

# COWBOY FIT

Community Wellness Newsletter

## EXERCISE “SNACKING”

What is exercise snacking you ask.... sorry, it is not a “literal snack”, but it is short exercise that you can do throughout the day for a few minutes at a time.

Simple easy things that you can do to get movement in.

- Go for a 30 minute walk
- 10 squats
- Walk around the house 10 times (useful, for those inclement weather days)
- 10 Wall Pushups

Remember to get your body moving at least 30 minutes per day.

[https://www.today.com/health/diet-fitness/exercise-snacks-fitness-rcna56744?cid=eml\\_starttoday\\_20240117](https://www.today.com/health/diet-fitness/exercise-snacks-fitness-rcna56744?cid=eml_starttoday_20240117)

## COMING IN MARCH SELF DEFENSE AND MORE!

OSU-OKC is excited to offer a 12 week Self Defense and More class.

Instructors Emmanuel Rivera and Carl Belford, from The Come Up Martial Arts for Youth will teach participants skills and knowledge to protect themselves in various situations, empowering and equipping each individual with tools they can use.

Emmanuel “El Punisher” Rivera, is a professional MMA Fighter and dance instructor with over 13 years of experience in the industry.

Carl Belford, is a state, national and world wrestling champion, who coaches collegiate wrestling and MMA.

Self Defense and More will be held March 5th through May 31st, Tuesday’s from 12:10-1pm in the Wellness Center. Participants do not need to come consecutively, but participants will get the most if they do.

## Track Ribbon Cutting

You are cordially invited to OSU-OKC Track Ribbon cutting!  
April 3rd from 3-4pm, Walking track. More information to come.

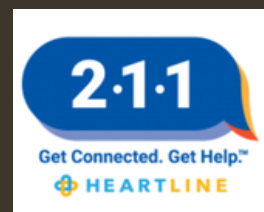
## Wellness Center classes and other offerings:

Monday/Wednesday @12:10pm:  
Cardio Pound

Weight Loss Challenge event: 2/1-29

Coming in March: 12 week Self Defense and More.

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



# WHAT'S COOKIN' IN PETE'S PAN? BROCCOLI BEEF BRAIDS

## Ingredients

- 1 pound ground beef
- 1/2 cup chopped onion
- 3 cups frozen chopped broccoli
- 1 cup shredded part-skim mozzarella cheese
- 1/2 cup sour cream
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tubes (8 ounces each) refrigerated crescent rolls

## Directions

1. Preheat oven to 350°. In a large skillet, cook beef and onion over medium heat 6-8 minutes or until beef is no longer pink, breaking beef into crumbles; drain. Stir in broccoli, cheese, sour cream, salt and pepper; heat through.
2. Unroll 1 tube of crescent dough onto a greased baking sheet; form into a 12x8-in. rectangle, pressing perforations to seal. Spoon half the beef mixture lengthwise down center of rectangle.
3. On each long side, cut 1-in.-wide strips at an angle, from the edge to about 3 in. into the center. Fold 1 strip from each side over filling and pinch ends together; repeat.
4. Repeat with remaining ingredients to make second braid. Bake 15-20 minutes or until golden brown.



OSU-OKC  
Wellness Center

Administration Building, 1st Floor  
900 N. Portland Ave.  
Oklahoma City, OK 73107  
P:405-945-8642

Email: [okc.wellness@okstate.edu](mailto:okc.wellness@okstate.edu)  
<https://osuokc.edu/wellness>



Hours of Operation

Monday- Thursday  
8 a.m.-5 p.m.  
Friday  
9a.m-3p.m  
Saturday-Sunday  
Closed



Hours are subject to change  
during interim periods.