



APRIL 2025

MONTHLY NEWSLETTER



THE WELLNESS NEWSLETTER

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

 Knustwellnesscentre

 KNUSTWELLNESSCENTRE

 <http://wellness.knust.edu.gh>

 032 219 1673

EXPLORING SELF CARE IN A GHANAIAN CONTEXT

RABBI DARKO - (Psychologist, KCC & KWC)

TYPES OF SELF CARE

1. PHYSICAL SELF-CARE:

Eating balanced meals like waakye or kontomire stew, getting enough sleep, exercising (e.g., morning walks or local dance), and maintaining good hygiene.

2. MENTAL SELF-CARE:

Activities like reading, solving riddles, or meditating help refresh the mind. For example, traditional storytelling sessions or reading a novel can mentally stimulate and relax participants. These cognitive exercises help reduce the incidence of dementia among the aged.

3. EMOTIONAL SELF-CARE:

Journaling, confiding in trusted elders, and setting boundaries can help Ghanaians process emotions healthily.

4. SPIRITUAL SELF-CARE:

Whether through prayer or singing hymns at church, spiritual activities offer a sense of connection and peace. For instance, the communalism and the sharing of pleasantries normally seen after church services or any religious gatherings help soothes the soul and calm nerves.

Reference: World Health Organization (2024). Self-care for health and well-being.





NUTRITION CORNER

WHY WE DO NOT EAT ENOUGH FRUITS AND VEGETABLES AND WHAT WE CAN DO ABOUT IT?

Globally, particularly in low- and middle-income countries, the consumption of fruits and vegetables is often lower than recommended. This low intake is attributable to several factors ranging from policy, production, socioeconomic and personal factors among others. An understanding of these factors can provide valuable insights into the barriers that prevent individuals from incorporating more fruits and vegetables into their diets. This will in turn help individuals develop targeted strategies that will address these specific obstacles and ultimately promote healthier eating habits.

RIISING FOOD COSTS

The relatively high cost of fruits and vegetables may be one of the reasons why people do not eat enough of them. Due to limited financial means, many individuals and families find it difficult to regularly afford fruits and vegetables. Thus, people frequently choose less expensive staple meals or highly processed foods that provide quick satisfaction, over fruits and vegetables.

The rise in cost of living feeds a vicious cycle of unhealthy eating habits that may result in poor health consequences. One way to go around this challenge is to aim to buy fruits and vegetables that are in season. When fruits and vegetables are in season, they are usually less expensive than when they are not in season.

WRITTEN BY DR. LAURENE BOATENG (PHD, RD)

Dr. Laurene Boateng, an alumnus of KNUST (BSc Biochemistry class of 2001) is a Registered Dietitian and Senior Lecturer in the Department of Dietetics, University of Ghana. She is the founder and Editor-in-chief of Full Proof Nutrition, a website committed to providing reliable, evidence-based, and practical healthy eating advice. Join Full Proof Nutrition WhatsApp channel to receive more educative content or mail us at fullproofnutrition@gmail.com.


REFERENCES

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Harris, J., de Steenhuijsen Piters, B., McMullin, S., Bajwa, B., de Jager, I., Brouwer, I.D. (2023). Fruits and Vegetables for Healthy Diets: Priorities for Food System Research and Action. In: von Braun, J., Afsana, K., Fresco, L.O., Hassan, M.H.A. (eds) Science and Innovations for Food Systems Transformation. Springer, Cham. https://doi.org/10.1007/978-3-031-15703-5_6

World Health Organization. (2019). Sustainable healthy diets: Guiding principles. Food & Agriculture Organisation

ANNOUNCEMENTS



KNUST WELLNESS CENTRE
In Collaboration with
The Sports Directorate

DE-STRESSING WALK AND AEROBICS


THIS AND EVERY SATURDAY
KNUST WELLNESS CENTRE (ADJACENT TO THE KNUST POOLSIDE)

5:30 - 7:00 AM PARTNER: AEKOH NATURAL MINERAL WATER

"Your Wellbeing, Our Priority" @Knustwellnesscentre

Saturday Walk and Aerobics is scheduled for every Saturday from 5:30am-7:30am at the KNUST Wellness Centre.

This is open to all and free for all.



GET TO PLAY PICKLEBALL

JOIN US EVERY FRIDAY AT 4:00 PM AT THE KNUST WELLNESS CENTRE

"Your Wellbeing, Our Priority" @Knustwellnesscentre

Join us for an exciting game of pickleball every Friday at 4:00pm at the KNUST Wellness Centre. We'd love to see you there!



WELLNESS CENTRE
Kwame Nnamah University of Science & Technology, Kumasi

EAT GREEN Month Challenge

- 1 Take a picture or video of yourself enjoying a plant-based meal.
- 2 Write a short caption about why you love eating green or share a health benefit of plant-based foods.
- 3 Post on all social media platforms / Tag our wellness center handles / Use our challenge hashtags.
- 4 Get friends to like, comment, and share your post.
- 5 Follow our wellness pages and the Walk & Aerobics page for more healthy living tips.

Stay consistent! Post at least 4 days between April 1st and 7th, 2025, and win a FREE appointment with our dietitian

"Your Wellbeing, Our Priority" @Knustwellness

Our EAT GREEN MONTH is happening this APRIL. Join us let us make this happen. Your Well-being, Our Priority!



**JUST GHC50
GHC70 ONLY**

ROUND NECK
LACOSTE

PLEASE PLACE YOUR ORDER THROUGH
032 219 1673
ON TEXT TO PLACE YOUR ORDER
050 715 0792

NOTE: SEND A SCREENSHOT OF PAYMENT TOGETHER WITH PREFERRED SIZE

AVAILABLE SIZES:
MEDIUM
LARGE
EXTRA LARGE

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