

COWBOY FIT

Community Wellness Newsletter

DID YOU KNOW:

Walking outside for 15-30 minutes each day will help to improve your heart health, reduce stress, fight food craving and boost self-esteem.

(<https://health.clevelandclinic.org/benefits-of-walking/>)

The best part is that we have our very own outdoor walking track on campus! The north loop is located right outside the Administration building. The south loop is set to start construction in the next couple of weeks and is located past the pond, by the futsal court.

The newly completed North loop walking track also has 3 outdoor fitness equipment located right on the track.

The outdoor equipment features 3 multi use, multi functional stations that will get your heart pumping in no time.



Wellness Center classes and other offerings:

Monday/Wednesday @12:10pm:
Cardio Pound

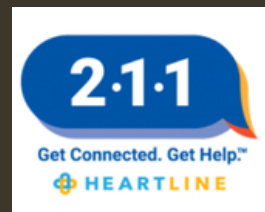
Tuesday and Thursday @5:00pm:
(11/7, 9,14,16,28,30)
15 Minute Walk for Fitness

Zoom: Mindful Eating with a Health Coach 11/15

Zoom: Holiday Blues with Ross 11/20

Coming in November: Chair Yoga with resistance band

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



SLEEP CHALLENGE- DO YOU DARE TO GET A GOOD NIGHTS SLEEP?

Do you find yourself tossing and turning at night? Can't seem to settle your mind? You are not alone!

1 in 3 adults report not getting enough rest or sleep at night. But there is hope!

The Wellness Center challenges you to get a good night's rest, by participating in the Sleep Challenge during the month of November.

The Sleep Challenge starts November 6, 2023 through November 28, 2023. Each week on Tuesday and Thursday, you will get an email with tips on how to get 7-9 hours of sleep. Our goal is for you and your family (holidays are right around the corner) to have the tools you need to get a better night's sleep!

Participants will be given a sheet that they can fill out and see there progression. Challenge will be self-guided and self-reported. At the end of the challenge you will turn your sheet in and then talk about what worked, what didn't..etc.

Sign up for the Sleep Challenge to get a better nights rest!

For questions or to sign up, email Kevin.Galloway@okstate.edu



Zoom: Mindful eating with a health coach

Wednesday November 15th, 12pm-1pm

<https://okstate-edu.zoom.us/j/92818482838?pwd=QmVQWE1vVmtLczByUVUrTjByS0M2Zz09>

Meeting ID: 995 4634 3252 Passcode: 641598

Participants are asked to have 2 (8oz) glasses of water and a handful of raisins available to get the most out of this presentation

Zoom: Holiday Blues with Ross Duren

Monday November 20th, 3pm-4pm

<https://okstate-edu.zoom.us/j/92818482838?pwd=QmVQWE1vVmtLczByUVUrTjByS0M2Zz09>

Meeting ID: 928 1848 2838 Passcode: 961175

WHAT'S COOKIN' IN PETE'S PAN? BUTTERNUT SQUASH CARBONARA

Ingredients

- 1 medium butternut squash, cut in half with seeds removed
- 2 tablespoons extra-virgin olive oil
- 1 cup whole milk
- 2 egg yolks
- 12 ounces bucatini, spaghetti or linguine
- 4 ounces pancetta (or bacon), diced
- 1 garlic clove, minced
- 1/3 cup grated Parmesan cheese
- Freshly ground black pepper
- Chopped fresh chives, as needed for garnish
- Shaved Parmesan, as needed for garnish



Directions

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper and place the squash halves on it, skin side down.
2. Drizzle the squash halves with the olive oil and then transfer to the oven. Roast until the squash is very tender, 25 to 30 minutes. Let cool slightly and then scoop the flesh of the squash out of the skin and into a large bowl.
3. Mash the squash with a fork or a potato masher until smooth. Stir in the milk and egg yolks. Set aside.
4. Bring a large pot of salted water to a boil over medium-high heat. Add the pasta and cook until al dente, 8 to 10 minutes. Reserve 1 cup of the pasta cooking water and then drain the pasta.
5. Heat a large sauté pan over medium heat. Add the pancetta and cook until the fat has rendered and it's very crisp, 5 to 6 minutes. Add the garlic and sauté until fragrant, about 1 minute.
6. Reduce the heat to low and then add the pasta to the pan; toss until combined. Add the squash mixture, tossing well to coat the pasta with the sauce. Remove the pan from the heat and add the grated Parmesan, tossing until combined.
7. Divide the pasta among four bowls and garnish each generously with black pepper, chives and shaved Parmesan. Serve immediately.

OSU-OKC

Wellness Center

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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

