

# COWBOY FIT

Community Wellness Newsletter

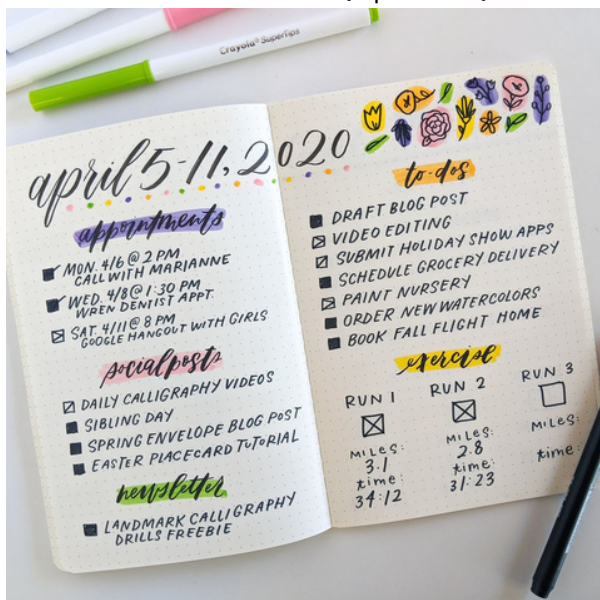
## BULLET JOURNALING FOR YOUR HEALTH AND WELLNESS

Bullet journaling: What is it and how can it help me? Recently, you may have seen bullet journaling start to appear in conversations, self help and motivational articles and maybe even your favorite social media influencer has talked about it. What is it? A bullet journal is a "mindful and creative way to take notes, complete tasks, track your habits and manage your schedule". In its basic form, it is a to do list. Most people find creating lists or "bullets" help them keep track of what they need to do to stay on top of things.

Bullet journaling can be whatever you need it to be. You can add or delete items as needed. You can use it to track your fitness goals, finances, or even keeping track of daily cleaning and chores around the house.

To create your own bullet journal:

- A cheap notebook or template
- Your favorite writing instrument
- Colored pens, pencils or markers
- STICKERS! (optional)



### Wellness Center classes and other offerings:

Monday/Wednesday @12:10pm:  
Cardio Pound

Tuesday/Thursday @12:10pm:  
(2/2,14,16,28)  
Intro to Kickboxing

Weight Loss Challenge!

Brown Bag Learn at Lunch: Car  
Buying for Car Buying Haters

Zoom Learn at Lunch: Breathing &  
Meditation Excises

[https://shapeyourfutureok.com/improve-your-health-with-bullet-journaling/?utm\\_medium=email&utm\\_source=govdelivery&utm\\_campaign=syf\\_email&utm\\_term=general\\_email&utm\\_content=syf-general-january-bullet\\_journaling\\_blog](https://shapeyourfutureok.com/improve-your-health-with-bullet-journaling/?utm_medium=email&utm_source=govdelivery&utm_campaign=syf_email&utm_term=general_email&utm_content=syf-general-january-bullet_journaling_blog)

BETTER  
NEW YEAR, NEW ME!

# WEIGHT LOSS CHALLENGE 2.0!

Register by emailing [kevin.galloway@okstate.edu](mailto:kevin.galloway@okstate.edu). Include your name and specify if you are faculty, staff, student or community member. **Community members are welcome to use the Wellness Center free for the month of February for this event!**

Come to the Wellness Center so we can get your weight logged in. Don't worry, only you and I will see your information. You can weigh in every day, once a week, every other week, once a month, that part is totally up to you.

Need some encouragement, some tips, need to chat? That is what we are here for! We will also send some encouraging words to your email from time to time. We are in this together!

The Challenge starts February 6 through February 28, 2023. Winners are chosen by the **percentage** of weight loss! ! ! The winners will be announced on Friday, March 3, 2023. There will be a first, second, and third place winner. Good Luck!

## LEARN AT LUNCHES:

### CAR BUYING FOR CAR-BUYING HATERS (BRING YOUR OWN LUNCH)

Learn how to make the experience less painful, more enjoyable, and not be taken advantage of. OSU-OKC Business faculty will discuss financing basics, being a tough customer, and keeping the value of your car up for resale.

Thursday February 2nd, 12pm-1pm. Student Center Building, Conference room 304. Space is limited!

Register here: <https://slate.to/cctjD1rC>

### ZOOM: BREATHING AND MEDITATION EXERCISES

Monday February 6th, 2023, 12pm-12:45pm

<https://okstate-edu.zoom.us/j/91557387079?pwd=b29KVnZqNlNnUmdCeE5SRFBYR3lOQT09>

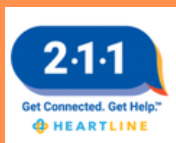
Meeting ID: 915 5738 7079

Passcode: 704359



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?



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.



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? VEGAN PHILLY CHEESE SANDWICH

## Ingredients

- 1 large bell pepper, sliced, red or green, or both
- 1 small onion, sliced
- ½ teaspoon black pepper, + salt to taste
- 1 pinch cayenne, or use smoky paprika or chipotle powder – for heat
- 1 tablespoon extra virgin olive oil
- 1 cup seitan, unflavored or flavored – if using flavored, you may not need any additional salt, pepper or spices
- ½ cup vegan cheese, any flavor you'd like – choose a brand that melts well
- 2 large hoagie rolls
- 1 jalapeno, thinly sliced, optional
- ¼ cup cilantro, optional

## Directions

- Prep your rolls and warm in the oven to toast. Tip: brush inside and/or outside of bread with olive oil if you'd like.
- Add oil to skillet and heat over high heat.
- Add peppers, onions and optional jalapeno. Cook until the edges begin to blacken and the onions begin to caramelize. Add in the spices, pepper and salt.
- Transfer this veggies to a plate.
- While pan is still hot, add another small splash of oil and add the seitan strips. Saute until the edges blacken. Then add the veggies back into the pan and top everything with cheese. Warm until the cheese melts.
- Add the filling to the toasted rolls. Garnish with the fresh cilantro. Serve hot!



OSU-OKC

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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.

