

ODESSA
COLLEGE



Week 3
9/15 – 9/21

e-newsletter

www.WranglerSports.com/30For30

This Week's Events

Life's Simple 7 Lunch & Learn

Learn Life's Simple 7 from the American Heart Association this Tuesday, Sept. 20th, at 12PM in Room 128, Greg Williams Hall, Odessa College. Bring your lunch! Light refreshments will be served.

Wrangler Volleyball 30 For 30 Night

Cheer on your Lady Wranglers at the OC Sports Center, Wednesday, Sept. 21st at 7PM! The OC Dance Team's intersession performance will commemorate Hispanic Heritage Month! And wear your 30 For 30 t-shirt and get in the game for FREE!

Warrior Wednesdays

Join the 30 for 30 team EVERY Wednesday in September from 12:15PM – 12:45PM in Spur 227 for a Vinyasa yoga class.

Latin Dance Thursdays

Get moving to some new Latin dance moves EVERY Thursday at 12PM from Sept. 22nd to Oct. 13th as we celebrate Hispanic Heritage Month at Odessa College! Held at the Commons Amphitheater located behind the Saulsbury Campus Center at Odessa College.


Biometric Fridays

Get your FREE biometric profile EVERY Friday in September from 7:30AM-9AM in the Private Dining Room, Saulsbury Campus Center, Odessa College.

Healthy Eating Options

EVERYDAY in the Odessa College Cafeteria courtesy of Great Western Dining! Thank you, GWD!

13 FITNESS MYTHS DEBUNKED



What you don't know about fitness can hurt you – and interfere with your fitness goals. For a safer workout with awesome results, forget everything you think you know about exercise, and read on to get your fitness facts straight.

(Click the title link to read the full article.)

By Elizabeth Narins – Women's Health (Additional reporting by K. Aleisha Fetters, Dimity McDowell, Robin Hilmantel, Caitlin Carlson, Jenna Birch, Jessica Girdwain, Adam Campbell, and the editors of Women's Health.)

Spotlight Fitness App – SKYFIT

Skyfit delivers on-demand audio fitness that combines the guidance of a trainer with the perfect playlist to give you a fresh way to work out. Includes guidance for treadmill, elliptical, stationary bike, yoga, outdoor running, strength training, 5K, 10K, half and full marathon workouts.

www.skyfitapp.com

\$9.99/Month (7-Day Free Trial)

SKYFIT

HEALTHY CHICKEN QUESADILLAS

by Food.com (Makes 4 Servings)

Ingredients:

2 T Organic Low Sodium Chicken Broth
¼ C Onion, chopped
1 Small Garlic Clove, minced
¼ C Bell Pepper, chopped
2 Chili Peppers, minced (to taste)
3 Plum Tomatoes, chopped
Nonstick Cooking Spray
8 Flour Tortillas
1 C Low-fat Cheddar Cheese, shredded
1 ½ C Cooked Chicken, shredded
Scallion, cut on the bias (garnish)
Salsa (garnish)
Fat-free Sour Cream (garnish)



Photo by Sharon Chen

Directions:

- In a medium-heavy skillet, sauté the onions, garlic and peppers until soft in the 2 T of chicken broth.
- Add the chili peppers and tomatoes and simmer for a few minutes more until the liquid has evaporated.
- Add the chicken and stir well to combine.
- Spray a cold skillet with the nonstick spray and heat over medium heat.
- Place a tortilla in the pan and sprinkle with 1/8 C cheese.
- Add about a quarter of the chicken mixture and top with another 1/8 C cheese.
- Cover with another tortilla and cook for two to three minutes or until golden brown.
- Flip the quesadilla over and cook for an additional two minutes.
- Remove from the heat and cut into edges.
- Keep warm while frying the remaining quesadillas.
- Serve with salsa, scallions and fat-free sour cream.

Need a New Playlist?

Check out the Spotify Latino Collection in celebration of Hispanic Heritage Month and see what's playing!

www.Spotify.com/Latino



Zucchini with Corn and Cilantro

By Health.com (Makes 4 Servings)

Ingredients:

1 t Olive Oil
2 ½ C Cubed Zucchini (about 1lb)
1 C Frozen Whole-Kernel Corn
1 T Chopped Fresh Cilantro
1 t Fresh Lime Juice
¼ t Salt
1/8 t Freshly Ground Black Pepper

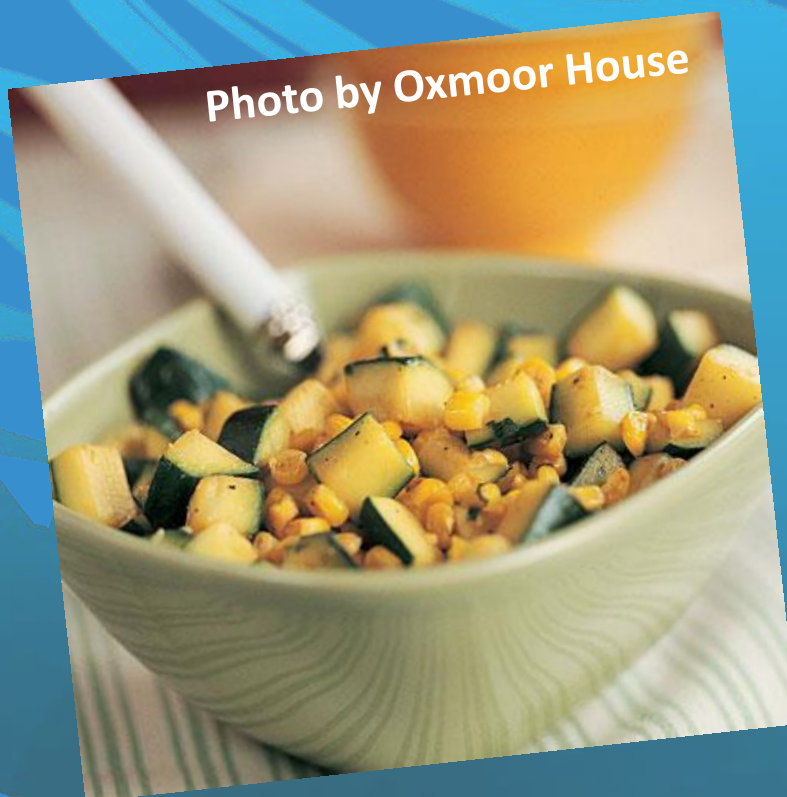


Photo by Oxmoor House

Preparation:

Heat oil in a large nonstick skillet over medium-high heat. Add zucchini and corn; cook, stirring occasionally, 7 to 8 minutes or until zucchini is a crisp-tender. Remove from heat; and stir in cilantro and remaining ingredients.