

# COWBOY FIT

Community Wellness Newsletter

## HOW TO EXERCISE SAFELY AS IT GETS COLDER AND DARKER

As the days get shorter, darker and cooler, you might be wondering how you are going to get your outdoor walks in. For some of us, our evening walks help to clear the mind and de-stress. Here are some tips to help keep you safe while still getting your outdoor physical fitness in:

**See and be seen-** Wear bright color or reflective clothing, walk with a flashlight or headlamp. If you listen to music, keep one earbud out to listen for traffic and your surroundings.

**Dress for the weather-** Wear layers! When you start off, it may be chilly, but as you warm up, you can shed layers as to not overheat.

**Prepare and nourish your body-** Hydrate, even if you dont feel thirsty. When cold, the body releases a hormone called vasopressin that constricts blood vessels and also inhibits thirst, so you may not feel like you need to drink water even though you do.

**Know when to stay home-** If the weather is bad or if wind chill is below 10 degrees F, its probably best to work out indoors.

<https://www.nytimes.com/2022/09/22/well/live/exercise-safety-fall-winter.html>

**Don't Forget Time Change: November 6th!**



### Wellness Center classes and other offerings:

Monday/Wednesday  
@12:10pm:  
Cardio Pound

Tuesday/Thursday  
@ 9am -5pm:  
(November 1,3,15,17,29)  
Free personal training with  
Kevin!

Call 945-8642 or email  
Kevin.galloway@okstate.edu to  
schedule your free personal  
training.

Zoom Learn at Lunch 11/2:  
Nutrition and Mindful eating  
with Ross Duren and Kevin  
Galloway



Zoom Learn at Lunch 11/2 @12:10pm:  
Nutrition and Mindful eating with Ross Duren and  
Kevin Galloway

[https://osuokc.zoom.us/j/93071191966?  
pwd=WUpGTmpQS3ZPemFubU16V0xYMTRYUT09](https://osuokc.zoom.us/j/93071191966?pwd=WUpGTmpQS3ZPemFubU16V0xYMTRYUT09)

Meeting ID: 930 7119 1966

Passcode: 147911



Free 1 month membership at the Wellness Center for New  
Community Residents! Email [Kevin.Galloway@okstate.edu](mailto:Kevin.Galloway@okstate.edu)  
for more information



## Need Extra Support, but don't know who to call?

988 is a direct, three-digit lifeline that  
connects you with trained behavioral  
health professionals that can get all  
Oklahomans the help they need.



Dial 211 statewide or visit [heartlineoklahoma.org](http://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

# WHAT'S COOKIN' IN PETE'S PAN? PUMPKIN CHILI

## Ingredients

- 1 tbsp. olive oil
- 1 lb ground spicy Italian sausage
- 1 onion, chopped
- 1 red bell pepper, chopped
- 3 garlic cloves, chopped
- 1 1/2 tbsp. chili powder
- 2 tbsp. ground cumin
- 1 tsp. kosher salt
- 3/4 tsp. ground black pepper
- 1/2 tsp. ground cinnamon
- 2 15 oz cans fire roasted tomatoes, not drained
- 1 15oz can each kidney beans and black beans, drained and rinsed
- 1 15 oz can pumpkin puree
- 2 1/2 cup chicken broth

## Directions

1. In a large Dutch oven, heat the oil over medium heat. Add the sausage and cook, stirring to break into pieces, until browned and cooked through, 8 to 10 minutes. Using a slotted spoon, transfer the sausage to a paper towel lined plate to drain.
2. Add the onion and bell pepper to the Dutch oven. Cook over medium, stirring, until softened, 10 to 12 minutes. Stir in the garlic, cumin, chili powder, 1 teaspoons salt, 3/4 teaspoon pepper and cinnamon. Cook, stirring, for 30 seconds.
3. Stir in the tomatoes, kidney beans, black beans, pumpkin puree, chicken broth and sausage. Bring to boil over medium-high. Reduce heat to medium-low, cover and cook, stirring occasionally, until the flavors meld, about 20 minutes.
4. Season the chili with salt and pepper. Serve, garnishing with pumpkin seeds, sour cream, cheese and avocado, if desired.



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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.

