

COWBOY FIT

Community Wellness Newsletter

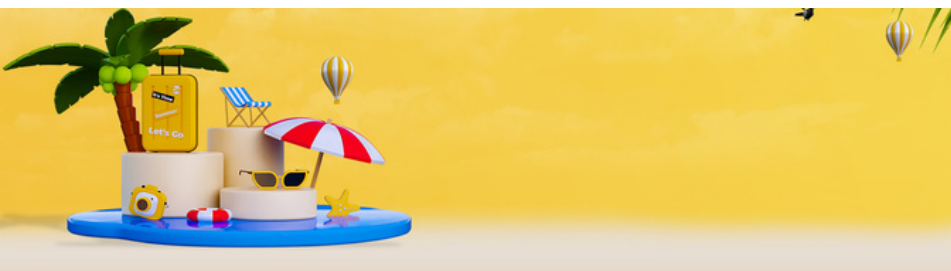
ULTIMATE SUMMER FUN!

Metro Family's magazine has curated a 100 cool things to make this summer fun! Ideas and activities to do inside and outside.

Activities from hiking at night, to taking a trip to Africa....at the OKC ZOO!. There are lots of options for everyone!

<https://www.metrofamilymagazine.com/100-days-of-summer-fun/>

Have a great Summer!
-From OSU-OKC Wellness Center



Looking for ways to celebrate our Independence Day? Check out Metro Family Magazine list of all things 4th of July to do around the metro!

From museums and festivals to traditional good ole fashion fireworks, there are some many things you and your family can do to celebrate!

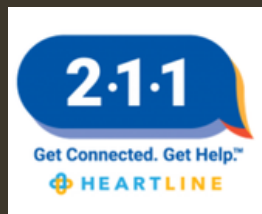
<https://www.metrofamilymagazine.com/independenc-e-day-fun-guide/>

Wellness Center classes and other offerings:

Monday/Wednesday @12:10pm:
Cardio Pound
Tuesday/Thursday @12:10pm:
Circuit Training

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

Walking Track Update: North Loop track is completed. Look for new outdoor fitness classes on our brand new fitness pad!



WHAT'S COOKIN' IN PETE'S PAN?

SPICY DR. PEPPER SHREDDED PORK

Ingredients

- 1 whole large onion
- 1 whole pork shoulder ("pork butt"), 5 to 7 pounds
- Salt and freshly ground black pepper
- 1 11-ounce can chipotle peppers in adobo sauce
- 2 cans Dr Pepper
- 2 tbsp. brown sugar

Directions

1. Preheat the oven to 300 degrees. Peel the onion and cut it into wedges. Lay them in the bottom of a large dutch oven. Generously salt and pepper the pork roast, then set it on top of the onions in the pan. Pour the can of chipotle peppers over the pork (include the sauce.) Pour in both cans of Dr Pepper. Add brown sugar to the juice and stir in.
2. Place lid tightly on pot, then set pot in the oven. Cook for at least six hours, turning roast two or three times during the cooking process. Check meat after six hours; it should be absolutely falling apart (use two forks to test.) If it's not falling apart, return to the oven for another hour.
3. Remove meat from pot and place on a cutting board or other work surface. Use two forks to shred meat, discarding large pieces of fat. Strain as much of the fat off the top of the cooking liquid as you can and discard it. Return the shredded meat to the cooking liquid, and keep warm until ready to serve. (You can also refrigerate the meat and liquid separately, then remove hardened fat once it's cold. Then heat up the liquid on the stovetop and return the meat to the liquid to warm up.
4. Serve on warm flour tortillas or hamburger buns. Top with shredded lettuce, diced tomatoes, grated cheese, avocado slices, salsa, and whatever else you'd like.



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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.

