



MARCH 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.

RECREATIONAL ACTIVITIES FOR ALL

Wellness doesn't only come from competitive sports. Recreational activities such as:

- Walking and jogging
- Aerobics and dance
- Traditional games
- Cycling and swimming

These are enjoyable, inclusive, and suitable for all fitness levels.

ROLE OF SCHOOLS, CHURCHES, AND COMMUNITIES

Institutions can promote wellness by:

- Organizing sports festivals and fun games
- Encouraging daily physical activity
- Providing safe spaces for recreation
- This helps build a culture of active and healthy living.

CONCLUSION

Promoting wellness through sports and recreation is an investment in a healthier, happier, and more productive society. When we move our bodies, we strengthen not just our muscles, but our minds, relationships, and overall quality of life.

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.

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.

Below are some practical considerations to note:

For the Morning Phase, prioritizing protein for cognitive Recovery when sleep is restricted, the body's hormonal balance shifts significantly. Levels of ghrelin (the hormone that triggers hunger) typically rise, while leptin (the hormone that signals fullness) drops.

This chemical imbalance often leads to intense cravings for refined carbohydrates and sugar.

To counter this, faculty members and other workers with demanding schedules should prioritize a high-protein breakfast. Consuming approximately 25–30 grams of protein such as eggs, Greek yogurt, or lean poultry provide the amino acid tyrosine. Tyrosine is a foundational building block for dopamine and norepinephrine, the neurotransmitters responsible for alertness and executive function.

Choosing protein over a sugary pastry prevents the "glucose spike and crash" cycle, allowing for steadier mental performance during lectures or department meetings.

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." *The Journal of Clinical Sleep Medicine*.

ANNOUNCEMENTS



DE-STRESSING WALK AND AEROBICS

THIS AND EVERY SATURDAY

KNUST WELLNESS CENTRE (ADJACENT THE KNUST POOLSIDE)

5:30 - 7:00 AM PARTNER: AEKOH 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.



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ONLY**

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NOTE
SEND A SCREENSHOT OF PAYMENT TOGETHER WITH PREFERRED SIZE

SIZE AVAILABLE
SMALL
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.