Stay Cool. Stay Hydrated. Say Informed!

During Oklahoma summers we can typically see temps into the triple digits. This is why it is important for us to be aware of the signs and symptoms of heat illnesses. The CDC reports there are about 650 preventable heat-related deaths each year. Those most at risk are the elderly, children, or those with pre-existing medical conditions.

Extreme heat causes more deaths each year than hurricanes, lightning, tornadoes, earthquakes, and floods combined! For more information, visit http://emergency.cdc.gov/disasters/extremeheat/

Types of Heat Stress

- **Heat Stroke** – body is unable to control its temp
- **Heat Exhaustion** – excessive loss of water and salt from sweating
- **Heat Syncope** – fainting or dizziness
- **Heat Cramps** – muscle pain from low salt and water levels
- **Heat Rash** – skin irritation from excessive sweating during hot, humid weather

Dates to remember!

7/4
Independence Day!

8/19
Classes Begin

8/31
Football vs. Louisiana-Monroe
Norman, OK
6pm

9/21
5K Fun Run
Norman, OK

[http://healthysooners.ouhsc.edu](http://healthysooners.ouhsc.edu)
This last Christmas I got on the scale and was mortified at the number that showed up. I have always been overweight and never had a lot of issues with it but I realized I had gained 60 lbs since my wedding 7 years ago and was always tired. On top of this, I have PCOS (polycystic ovary syndrome) and the doctor has really been wanting to see me lose some weight. I talked to my doctor and he said that if I could lose 50 pounds he would be really happy and if I lost 75 he would stop harping on me about it. Well, at that point I decided I had to do something.

I have never been one for crash diets because too many people go up and down with their weight but I also knew starting a full blown workout routine wasn’t going to work for me. So I decided to start small. I work in a five story building so if I had to go up one floor I would take the stairs. I started always taking them down because that wasn’t hard. Also, I started using smaller plates for myself at dinner. I ate the same foods as the rest of my family but because my plate was smaller I didn’t get as much on it because it would fill up faster. After the first 10 pounds I was so excited and the stairs weren’t nearly as difficult so I started taking the stairs everyday to every floor. I would be really winded at first but after a month or so it got easier and easier.

I also decided to stop buying sodas to keep at the house because if it’s there I will drink it. I started getting a glass of ice water to drink throughout the day and drinking water or tea at home. (continued on page 4)
iPad and iPad Mini Winners Announced

Congratulations to the winners of the iPads and iPad Minis! Participants who completed the recent biometric screening and online health risk assessment were eligible for the drawing. Thank you to all who participated and for being a healthy Sooner!

Theresa Fulk – Norman
Kyle Murray – Norman
Sarah Dick – Tulsa
Sylvia Corrujedo – HSC

Join the Crew!
The Encourage Health Crew is an employee group with a commitment to health that serve as ambassadors for Employee Wellness. They volunteer to assist in the implementation and coordination of wellness initiatives in their department. They share information, engage friends and colleagues to participate in wellness programs, and create excitement around leading a healthy lifestyle.

Interested in joining the Crew or want to nominate a co-worker? Contact Wellness Coordinator, Lindsay Mitchell, at lindsay-mitchell@ouhsc.edu.

Words from Wellness

Hi Healthy Sooners! It’s Lindsay, your Wellness Coordinator! We are continually told to get 30 minutes of cardiovascular exercise, 5 days a week, but what about strength training? The American College of Sports Medicine recommends a variety of exercises two or three days a week at two to four sets of 8-12 reps per exercise. It is good to allow your muscles to rest and heal at least 48 hours between sessions. Strength training helps you develop strong bones, control your weight, boost your stamina, manage chronic conditions, and sharpen your focus. Ladies, don’t be afraid to pick up those weights, too!

Congratulations to the winners of the iPads and iPad Minis!

Family Focus

WED 7/17 FREE admission for everyone at the OKC Zoo for Sales Tax Appreciation Day!

FRI-SUN 9/27-9/29 Day Out With Thomas the Tank Engine at the Oklahoma Railway Museum, OKC

Various Dates Check out a RedHawks game at Bricktown Ballpark!

*Full schedule here http://healthysooners.ouhsc.edu
(Continued from page 2) What really helped is a friend of mine is getting married and she is wanting to lose some weight so we decided to start eating healthier. We bring our lunch most days, but when we do go out to eat we eat salads, sandwiches or smaller meals. We also decided to start working out. Two to three days a week we go to her small apartment gym and do about 20 minutes on the treadmill, then some different machines, some free weights and swimming or dance for 20 minutes. Occasionally, we do stretches. Just recently I have been eating much more fruits and veggies and making healthier snacks or dinners. Currently I am down 4 pant sizes, one shirt size get nearly as tired, my back does forward to water skiing and see biggest key for me was to set try and go from couch potato to going to burn out and hurt your- happening. You are still going to cheeseburger but don’t do it all the time. A friend of mine says he has a free day every week, just don’t go overboard. Now, I also don’t weigh myself more than once a week because each day you might go up and down and that will just discourage you. I try to shoot for 2 pounds in two weeks so I don’t weigh myself until the two weeks is up. When I reached 15 pounds I took myself to the movies, 25 pounds I went out to eat with friends. When I hit 50 pounds I am treating myself to a pampering day. So have something to look forward to and share with friends. It’s amazing how they are so excited for you and how much they will help you stay on track. Every bit of encouragement helps.

†Cammi participates in Healthy Sooners as an Encourage Health Crew member.
Recipe Round-up!
It’s summertime! Time to fire up the grill!

**Grilled Pork Fajitas - Serves 8** by Mayo Clinic Staff
Half the fat and 1/3 saturated fat of beef steak fajitas.

**Ingredients**
- 1 tablespoon chili powder
- 1/2 teaspoon oregano
- 1/2 teaspoon paprika
- 1/4 teaspoon ground coriander
- 1/4 teaspoon garlic powder
- 1 pound pork tenderloin, cut into strips 1/2 inch wide and 2 inches long
- 1 small onion, sliced
- 8 whole-wheat flour tortillas, about 8 inches in diameter, warmed in the microwave
- 1/2 cup shredded sharp cheddar cheese
- 4 medium tomatoes, diced
- 4 cups shredded lettuce
- 1 cup salsa

**Directions**
Prepare a hot fire in a charcoal grill or heat a gas grill or broiler to medium-high or 400 F.
In a small bowl, stir together the chili powder, oregano, paprika, coriander and garlic powder. Dredge the pork pieces in the seasonings, coating completely. Place the pork strips and onions in a cast-iron pan or grill basket. Grill or broil at medium-high heat, turning several times, until browned on all sides, about 5 minutes.

To serve, spread an equal amount of pork strips and onions on each tortilla. Top each with 1 tablespoon cheese, about 2 tablespoons tomatoes, 1/2 cup shredded lettuce and 2 tablespoons salsa. Fold in both sides of each tortilla up over the filling, then roll to close. Serve immediately.

**Nutritional Analysis per serving – Serving size: 1 fajita**

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Calories</th>
<th>234</th>
<th>Sodium</th>
<th>309 mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total fat</td>
<td>8 g</td>
<td></td>
<td>Total carbohydrate</td>
<td>23 g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>3 g</td>
<td></td>
<td>Dietary fiber</td>
<td>5 g</td>
</tr>
<tr>
<td>Monounsaturated fat</td>
<td>3 g</td>
<td></td>
<td>Protein</td>
<td>18 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>45 mg</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Breion Rollins
Breion-Rollins@ouhsc.edu

Lindsay Mitchell
lindsay-mitchell@ouhsc.edu

http://healthysooners.ouhsc.edu