

COWBOY FIT

Community Wellness Newsletter

HAVE YOU EVER WONDERED IF EXERCISING IN COLD WEATHER IS GOOD FOR YOU?



It actually is! Taking your workout, outside will help boost your immune system, improve your mood, give you that beneficial vitamin D that we miss out on when indoors and burn more calories! On average, winter weight gained is between 5-10 pounds.

<https://www.uhhospitals.org/blog/articles/2023/02/is-exercising-in-cold-weather-a-better-workout>

<https://www.aston.ac.uk/sport/news/tips/fitness-exercise/benefits-training-cold-weather#:~:text=Burn%20more%20calories&text=Because%20whatever%20workout%20you%20do,through%20more%20calories%20and%20of at.>

Need another motivation? Try signing up for one of Oklahoma's "cool" holiday fun runs!

With so many option to choose from, we hope that you find the exercise that inspires you to get outside this winter.

**HAPPY
HOLIDAYS**

From the Wellness Center

Wellness Center classes and other offerings:

Monday/Wednesday @12:10pm:
Cardio Pound

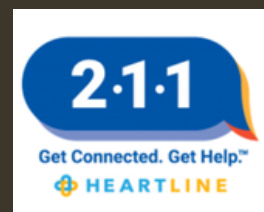
Tuesday and Thursday @5:00pm:
Tuesday and Thursday @12:10pm:
(12/5,7,19,21)

Chair Yoga with Resistance Bands

The Wellness Center will be closed
from 12/18-1/5/2024.

January: Circuit Training
Tuesday and Thursday @12:10pm:
(1/9,11,23,25)

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



WEIGHT LOSS CHALLENGE SIGN UPS!

New Year, New You right? Have pesky pounds you can't seem to lose? We have a solution for you! Join our Weight Loss Challenge to help shed a few pounds or more! We will share with you simple tips to get you started on your weight loss journey. The best part, you can try these on your own OR with a friend. The only competition is you!!!

Challenge will start Feb 1 to Feb 29, 2024. Each week, I will email you tips to try. Friday we touch base to talk about things you liked and things you didn't. Each person will need to weigh in at home or at the wellness center to track your numbers. We will have weekly conversations, one on one, where we will talk about your eating habits and a work out plan to help crush your goals! Sign up today with Kevin.galloway@okstate.edu, to get started on a New Year, New You!!!



Pete's Pet Posse at OSU-OKC is excited to announce that we are now offering on campus and site visits.

This amazing program has been a staple in meeting campus wellness needs in Stillwater for over ten years and we are very excited to offer our own chapter. The Center for Disease Control and Prevention notes that therapy dogs can help decrease blood pressure, reduce stress, and keep anxiety low. To request official visits by a Pete's Pet Posse team visit <https://osuokc.edu/petes-pet-posse/request-form> and complete the form. All visits are subject to availability of a Pete's Pet Posse team and are on a first come first serve basis. Additional information on Pete's Pet Posse can be found by visiting <https://osuokc.edu/petes-pet-posse> or by contacting okc.pettherapy@okstate.edu.

WHAT'S COOKIN' IN PETE'S PAN? CREAMY CHICKEN NOODLE SOUP WITH ROTISSERIE CHICKEN

Ingredients

- 2 tablespoons unsalted butter
- 1 tablespoon olive oil
- 2 cups chopped yellow onion (from 1 large onion)
- 1 cup chopped carrots (from 2 medium carrots)
- 1 cup chopped celery (from 2 large stalks)
- 1 ¾ teaspoons kosher salt
- 3 tablespoons all-purpose flour
- 4 cups unsalted chicken stock
- 2 cups whole milk
- 4 ounces uncooked whole-wheat egg noodles
- 3 cups coarsely chopped rotisserie chicken breast (from 2 rotisserie chickens)
- 1 cup frozen green peas

Directions

1. Melt butter with olive oil in a large Dutch oven over medium-high heat. Add onion, carrots, celery and salt and cook, stirring often, until vegetables are slightly softened, 6 to 8 minutes. Add flour and stir to coat. Stir in stock and milk and let the mixture come to a boil. Add uncooked noodles to the boiling mixture. Cover and cook until noodles are al dente, about 8 minutes. Stir in chicken and peas and cook until pasta reaches desired doneness and chicken and peas are warmed through, about 1 to 2 more minutes. Serve immediately.



OSU-OKC
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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

