

# COWBOY FIT

Community Wellness Newsletter

## HOW TO GET BACK INTO THE GROOVE OF WORKING OUT

We all get a little off track from working out sometimes. Trust me, you're not the only one that puts off their physical fitness during the holidays. Life gets busy. It's acknowledging that you need to get back to working out that will help you succeed. Whether it's a New Years resolution, or simply finding a new routine, here are a couple of things to remember as you get back into your groove of working out:

1. **Start with something easy.** Small wins to make you feel good. Try taking a walk instead of that hard core HITT session.
2. **Stick to the five minute rule.** A five minute workout is more manageable than a full 30 or 60-minute work out session.
3. **Remember how good it makes you feel.** Focus on the after work out feeling or workout high.
4. **Schedule it.** There's never a perfect time to work out so set aside time each day or every other day to workout. Trust me you'll feel so much better afterwards.
5. **Prep the night before.** Prepare your workout clothes and/or gym bag the night before. So all you have to go is go.
6. **Commit to a fitness challenge.** Take a short 1 month or two week challenge to kick start your routine.
7. **Find an exercise buddy.** Having a friend and work out partner is a great way to boost motivation and keep you accountable.
8. **Think outside the gym.** Think social sports, walk/jog outside or do yard work.
9. **Do it for yourself, not anyone else.** Enough said.



### Wellness Center classes and other offerings:

Monday/Wednesday @12:10pm:  
Cardio Pound

Tuesday/Thursday @12:10pm:  
(1/3,5,17,19)  
Circuit Training

Weight Loss Challenge and Learn at Lunches coming in February!



# WEIGHT LOSS CHALLENGE 2.0!

Sign up from now until February 3rd 2023. Register by emailing [kevin.galloway@okstate.edu](mailto:kevin.galloway@okstate.edu). Include your name and specify if you are faculty, staff, student or community member. **Community members are welcome to use the Wellness Center free for the month of February for this event!**

Come to the Wellness Center so we can get your weight logged in. Don't worry, only you and I will see your information. You can weigh in every day, once a week, every other week, once a month, that part is totally up to you.

Need some encouragement, some tips, need to chat? That is what we are here for! We will also send some encouraging words to your email from time to time. We are in this together!

The Challenge starts February 6 through February 28, 2023. Winners are chosen by the **percentage** of weight loss!! The winners will be announced on Friday, March 3, 2023. There will be a first, second, and third place winner. Good Luck!



## LEARN AT LUNCHES:



### CAR BUYING FOR CAR-BUYING HATERS (BRING YOUR OWN LUNCH)

Learn how to make the experience less painful, more enjoyable, and not be taken advantage of. OSU-OKC Business faculty will discuss financing basics, being a tough customer, and keeping the value of your car up for resale.

Thursday February 2nd, 12pm-1pm. Student Center Building, Conference room 304. Space is limited! Register here: <https://slate.to/cctjD1rC>

### ZOOM: BREATHING AND MEDITATION EXERCISES

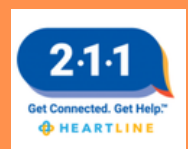
Monday February 6th, 2023, 12pm-12:45pm  
<https://okstate-edu.zoom.us/j/91557387079?pwd=b29KVnZqNlNnUmdCeE5SRFBYR3lOQT09>  
Meeting ID: 915 5738 7079  
Passcode: 704359



Free 1 month membership at the Wellness Center for New Community Residents! Email [Kevin.Galloway@okstate.edu](mailto:Kevin.Galloway@okstate.edu) for more information



## Need Extra Support, but don't know who to call?



Dial 211 statewide or visit [heartlineoklahoma.org](http://heartlineoklahoma.org) to be connected with a professional who can direct you to a variety of resources you may need. Examples of resources 211 can connect you to include, mental health, crisis, rent, food, clothing, legal assistance, and education to name a few.



988 is a direct, three-digit lifeline that connects you with trained behavioral health professionals that can get all Oklahomans the help they need.

# WHAT'S COOKIN' IN PETE'S PAN?

## LOW CARB ZUCCHINI ENCHILADAS

### Ingredients

- 8 zucchini, halved lengthwise
- 3 tablespoons kosher salt

### FILLING:

- 1 tablespoon vegetable oil
- 1 bunch (90g) scallions, white and light green parts only, thinly sliced
- 2 medium (91g) poblano peppers, deseeded and finely chopped
- 1 cup (195g) cooked black beans
- 1 cup (175g) canned corn, drained
- 1 rotisserie chicken, skin removed and meat shredded
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- Kosher salt and freshly ground black pepper
- ½ cup (130g) enchilada sauce
- Hot sauce, as needed

### ASSEMBLY:

- 2½ cups (650g) enchilada sauce
- 1 cup (113g) shredded cheddar or Monterey Jack cheese
- Sour cream and chopped fresh cilantro, for serving



### Directions

- **PREPARE THE ZUCCHINI:** Preheat the oven to 375°F. Use a metal spoon to scrape out the seeds from the zucchini; discard the seeds and place the flesh in a colander. Be generous when scooping, making as much room as possible for the filling without breaking the zucchini. Season the zucchini with the kosher salt and toss gently to combine. Place the colander in the sink and let sit for 20 to 25 minutes.
- Remove the zucchini from the colander, pat it dry with paper towels and place in a single layer on a baking sheet. Transfer the baking sheet to the oven and roast until the zucchini are just tender, 10 to 15 minutes.
- **MAKE THE FILLING:** In a medium skillet, heat the oil over medium heat. Add the scallions and poblano peppers and sauté until the peppers are tender, about 5 minutes.
- Stir in the black beans and use the back of a spoon to mash and break them up slightly. Stir in the corn and chicken, and toss to combine.
- Season the filling with the cumin, garlic powder, salt and pepper. Stir in the 1 cup enchilada sauce and hot sauce, to taste, and continue to cook for about 2 minutes. Set the filling aside.
- **ASSEMBLE THE ENCHILADAS:** Pour ½ cup of the remaining enchilada sauce in the bottom of a 9-by-13-inch pan, spreading evenly. Arrange the roasted zucchini boats in an even layer on top of the sauce. Using tongs, fill each piece of zucchini generously with the filling, repeating until you've used it all up.
- Pour the remaining 2 cups enchilada sauce evenly over the zucchini and filling, and top with the shredded cheese. Transfer to the oven and bake until the cheese is melted and the sauce is bubbly, 25 to 30 minutes. Garnish with sour cream and cilantro.

OSU-OKC

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<https://osuokc.edu/wellness>

Hours of Operation

Monday-Thursday

8 a.m.-6 p.m.

Friday

9 a.m.-3 p.m.

Saturday-Sunday

Closed

Hours are subject to change during interim periods.

