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SWOSU BULLDOG WELLNESS

Newsletters

September 2017

SWOSU Bulldog Wellness Committee

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SWOSU

Bulldog Wellness

September 2017



Exercise Balls

Strengthen your core! Large exercise balls used for at-desk-seating will be loaned out for a one-month duration. They

are available for checkout by contacting Lynne Thurman @ lynne.thurman@swosu.edu.

Walking Club

The Bulldog Walking Club will begin on September 4, 2017. Walking Club will meet every MWF, 12:10 pm, at the east entrance of the Wellness Center. Fit fitness into your workday with a 30-40 minute walk and receive the benefits of social support, stress relief, and renewed energy.



Walking Works

Begins on Monday, September 11th and ends (at midnight!) Friday, November 10th. We will again have three tiers of competition. Teams can be made up of 1-10 members



from across campus or within a single department. Walking Works will also have a chair yoga and strength training sessions as well as prizes for participants. Contact Sara.Roberts@swosu.edu to get involved today! <http://www.swosu.edu/bulldog-wellness/index.aspx>

I Will!

Commit to Wellness

For those that want to jumpstart a new healthy lifestyle, this free 5-week program will equip you with the skills you need to get started.

I WILL! is an interactive program that includes nutrition and fitness assessments, a hands-on cooking class and grocery tour, weekly workouts, and a pedometer app for your smart phone to encourage you to work toward 10,000 steps a day.

Don't think about how many other times you've promised to do this for yourself – this time just say I WILL!

Nutrition Classes: Tues 10/3, 10/10/ 10/24, Wed 11/01; 12:00 - 12:50 pm, Conference Center and United Grocery Store.

Workouts:

Mondays, Resistance Bands, Wellness room 144, 12-1 pm

Tuesdays, Water Aerobics, Rankin from 6-7 pm

Thursdays, Circuit Training, Wellness room 144, 12-1 pm, Water Aerobics, Rankin from 5-6 pm

WalkingWorks begins September 11 and ends November 10 and don't forget **Walking Club!**

- Instructor: Radonna Sawatzky, B.S., M.Ed.,
- October 3rd – Basic Nutrition looking at Fats, Sugars, and Carbs- We will be looking at different foods and the amount of fat, and sugar. We will have some food models and some experiments to look at. How much sugar does your Route 44 drink have?
- October 10th - Meet at United Supermarket for a Grocery Store Tour- We will take a quick look at some items on the store shelves that would be

healthier choices. We will look at labels and see if we really know what we are eating. (Salad lunch provided by United)

- October 24th - Food Prep Ideas/ Food Safety – we will be looking at new gadgets and things that can help you get the job done easier and quicker. We will also discuss some home food safety issues.
- November 1st - Healthy Pressure Cooker Cooking- we will look at a variety of pressure cookers (Insta pots) and make some dishes for you to try. This new product saves time and money for the busy family. (Lunch provided by Radonna.)



SWOSU Pool Fall & Spring Hours

Monday-Friday 6 a.m.- 8 a.m.,
12p.m.- 2 p.m., 5p.m. – 7 p.m.
Tuesday 5 p.m. -7p.m. (closed)
Water Aerobics

Square Dancing

Taught by Phillip Snider, starting August 23, Tuesday evenings, 7:00 pm – 9:00 pm. First 3 lessons free; by donation thereafter.



Weight Watchers @ Work

This class started on Monday, August 28.

Last session, in a fifteen-week period, there was a total loss of over 300 lbs.! One participant lost over 37 pounds and is continuing with the next session. Contact Janet Slagell (7023) or Kathy Megli (7070)

Move of the Month

The Bend

Start: Sit on one hip, facing the side with pelvis and spine neutral. Flex the knees with the top leg laterally rotated and bottom hand on mat, in-line with feet. Rest the top arm on the knee with shoulders, hips and gaze facing forward.

Inhale: Stabilize the shoulders then lift pelvis to ceiling, laterally flexing torso, extending knees and adducting legs, reaching the free arm overhead. **Exhale:** Descend gently to the mat returning to start position. Repeat 3 – 5 times.



Recipe of the Month

Zucchini Enchiladas

Ingredients:

- 2 tablespoons vegetable oil
- 4 scallions, sliced (white and green parts separated)
- 2 cloves garlic, thinly sliced
- 1 tablespoon chili powder
- 3 cups shredded rotisserie chicken (skin discarded)
- 1 ½ cups salsa (not chunky)
- 1 cup shredded Mexican blend cheese
- 3 to 4 medium zucchini
- Several dashes chipotle hot sauce, plus more for serving, optional
- 2 tablespoons sour cream



Directions:

Preheat the oven to 375 degrees F. Heat the oil in a large skillet over medium heat. Add the scallion whites and garlic and cook, stirring frequently, until soft, about 5 minutes. Sprinkle in the chili powder and cook, stirring, until the scallions are coated and the oil is brick red, about 1 minute. Remove from the heat and stir in the chicken, 1/2 cup of the salsa and 1/2 cup of the cheese. Set aside.

On a work surface, use a Y-shaped vegetable peeler to shave off ribbons the entire length of each zucchini and as wide as possible (the first few may be too skinny). Make 36 zucchini ribbons total.

Lay out 3 ribbons, slightly overlapping to make a rectangle (think of this as your "tortilla"). Pile about 1/4 cup of the chicken mixture down along one of the short ends of the zucchini tortilla and then roll up to enclose the filling. Put in a 2- to 3-quart baking dish. Roll up the remaining zucchini ribbons and filling and arrange in the dish. Top the rolls with the remaining 1 cup salsa. Add several dashes of the hot sauce and sprinkle with the remaining 1/2 cup cheese.

Bake until the cheese is melted and the filling is hot, about 25 minutes. Let cool for a few minutes. Thin the sour cream out with a little water and drizzle over the enchiladas. Sprinkle with the reserved scallion greens and serve with more hot sauce if you'd like.