



JULY 2025

MONTHLY NEWSLETTER



THE WELLNESS NEWSLETTER

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

 Knustwellnesscentre  KNUSTWELLNESSCENTRE  <http://wellness.knust.edu.gh>  032 219 1673

FOOD SAFETY AS A PUBLIC HEALTH ISSUE (PUBLIC HEALTH UNIT, UNIVERSITY HEALTH SERVICES, KNUST)

KEY CHALLENGES AND SOLUTIONS:

- **Regulatory Framework:** Effective food safety regulation involves creating and enforcing laws that ensure all food products meet safety standards. This includes international cooperation to manage food safety risks in global supply chains.
- **Technology and Innovation:** Advances in technology, such as rapid testing methods and blockchain for traceability, can enhance food safety. Innovation in food processing and preservation methods also plays a crucial role.

PUBLIC HEALTH STRATEGIES:

- **Surveillance and Monitoring:** Strengthening surveillance systems to detect and respond to foodborne disease outbreaks can save lives. This includes robust data collection and analysis to guide policy decisions.
- **Risk Management:** Applying science-based risk management practices helps minimize food safety hazards. This includes hazard analysis and critical control points (HACCP) systems to identify and control potential risks in the food production process.
- **International Collaboration:** Coordinated efforts among international organizations, governments, and the private sector are necessary to tackle food safety challenges. Global initiatives and agreements, such as the Codex Alimentarius, provide guidelines for maintaining food safety.

Achieving food safety requires commitment and cooperation at all levels. By addressing these issues, we can protect public health, reduce economic burdens, and ensure that everyone has access to safe, nutritious food.



NUTRITION CORNER (TIME WITH THE DIETICIAN SERIES)

NUTRITION FOR DESK JOBS

SAMUEL ATTA TONYEMEVOR – MPHIL HUMAN NUTRITION & DIETETICS

Sedentary work environments affect health negatively (Batista-Ferreira et al., 2024). Proper nutrition plays a crucial role in supporting energy levels, maintaining focus, preventing weight gain, and reducing the risk of chronic diseases

IMPORTANCE OF BREAKFAST

- Breakfast is often called the most important meal of the day
- Skipping breakfast can result in:
 - Mid-morning energy crashes due to low blood sugar levels
 - Poor concentration and reduced cognitive performance
 - Overeating later in the day, leading to weight gain

THE ROLE OF FIBER FOR DESK WORKERS

- Improves digestive health and Prevents Constipation
- Helps maintain a healthy weight
- Regulates Blood Sugar Levels and Prevents Energy Crashes
- Supports Heart Health and Reduces Cholesterol



FITNESS CORNER

LOWER BODY EXERCISE (SQUAT)

EMMANUEL STEWARD MAWULI AMETOR - (AEROBICS INSTRUCTOR)

BENEFITS

1. SUPPORTS WEIGHT LOSS AND METABOLISM:

Because squats use multiple large muscle groups, they burn a significant number of calories and increase metabolic rate.

2. HORMONAL BENEFITS:

Heavy squats stimulate the release of growth hormone and testosterone, which support muscle growth and repair.

3. STRENGTHENS BONES AND JOINTS:

The weight-bearing nature of squats helps improve bone density and joint resilience.

4. SQUATS HELP BOOST YOUR BUTTOCKS (GLUTES): By directly targeting and strengthening the gluteal muscles, especially the gluteus maximus, which is the largest muscle in the body.

5. INCREASED BLOOD FLOW:

Squatting increases blood circulation to the glutes, improving tone and firmness.

6. BETTER MUSCLE BALANCE:

Squats help balance the muscles in your hips and legs, preventing flatness or sagging of the buttocks caused by inactivity.



ANNOUNCEMENTS



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.**



KNUST Wellness Centre is launching a certificate program on **"Caregiving for the Elderly"** to equip participants with skills for compassionate care, enhancing caregiving quality in the community. Enroll to make a difference!



We kick start the 2025 wellness months celebration themed, **"Reducing the Impact of Hypertension Through Diet, Exercise and Regular Medical Care"**.

Join us as we champion a healthier lifestyle through mindful eating, informed choices, and small steps that lead to big change.



EXCLUSIVE DEAL ALERT!

Lacoste T-shirts: Ghc70
(You save big!)
Round Neck T-shirts: Ghc50
(Unbeatable value!)
Caps - (white, Black & Green)- Ghc 30

Your Voice Matters! We crafted these prices based on your survey feedback.

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