

COWBOY FIT

Community Wellness Newsletter

10 MINUTE WORKOUT THAT YOU CAN SQUEEZE INTO YOUR DAY

On a time crunch, but want to get a quick workout in? Below are some quick 10 minutes workout that you can do at home. Study have shown "that a short 10 minute burst of activity can boost your brain power"

(<https://www.today.com/health/diet-fitness/best-quick-workouts-rcna21367>)

Strength training: Use dumbbells or your own bodyweight. Squats, pushups, deadlifts and rows

Meditation and yoga: Breathing in and out for 4 counts and moving into simple yoga poses such as cat cow, down dog, seated twists.

Core Strength with Pilates exercise for 60 seconds: Pilates 100, bridge poses, single leg straight stretch.

HIIT (High Intensity Interval Training) or LIIT(Low Intensity Interval training) workouts: A quick workout that alternates between strength training and cardio. Free workout videos can be found on Youtube.

<https://www.today.com/health/diet-fitness/best-quick-workouts-rcna21367>



Wellness Center classes and other offerings:

Monday/Wednesday @12:10pm:
Cardio Pound

Tuesday/Thursday @12:10pm:
(4/4,6,18,20)
Intro to Martial Arts

COWBOY FIT WALKING TRACK SURVEY

We want to hear from you! Please take a moment to answer these 8 questions to help us better understand what you would like on the Cowboy walking track:

<https://apply.osuokc.edu/register/communitymembersurvey>



Upcoming offerings in May:
Zoom: Breathing and Mediation series

Resource Run Down with Ross Duren, Health and Wellness Counselor. (Pre-recorded and available to view on our Community Wellness Bulletin page)



Free 1 month membership at the Wellness Center for New Community Residents! Email Kevin.Galloway@okstate.edu for more information



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



Dial 211 statewide or visit 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?

TUNA LIME TOSTADAS

Ingredients

- 3 (5 ounce) cans solid white tuna packed in water, drained
- ½ (10 ounce) can sweet corn, drained
- ½ onion, finely chopped
- 1 bunch cilantro, finely chopped
- 2 tablespoons salsa
- 1 lime, juiced
- hot sauce to taste
- salt and pepper to taste
- sour cream, for topping
- 8 tostada shells

Directions

With a fork, flake tuna into a bowl. Stir in corn, onion, cilantro, salsa, and lime juice. Season with a few dashes of hot sauce, and salt and pepper to taste. Stir to combine, then spoon onto tostada shells. Top each tostada with a dollop of sour cream and a bit more hot sauce.



OSU-OKC

Wellness Center

Administration Building, 1st Floor

900 N. Portland Ave.

Oklahoma City, OK 73107

P:405-945-8642

Email:okc.wellness@okstate.edu

<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.

