

COWBOY FIT

Community Wellness Newsletter

10 FUN AND PRODUCTIVE WAYS TO PREPARE FOR SUMMER

Summer is just around the corner. Below are some fun, healthy and productive ways to prepare for a great summer that does not involve working out!

1) Go through your closet: "Spring clean" and get your summer closet ready!

- Ask your self does it fit?
- Would you buy it in the stores today?
- Do I feel good wearing this?
- Do I already have something similar?

2) Go through your sunscreen: Check the expiration date and through out any that are expired.

3)Exfoliate and Moisturize: Get your skin summer ready. Exfoliate in the shower, followed by your moisturizer. You'll feel like a million bucks afterwards!

4) Hair Care: Most of us either put it in a pony tail, or cut of it off. Which ever your mode of Hair do is, try to keep up with your hair care to maintain the healthy and beautiful locks.

5) Replenish your closet with updated clothes

6) Make an outfit journal: Take photos of your "power" summer outfits and find pieces that make you feel good!

7) At Home Mani/Pedi.

8) Drink more water: Stay hydrated in the summer heat

9) Minimize Makeup: Summer is a great time to go more natural looking and have a fresh healthy face. Less is more!

10) Tackle your insecurities: Don't let your insecurities about your body and self keep you from enjoying life! Don't hide, but embrace what you have. Be authentically you!

<https://authenticallydel.com/prepare-for-summer/>



Wellness Center classes and other offerings:

Monday/Wednesday @12:10pm:
Cardio Pound

Tuesday/Thursday @12:10pm:
(5/2,4,16,18,30)

Zoom Breathing and Meditation

Zoom Learn at lunch with Ross
Duren: Resource Rundown

May 2,4,16,18 and 30th
Breathing and Meditation
Zoom session will start at 12:10pm

[https://okstate-edu.zoom.us/j/99180684201?
pwd=ZHYrOEIPSW15MWZOQTBObkZpNmVrUT09](https://okstate-edu.zoom.us/j/99180684201?pwd=ZHYrOEIPSW15MWZOQTBObkZpNmVrUT09)

Meeting ID: 991 8068 4201
Passcode: 410396



Learn at Lunch with Ross Duren: Resource Rundown

(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?

AIR FRYER CHICKEN CORDON BLEU

Ingredients

- 2 boneless, skinless chicken breasts
- salt and ground black pepper to taste
- 1 tablespoon Dijon mustard
- 4 slices deli Swiss cheese
- 4 slices deli ham
- 2 toothpicks
- ¼ cup all-purpose flour
- 1 egg, beaten
- 1 cup panko bread crumbs
- ½ cup grated Parmesan cheese
- cooking spray

Directions

- Place a chicken breast on a flat work surface. Slice horizontally through the middle, being careful not to cut all the way through to the other side. Open the 2 sides and spread them out like an open book. Place chicken breast between 2 sheets of heavy plastic on a solid, level surface; lightly pound with the smooth side of a meat mallet to a 1/4-inch thickness. Repeat with remaining chicken breast.
- Season each chicken breast with salt and pepper. Spread Dijon mustard on top. Place 1 slice of cheese on each breast. Top each with 2 slices of ham and 1 slice of cheese. Roll each breast up and secure with a toothpick.
- Place flour in a shallow bowl. Place egg in a second bowl. Mix panko bread crumbs and grated Parmesan in a third bowl.
- Preheat an air fryer to 350 degrees F (175 degrees C).
- Meanwhile, dredge chicken breasts in flour; shake off excess. Dip into beaten egg, allowing any excess egg to drip back into the bowl. Press into bread crumb mixture to coat both sides; place breaded chicken breasts onto a plate and spray with nonstick spray. Let sit for 5 minutes while the air fryer preheats, then arrange breaded chicken in a single layer in the air fryer basket.
- Cook in the preheated air fryer for 10 minutes; flip chicken breasts and spray any dry spots with nonstick spray. Cook until chicken is no longer pink in the center, 8 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).



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.

