

PAYNE COUNTY HEALTH NEWS

CERTIFIED HEALTHY PAYNE COUNTY!

Congratulations!

We had over 30 Payne County entities become certified this year! Want to join the list next year? Contact Anna Stuck at annas@health.ok.gov

BUSINESSES

Stillwater Housing Authority
 Stillwater Milling Company
 Resolutions Counseling Group
 Perkins Family Clinic
 Oklahoma State University
 Stillwater Medical Center
 Edwin Fair Mental Health Center
 (OP and Devon)
 Payne County Health Department
 (Stillwater & Cushing)
 Deeprock Energy Resources
 Oklahoma Department of Career
 & Technology Education
 City of Stillwater

St. John's
 University Parish
 Congregation

Town of Perkins

SCHOOLS

Cushing MS	Deep Rock Elem	Ripley PS
Harmony Elem	Highland Park Elem	Lincoln Academy
Richmond Elem	Sangre Ridge Elem	Stillwater JH
Stillwater MS	Westwood Elem	Wilson Pre-K

CAMPUSES

Oklahoma State University Northern Oklahoma College

FEBRUARY 5K SPOTLIGHT

Stillwater Makes A Change

COLOR RUN

Saturday March 7th 9am (registration
 8am)

Boomer Lake

Proceeds benefit Stillwater Humane
 Society and will be matched!

\$30 fee (t-shirt included)

Facebook Stillwater Makes a Change

<http://shop.schoolathon.org/>



Stillwater Medical Center
 Snack Bar/Canteen
 Which Wich
 Hard Wok

Restaurants

EARLY CHILDHOOD CENTERS

Stillwater &
 Cushing
 Head Start &
 Early Start
 Centers

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More information under the
“Healthy Business” tab on the
Payne County Health Dep website:
payne.health.ok.gov

Questions? Anna Stuck
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RECIPE ROUND UP

Kale and Caramelized Onion Grilled Cheese

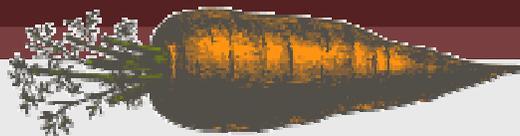
Ingredients:

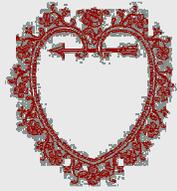
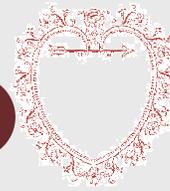
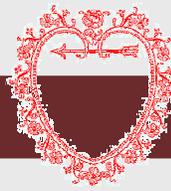
4 medium kale leaves, stems removed 2 tsp canola oil
2 medium red onions cut into ½ -inch-thick slices
¼ tsp black pepper ⅛ tsp salt 1 tsp red wine vinegar
8 (1-oz) slices multigrain bread Cooking spray
1 oz finely grated Parmesan cheese, divided (about ¼ cup)
3.5 oz shredded Swiss cheese

Instructions:

Preheat oven to 300°.

Bring a small pot of water to a boil; add kale. Remove from heat; let stand 4 minutes or until kale is bright green. Drain; rinse kale under cold water until cool. Pat leaves dry. Heat a skillet over medium-high heat. Add oil; swirl to coat. Add onion, pepper, and salt. Cook 10 minutes or until onion is tender and browned, stirring frequently. Remove from heat; stir in vinegar, tossing to coat. Coarsely chop onion. Heat a large nonstick skillet over medium heat. Lightly coat 1 side of each bread slice with cooking spray. Working with 2 slices at a time, arrange bread in pan, sprayed side down. Cook 1½ minutes or until bread begins to brown. Sprinkle 1 tablespoon Parmesan on 1 bread slice in pan. Top with 1 kale leaf, one-fourth of onion mixture, and about ¼ cup of the Swiss cheese. Top with other toasted bread slice. Transfer sandwich to a baking sheet. Repeat procedure with remaining 6 bread slices, Parmesan, 3 kale leaves, onion mixture, and Swiss. Bake sandwiches at 300° for 5 minutes or until cheese melts.





OFFICE STRETCHES TO DO AT YOUR DESK



LEGS



Hamstring Stretch You get to put your feet up for this one! To ease the hamstrings and lower back, push your chair away from your desk and put your right heel up on the desktop. Sit up straight, and bend forward just until you feel a gentle stretch in the back of your leg. Flex your foot for a few seconds, then point it. Bend forward a bit farther, flex your foot again, and hold for 10 seconds. Repeat on the other side.



Standing Thigh Stretch Stretch the front of your thigh by standing up straight, placing one hand on a chair or desk for stability. Grab one of your ankles for your pant leg and bring it up toward your buttock. Remember to maintain an upright position, keeping your back straight and your knees parallel to one another. Hold for 15-30 seconds. Relax and slowly return to the starting position, then repeat the stretch with your other leg.



Leg Extensions Grab the seat of your chair to brace yourself and extend your legs straight out in front of you so they are parallel to the floor. Flex and point your toes five times. Release, and repeat.



BACK



Lower Back Stretch Sit forward in your chair and bring one of your knees toward your chest. Use your hands to grab the back of your thigh and gently pull it toward you. Keep your back straight, and be careful not to lean forward. Hold for 30 seconds. You'll feel tension in your lower back and the upper part of your buttock. Relax and slowly return to the starting position, then repeat the stretch with the other leg.



Back and Bicep Stretch Place your hands on the edge of your desk and slowly push your chair back until your head is between your arms and you're looking at the floor. Then slowly pull yourself back in. Repeat 15 times.



Reach For The Sky Sit up tall in your chair or stand up and stretch your arms overhead, interlocking your fingers. Turn the palms to the ceiling as you lift your chin up, tilt your head back, and gaze up at the ceiling, too. Inhale, exhale, release. Stretch both arms over your head and reach for the sky again. After 10 seconds, extend the right hand higher, then the left.

*"Anything
CAN HAPPEN
CHILD, ANYTHING
Can be"*
SHELS SILVERSTEIN

Other tips to keep yourself moving at work:

- Take the stairs instead of the elevator - two at a time to get a harder workout!
- Have good back posture as you work at your desk.
- Sitting on an exercise ball will help your posture more!
- Park away from the door so you have to walk farther.
- When you can: Stand rather than sit, and walk rather than stand.
- If it's nice out, eat your lunch while walking outside!