitian  
Marian Abrafi Osei (RD)**

## CONGRATULATIONS



We wish to celebrate the

### **BOATENG FAMILY**

for their consistency in attending the Saturday Healthwalk and Aerobics.

**We appreciate your devotion.**

### **Ayekooo Champions!!!**

**DID YOU KNOW?**  
Classical music increases brain wave activity that is linked directly with retentive memory.

<https://www.thehealthy.com/mental-health/classical-music-effects/>