

COWBOY FIT

Community Wellness Newsletter

Get active in 15 minutes!



When you just can't get to OSU-OKC Wellness Center to workout, but want to stay active? Try these quick workout hacks from Shape your Future, a program of TSET.

- 1) **Use Towels as resistances bands:** Stretch it as tightly as you can to work your back, legs and arms
- 2) **Cans and bottles as dumbbells:** Want to work your biceps? Cans, water bottles and laundry detergent make great replacements.
- 3) **Laundry baskets as weights:** Before you put your laundry away, do a few squats while holding your full basket!
- 4) **Brooms for balance:** Work your core while you clean your floor! Use your broom for oblique twists.
- 5) **Workout videos:** Get moving and grooving with these FREE workout videos from TSET.
https://shapeyourfutureok.com/activities/home-workout-gear-ideas/?utm_medium=social&utm_source=facebook&utm_campaign=whole_health&utm_term=website_click_ad&utm_content=angel-moms_18_49

Construction for the New Cowboy Fit walking track has started! Last Friday February 3rd, we hosted a track breaking in the wellness center. We are so excited to bring a new and improve walking track to the OSU-OKC campus! Thank you to TSET for grant funds that made this a reality.

Click [here](https://fb.watch/iy8N-DT_HJ/) for a quick video of the event:
https://fb.watch/iy8N-DT_HJ/



Did you know that you can get a free 1 month membership to OSU-OKC Wellness Center? Email kevin.galloway@okstate.edu to find out more!



Wellness Center classes and other offerings:

Monday/Wednesday @12:10pm:
 Cardio Pound

Zero to 5k Run program



SPRING OFF THE COUCH, ZERO TO 5K RUN PROGRAM

New to jogging or running? Looking for support and help to reach your goal of running or jogging a 5k (3.1miles) without losing your breath? Join Cowboy Fit Zero to 5K run program. The program includes a combination of running, walking, and resting. This mix will help you get fit enough for a 5K distance without getting hurt.

Starting slow this way will help alleviate the risks of injury, fatigue, and stress while also improving your overall experience, endurance, and training.

Our program will consist of one on one and/or group zoom meetings. (Accountability is key! and seeing that others are in the same boat as you are), and bi-weekly in person runs for 8 weeks. Program will start March 6th and end Friday April 28th (right before the Memorial Run weekend if you have signed up for it)

For more information and to sign up, email Phung.Yip@okstate.edu.



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? SWEET POTATO QUESADILLAS FOR ONE

Ingredients

- ½ medium sweet potato
- ¼ cup chopped pecans
- 1 pinch ground nutmeg
- 1 flour tortilla
- ½ cup chopped red onion
- ¼ cup crumbled feta cheese
- 1 teaspoon vegetable oil, or as needed

Directions

- Poke holes into the sweet potato and microwave on high until soft throughout when poked with a fork, 3 to 4 minutes. Let cool before peeling, at least 10 minutes.
- Peel sweet potato and mash flesh in a bowl. Stir in pecans and nutmeg. Spread mixture over half of the tortilla. Sprinkle onion and feta cheese over the filling.
- Fold tortilla in half and press edges together to prevent filling from spilling out.
- Heat oil in a medium skillet over medium heat. Cook quesadilla until golden brown, about 2 minutes per side. Remove from the skillet and cut into wedges.



OSU-OKC

Wellness Center

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<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.

