



FEBRUARY 2026

MONTHLY NEWSLETTER



THE WELLNESS NEWSLETTER

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

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

PROMOTING WELLNESS THROUGH SPORTS AND RECREATION

EMMANUEL STEWARD MAWULI AMETOR
KNUST BASIC SCHOOL, KNUST

Wellness is more than the absence of sickness; it is a balanced state of physical, mental, social, and emotional well-being. Sports and recreation play a powerful role in achieving this balance by keeping the body active, the mind refreshed, and relationships strong.

1. PHYSICAL WELLNESS

Sports and recreational activities;

- Improve cardiovascular fitness
- Build muscular strength and endurance
- Enhance flexibility, coordination, and balance
- Help prevent lifestyle diseases such as obesity, hypertension, and diabetes
- Regular participation keeps the body active and functional across all ages.

2. MENTAL AND EMOTIONAL WELLNESS

Engaging in sports and recreation;

- Reduces stress, anxiety, and depression
- Improves mood and self-confidence
- Sharpens focus, discipline, and emotional control
- Physical activity stimulates the release of endorphins, helping people feel happier and more relaxed.

3. SOCIAL WELLNESS

- Teamwork and cooperation
- Healthy communication
- Friendship and social bonding
- They bring people together regardless of background, fostering unity and mutual respect.

Remember, “A healthy body supports a healthy mind, and sports make both possible.”



NUTRITION CORNER

NUTRITIONAL STRATEGIES FOR CIRCADIAN RESYNCHRONIZATION FOLLOWING SLEEP DEPRIVATION

ELIZABETH GYAKYEWAA KWARTENG, RD.LD.
UNIVERSITY HEALTH SERVICE AND THE WELLNESS CENTRE, KNUST, KUMASI, GHANA.

For the academic professional, the "all-nighter" is often an unavoidable byproduct of rigorous research schedules, grant deadlines, or intensive grading periods. However, missing a full night of sleep does more than induce fatigue; it creates a state of circadian dysregulation. This mismatch between your internal biological clock and the external environment can impair cognitive clarity, emotional regulation, and metabolic health.

Fortunately, nutrition serves as a powerful "time-cue" which serves as an external signal to help reset one's internal clock. By strategically timing your nutrient intake, you can signal to your brain that the workday has begun and ensure a successful return to a normal sleep cycle the following night. In our next newsletter, we will explore how mindful dietary approaches during the morning, midday and evening phases support balance and recovery.



Fig1. Cardiac rhythm and human body response. The Clock System. Adapted from Juliana et al. (2023).

REFERENCES

- Greer, S. M., et al. (2013). "The impact of sleep deprivation on food desire in the human brain." Nature Communications.
- St-Onge, M. P., et al. (2016). "Sleep intake and sleep quality: A dietary perspective."

ANNOUNCEMENTS

KNUST WELLNESS CENTRE
In Collaboration with
The Sports Directorate

DE-STRESSING WALK AND AEROBICS

THIS AND EVERY SATURDAY

KNUST WELLNESS CENTRE (ADJACENT THE KNUST POOLSIDE)

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

IT'S FREE FOR ALL

📍 @Knustwellnesscentre
"Your Wellbeing, Our Priority"

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.

JUST
GHC 50 ← ROUND NECK
GHC 70 ← LACOSTE
ONLY

WANT TO PLACE YOUR ORDER THROUGH?
032 219 1673
OR TEXT TO PLACE YOUR ORDER
050 715 0792

NOTE: SEND A SCREENSHOT OF PAYMENT TOGETHER WITH PREFERRED SIZE

SIZE AVAILABLE:
MEDIUM
LARGE
EXTRA LARGE



KNUST WELLNESS CENTRE
IN COLLABORATION WITH
BEHAVIORAL SCIENCE DEPARTMENT
KNUST COUNSELLING CENTRE

PRESENT
INTRODUCTION TO CAREGIVING FOR THE ELDERLY
A CPD-ACCREDITED SHORT COURSE

Are you passionate about providing quality care for the elderly? Gain the skills, confidence, and compassion needed to make a lasting impact in elder care.

- >> Accredited by: Nursing and Midwifery Council.
- >> Course Fee: GHC 2,500.00
- >> Commencement: 2026 Intake
- >> Mode of Study: Online & In-Person options available
- >> Registration: Pick a form at the KNUST Wellness Centre
- >> Registration fee: Ghc 150

- Learn from experienced facilitators
- Build professional caregiving competence
- Earn a recognized CPD certificate

For Enquiries & Registration

Contact Us: 0548503770 / 0240152493

Or visit the KNUST Wellness Centre Secretariat (Adjacent KNUST Poolside)

The **KNUST Wellness Centre**, in collaboration with the Behavioral Science Department and **KNUST Counselling Centre**, presents a CPD-Accredited Short Course on:

Introduction to Caregiving for the Elderly

- ✓ Accredited by the Nursing and Midwifery Council
- ✓ Online & In-Person options available
- 💰 Course Fee: GHC 2,500
- 📄 Registration Fee: GHC 150

📍 Pick up forms at the **KNUST Wellness Centre**
📞 **0548503770 / 0240152493**

Enhance your caregiving skills and earn a recognized CPD certificate.