



# The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

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## THE REMARKABLE BENEFITS OF MAINTAINING A HEALTHY WEIGHT: NURTURING YOUR BODY AND MIND

-DR. DR. UKPONG NWANKWO, MD

Maintaining a healthy weight goes beyond mere aesthetics. It is a crucial aspect of overall well-being that impacts our physical health, mental well-being, and overall quality of life. Maintaining a healthy weight significantly lowers the risk of developing chronic diseases that can compromise our health and quality of life. Some of the key benefits include:

- **Cardiovascular health:** Excess weight puts strain on the heart and increases the risk of conditions such as high blood pressure, heart disease, and stroke. We reduce these risks and promote cardiovascular health by achieving and maintaining a healthy weight.
- **Diabetes prevention:** Obesity is a major risk factor for type 2 diabetes. By maintaining a healthy weight, we can prevent or better manage diabetes, enhancing overall metabolic health and reducing the risk of complications.
- **Joint and bone health:** Carrying excess weight places additional stress on our joints and bones, leading to conditions like osteoarthritis. Achieving a healthy weight alleviates joint pain, improves mobility, and reduces the risk of musculoskeletal disorders.
- **Some certain cancers such as colon, pancreatic, breast, and gallbladder are more common with excess weight.**

As a breast cancer survivor carrying extra weight cost me my health, time with family, lost income, and peace among many other things. Fast forward after treatment and being cured, I have prioritized my health and lost 45 pounds, and have greatly reduced my risk of recurrence restoring my peace of mind and feeling better about myself.

## NEWSLETTER ANNIVERSARY

The Wellness Newsletter has enjoyed one year of success since its inception. The Wellness Newsletter Committee expresses a warm thank you to all our avid readers for making this possible.

**Hooray!**



### DID YOU KNOW?

Regular exercise keeps DNA healthy and young, thus, increases lifespan?



# THE NUTRITION CORNER

## IRRITABLE BOWEL SYNDROME AND NUTRITION

-ELIZABETH GYAKYEWAA KWARTENG (RD)  
(UNIVERSITY HOSPITAL, KNUST)

...Continued from the previous edition.

Irritable bowel syndrome (IBS) is a common digestive disorder that affects a lot of people worldwide. The exact cause of IBS is unknown but a combination of factors such as diet, stress, hormones, and genetics are believed to be related to its onset. Symptoms of IBS include abdominal pain, bloating, gas, diarrhea, and constipation. In the previous edition of **The Wellness Newsletter**, we gave some nutritional tips to manage IBS. Here are more quick tips to help curb this disorder!

- **Try a low FODMAP diet:** This diet involves avoiding foods high in fermentable carbohydrates such as lactose, fructose, and certain fiber types. Research has shown that a low FODMAP diet can reduce IBS symptoms in some people.

- **Consider probiotics:** Probiotics are beneficial bacteria that can help regulate gut health. Some studies have shown that certain strains of probiotics can improve IBS symptoms.

## DEE'S CORNER

### WHY YOU SHOULD LIFT WEIGHTS IF YOU'RE A WOMAN

-MR. DOMINIC OFORI  
(FITNESS COACH, KNUSTWELLNESS CENTRE)

Most women who exercise spend most of their exercise and gym time on cardiovascular exercise such as walking, jogging, running outdoors, or on the treadmill, etc. Whatever your reasons for avoiding weights, if you are a woman, here are ten reasons why you need to take strength training seriously.

- **You will be physically stronger:** If your maximum strength is increased, daily tasks and routine exercise will be far less likely to cause injury. Research studies conclude that even moderate weight training can increase a woman's strength by 30 to 50 percent.

- **You will lose body fat:** As your lean muscle increases so does your resting metabolism and you burn more calories all day long. For each pound of muscle you gain, you burn 35 to 50 more calories each day. That can really add up.

- **You will gain strength without bulk:** Researchers also found that, unlike men, women typically don't gain size from strength training. You will, however, develop muscle tone and definition. This is a bonus.

- **You decrease your risk of osteoporosis:** Research has found that weight training can increase spinal bone mineral density (and enhance bone modeling) by 13 percent in six months.

- **You will improve your athletic performance:** Whatever sport you play, strength training has been shown to improve overall performance as well as decrease the risk of injury.