

COWBOY FIT

Community Wellness Newsletter

FALL HARVEST FUN



As the temperature starts to fall and the air feels crisp, and with Football season is in full swing, this can only mean that Fall is finally here! Most of us cant wait for the Pumpkin Spice Latte to make an appearance at your local coffee shop, but for the rest of us, Fall means tons of great family fun in the City of OKC.

Here are some highlights of what's happening in October:

Frontier City's Fright fest: 9/16-10/29

Haunt the Zoon: 10/7-29

Fall Season at Orr Family Farm: 9/23-11/11

Myriad Garden's Pumpkinville:10/6-22

Vintage Market days: 10/6-8

Oklahoma Czech Festival: 10/7

Foodie Fest: 10/7

Arcadia Route 66 Neonfest: 10/13-15

Greek Festival: 10/13-15

Fall Festival: 10/14

As Affair of the Heart: 10/20-22

Halloween Train: 10/28-29

<https://www.visitokc.com/plan-your-visit/fall-guide/>

<https://www.metrofamilymagazine.com/fall-fun-guide/>

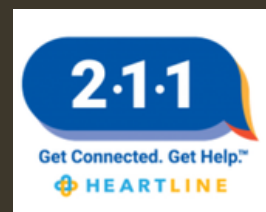


Wellness Center classes and other offerings:

Monday/Wednesday @12:10pm:
Cardio Pound

Tuesday and Thursday @5:00pm:
(10/3, 5, 10, 12, 17, 24, 26)
Outdoor Rowing

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



SLEEP CHALLENGE

How did you sleep last night? Not well? Did you toss and turn? Was your mind in overdrive? You are not alone! The CDC states that most adults should get on average 7-9 hours of sleep a night.

(<https://www.cdc.gov/sleep/features/getting-enough-sleep.html#:~:text=But%20if%20not%20getting%20enough,affect%20you%20the%20next%20day>)

The Wellness Center wants to help you get a good night's rest.

The Sleep Challenge starts November 7, 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 their 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 night's rest!

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



WHAT'S COOKIN' IN PETE'S PAN?

CINNAMON SWIRL BREAD

Ingredients

- 1 ½ cups white sugar, divided
- 2 teaspoons ground cinnamon
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 large egg, beaten
- 1 cup milk
- ⅓ cup vegetable oil

Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x5-inch loaf pan.
2. Mix together 1/3 cup sugar and 2 teaspoons cinnamon in a small bowl; set aside.
3. Combine flour, remaining 1 cup sugar, baking powder, and salt together in a large bowl. Combine egg, milk, and oil in a separate bowl; add to flour mixture. Stir until just moistened.
4. Pour 1/2 of the batter into the prepared pan. Sprinkle with 1/2 of the reserved cinnamon-sugar mixture. Repeat with remaining batter and cinnamon-sugar mixture. Draw a knife through batter to marble.
5. Bake in the preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes.
6. Let cool in the pan for 10 minutes before removing to a wire rack to cool completely. Wrap in foil and let sit overnight before slicing.



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



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Hours are subject to change during interim periods.