

COWBOY FIT

Community Wellness Newsletter

BENEFITS OF YOGA

- 1) Yoga improves strength, balance and flexibility.
- 2) Yoga helps with back pain relief
- 3) Yoga can ease arthritis symptoms
- 4) Yoga benefits heart health
- 5) Yoga relaxes you, to help you sleep better
- 6) Yoga can mean more energy and brighter moods
- 7) Yoga helps you manage stress
- 8) Yoga promotes better self-care

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga>

In honor of National Yoga Month, we will be offering Yoga classes throughout the month of September! Classes will be taught by various instructors from the YMCA of Greater Oklahoma City.

Classes: Tuesday's at 12pm

Wednesday's at 5pm

Wellness Center studio, Room 115B



Breathing and Meditation with Ross

9/11 from 3pm-3:30pm

ZOOM: [https://okstate-edu.zoom.us/j/98689333630?](https://okstate-edu.zoom.us/j/98689333630?pwd=NjRkRVZBa2lWNFVoQWJtQU9OUUdUT09)

[pwd=NjRkRVZBa2lWNFVoQWJtQU9OUUdUT09](https://okstate-edu.zoom.us/j/98689333630?pwd=NjRkRVZBa2lWNFVoQWJtQU9OUUdUT09)

Meeting ID: 986 8933 3630

Passcode: 646362

Wellness Center classes and other offerings:

Monday/Wednesday @12:10pm:
Cardio Pound

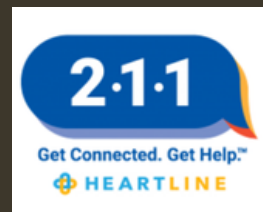
Tuesday @12:00pm:
(9/5,12,19,26)

Wednesday @5:00pm:
(9/6,13,20,27)

Yoga

Outdoor Fitness Equipment

Check out the new outdoor fitness equipment! Located on the North Loop walking track!



WHAT'S COOKIN' IN PETE'S PAN?

CRACKED SHRIMP WITH PINEAPPLE-HABANERO RELISH

Ingredients

- 2 pounds peeled and deveined tail-on raw large shrimp
- Vegetable oil, for frying
- 2 cups all-purpose flour (about 8 1/2 ounces)
- 2 tablespoons cornstarch
- 1 teaspoon paprika
- 1 1/2 teaspoons kosher salt, divided, plus more to taste
- 1 teaspoon black pepper, divided
- 2 large eggs
- 1/2 cup evaporated milk
- 1/2 teaspoon finely chopped fresh flat-leaf parsley, plus more for garnish
- Pineapple-Habanero Relish
- Lemon wedges, for serving

Directions

1. Place shrimp on their sides on a cutting board. Holding shrimp by the tail and using a rolling pin or meat mallet, tap each shrimp lightly until slightly flattened (about 3/8 inch thick), 3 to 5 times.
2. Pour oil to a depth of 1/4 inch in a large cast-iron skillet, and heat over medium-high until hot but not smoking.
3. Meanwhile, whisk together flour, cornstarch, paprika, 1 teaspoon salt, and 1/2 teaspoon pepper in a shallow dish. Whisk together eggs in a large bowl until frothy; whisk in evaporated milk, parsley, remaining 1/2 teaspoon salt, and remaining 1/2 teaspoon pepper.
4. Working in batches, dip shrimp in egg mixture, allowing excess to drip off. Dredge in flour mixture; shake off excess. Add to hot oil, without crowding, and fry until golden and crisp, about 1 minute per side. (Adjust heat between batches to maintain temperature as needed.) Drain on a wire rack set inside a rimmed baking sheet; sprinkle with salt to taste.
5. Transfer shrimp to a large serving platter. Garnish with parsley, and serve with relish and lemon wedges for squeezing.



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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

