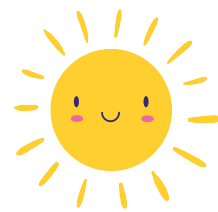




NEWS 2026



August

LETTER

WELCOME BACK INNOVATORS

"Kindness is a language which the deaf can hear and the blind can see."

– Mark Twain

UPCOMING EVENTS

- National Watermelon Day
- Water Safety Tips
- National Relaxation Day
- Physical Activity BINGO
- Black Bean and Corn Salsa
- Innovator Spotlight
- Important Highlights

Let's see what ahead in the month of August!

NATIONAL WATERMELON DAY

2026

August



August 3rd is National Watermelon Day, which seeks to celebrate this fresh, summer treat. Watermelon can help you stay hydrated and refreshed in the intense summer heat, is a great source of potassium, magnesium, and vitamins A and C, and antioxidants. Because of its size, it's also a great option to share with others. Join us on August 3rd as we celebrate National Watermelon Day!

For more information on the health benefits of watermelon, visit [healthline.com](https://www.healthline.com).

WATER SAFETY TIPS

2026

August

In the United States, drowning is in the top 5 causes of unintentional injury or death from birth to 54 years old. Being aware of and following water safety guidelines can reduce water related injuries and drowning. Follow these simple steps to stay safe in and around water this summer:



1. Provide close and constant attention to children you are supervising in or near water.
2. Learn swimming and water safety survival skills. Swim lessons are available for all ages.
3. Know your physical limitations, physical fitness level, medical conditions, and make sure the body of water you are entering matches your skill level.
4. Children, inexperienced swimmers, and all boaters should wear a U.S. Coast Guard approved life jacket.
5. Never swim alone. Always swim in a lifeguarded area.
6. Fence pools and spas with adequate barriers, including four-sided fencing.
7. Never drink alcohol while swimming.
8. Alcohol consumption contributes to approximately 20% of all adult drownings per year.

For more information visit: [American Red Cross](#)

NATIONAL RELAXATION DAY

2026

August

National Relaxation Day occurs on August 15th and encourages us take a step back and slow down from the hustle and bustle of our daily lives. When we take time to slow down and become more mindful in our present surroundings, we can help ourselves reduce stress and make time for our own joy. Join us on National Relaxation Day as we take time to live in the moment and appreciate the happiness we have.



PHYSICAL ACTIVITY BINGO

2026

AUGUST

To help incorporate movement in your day to meet the recommended amount of physical activity needed for improved health, challenge yourself to physical activity BINGO. Complete any vertical, horizontal, or diagonal line, or take on an extra challenge and complete all the squares this month!

Aim for 10,000 steps today	3 sets of 20 sit-ups + 30 sec planks X 4	50 squats + 3 sets of 15 lunges	Set a timer: after 1 hour of sitting at your desk, get up and walk around	Work on your balance! Stand on 1 foot for 30 seconds X2 for each leg
Try Yoga, Tai Chi, or Pilates to work on balance, flexibility, and strength	30 seconds of high knees X 6	Take a walk at lunch	3 sets of 15 bicep curls + 3 sets of 15 tricep extension	Get 30 minutes of aerobic exercise (i.e. walking, swimming, running, biking)
3 sets of 10 pushups + 3 sets of 15 arm raises	Try a new recreational activity such as basketball, volleyball, or softball	FREE SPACE	Get 30 minutes of aerobic exercise (i.e. walking, swimming, running, biking)	Set a timer: after 1 hour of sitting at your desk, get up and walk around
Park in a spot far from the building and take the stairs	Aim for 10,000 steps today	Stretch all major muscle groups to point of tightness for 10-30 seconds	50 jumping jacks + 3 sets of 20 Russian twist	30 sec of quick feet X 6 + 5 minutes of stretching
25 jump squats+ 25 side lunges	3 sets of 15 lateral arm raises + 3 sets of 15 bicep curls	Turn on the music and dance	Go outside and take a 30 minute brisk walk	Aim for 10,000 steps today

BLACK BEAN AND CORN SALSA

2026

AUGUST

This black bean and corn salsa is simple, healthy, and great for a quick afternoon snack!

INGREDIENTS:

- 1 can black beans
- 1 can sweet yellow corn
- 1 red bell pepper, diced
- 1 orange bell pepper, diced
- 1 avocado, diced
- 1/2 sweet onion, diced
- 1 jalapeno, diced
- 1/2 cup cilantro, chopped
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic salt
- 1 tablespoon lime juice
- tortilla chips (Scoops)



INSTRUCTIONS:

Mix all ingredients together and serve immediately with chips. If not eating right away, wait to add the avocado until just before serving.

★ INNOVATOR SPOTLIGHT ★

August

2026

This month, we're excited to spotlight Jessy Suazo, one of our enthusiastic Wellness Innovators from CEAT Student Services, who is passionate about helping coworkers stay connected, engaged, and focused on their well-being. Since becoming a Wellness Innovator in 2023, Jessy has made wellness an important part of workplace culture by encouraging participation in activities that promote both physical and mental health.



What excites Jessy most about being an innovator is the opportunity to make a positive impact on coworkers. She enjoys seeing how small wellness initiatives can encourage healthier habits, boost morale, and create a more supportive workplace. Since joining OSU in 2019, she has enjoyed bringing people together through wellness activities, from team walks to outings around campus.

One of Jessy's favorite wellness initiatives has been organizing wellness challenges that encourage participation and connection. She especially enjoyed the scavenger hunt featured in the 2023 Wellness Newsletter, which brought coworkers together in a fun and engaging way while promoting physical and mental well-being.

Outside of work, Jessy stays active through OrangeTheory Fitness, OSU Bootcamp, and outdoor activities like bike riding in Arkansas. She also enjoys spending time with her daughter, family, and friends, especially during the summer months.

Jessy believes wellness looks different for everyone and encourages others to find activities they enjoy. She hopes to continue inspiring coworkers to take small, consistent steps toward a healthier and more balanced lifestyle.

Congrats Jessy!!

★IMPORTANT HIGHLIGHTS★

2026

Cowboy Cup Sign ups still open.

Register HERE

Upcoming Cowboy Cup Events:

- Photo Scavenger hunt
 - August 1st-31st
- Egg Drop Competition
 - September 24th 2-4pm

MARK YOUR CALENDAR

Walk & Talk

- August 27th
- September 30th
- November 2nd

After-Work Workshop Series

- September 16th: Gardenuity
- October: Vision Board Workshop

Climb & Connect:

- September 28th
- October 19th
- November 9th

Wellness Wednesday

- September 23rd : Suicide Awareness
- October 7th: Move Better, Not Just More
- November 4th: Supplements: 101
- December 16th: Mindful Eating for the Holiday Season

Walks With Wellness

- September 8th : Botanical Gardens

Innovator Spotlight Nominations