

COWBOY FIT

Community Wellness Newsletter

DID YOU KNOW THAT STRETCHING IS ANOTHER FORM OF FITNESS?

Stretching offers numerous health and fitness benefits:

Relaxation: Put simply, stretching feels good. It's an excellent way to cool down and relax after an invigorating workout. Research has shown that stretching can lower blood pressure and improve artery function. It's a natural stress reliever.

Increase flexibility: As we age, our muscles grow shorter and tighter and we become less flexible. As a result, we become more susceptible to injuries. Stretching is an effective way to maintain and increase flexibility. A regular stretching routine will keep you flexible—and hopefully, injury-free.

Improve circulation: Stretching increases the blood flow to the muscles, which not only helps to nourish the muscles, but also helps to eliminate waste byproducts from muscle tissue.

Eliminate pain: Many of us experience muscle tightness in our quadriceps, hamstrings, and hip flexors. What we may not realize is that this muscle tightness is a common cause of low back pain. Short, tight muscles result in impaired movement patterns and compensation, which leads to low back pain. A regular stretching routine can help solve this common problem.

<https://www.osmifw.com/the-importance-of-stretching/>



Wellness Center classes and other offerings:

Monday/Wednesday @12:10pm:
Cardio Pound

Tuesday/Thursday @12:10pm:
(6/1,13,15,27,29)
Rewind of 2022

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



WHAT'S COOKIN' IN PETE'S PAN? SWEET AND SOUR POPCORN CHICKEN

Ingredients

- 1 package (12 ounces) frozen popcorn chicken
- 1 tablespoon canola oil
- 1 medium green pepper, cut into 1-inch pieces
- 1 small onion, thinly sliced
- 1 can (20 ounces) unsweetened pineapple chunks
- 3 tablespoons white vinegar
- 2 tablespoons soy sauce
- 2 tablespoons ketchup
- 1/3 cup packed brown sugar
- 2 tablespoons cornstarch
- Hot cooked rice, optional
- Optional toppings: green onions and sesame seeds

Directions

- Microwave chicken according to package directions. Meanwhile, in a large skillet, heat oil over medium-high heat. Add green pepper and onion; stir-fry until crisp-tender, 3-4 minutes. Drain pineapple, reserving the juice in a 2-cup measuring cup; set pineapple aside. Add enough water to the juice to measure 1-1/3 cups; stir in vinegar, soy sauce and ketchup.
- In a large bowl, combine brown sugar and cornstarch. Stir in pineapple juice mixture until smooth. Gradually add to the skillet. Bring to a boil; cook and stir until thickened, about 2 minutes. Stir in chicken and pineapple; heat through. If desired, serve with rice and sprinkle with green onions and sesame seeds.



OSU-OKC

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<https://osuokc.edu/wellness>



Hours of Operation

Monday/Wednesday

8 a.m.-6 p.m.

Tuesday/Thursday

8 a.m.-5 p.m.

Friday

9a.m-3p.m

Saturday-Sunday

Closed

Hours are subject to change during interim periods.

