

WELCOME TO OUR

Monthly Innovator Newsletter

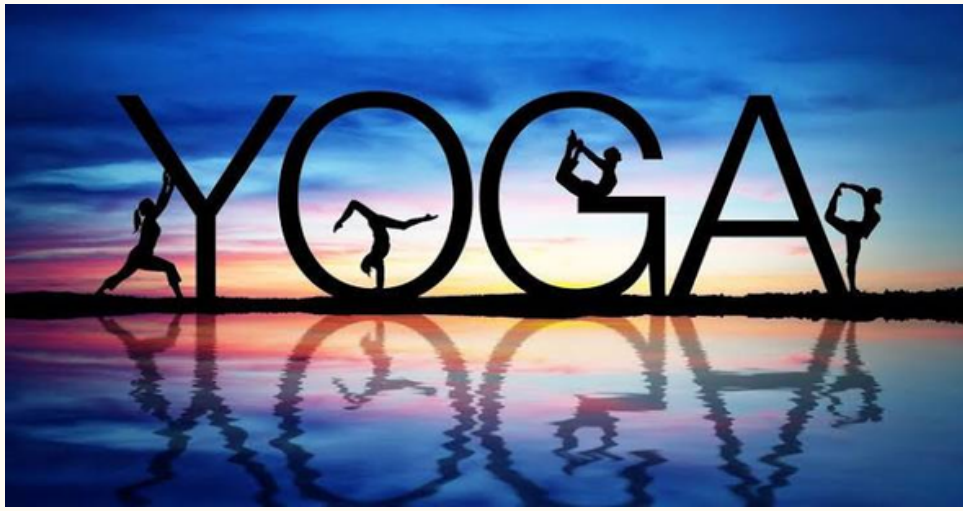


WHAT'S IN STORE THIS MONTH:

- National Yoga Awareness Month
- Fun Fall Family Activities
- Pumpkin Energy Bites
- Innovator Spotlight
- Cowboy Cup Info.
- Important dates & Highlights

“When nothing goes right,
go left” – Unknown





National Yoga Awareness Month

September is National Yoga Awareness Month, which strives to raise awareness of the many health benefits of yoga. Yoga helps to improve mobility and flexibility, increases muscular strength, and improves circulation, balance, and energy among other benefits. Join us this month as we help to educate others on the practice of yoga.

FOR MORE INFO - [YOGA](#)

Benefits of Yoga

YOGA OFFERS MANY PHYSICAL AND MENTAL BENEFITS. IT CAN IMPROVE FLEXIBILITY, STRENGTH, BALANCE, AND POSTURE WHILE ALSO HELPING TO REDUCE MUSCLE TENSION AND STIFFNESS. YOGA IS ALSO KNOWN FOR REDUCING STRESS AND PROMOTING RELAXATION THROUGH MINDFUL MOVEMENT AND BREATHING. REGULAR PRACTICE MAY IMPROVE SLEEP, CONCENTRATION, AND OVERALL EMOTIONAL WELL-BEING. BECAUSE YOGA CAN BE ADAPTED TO DIFFERENT FITNESS LEVELS, IT CAN BE A GENTLE AND EFFECTIVE WAY TO SUPPORT BOTH PHYSICAL HEALTH AND MENTAL WELLNESS.

Fun Fall Activities

FALL OFFERS A VARIETY OF ACTIVITIES. THIS MONTH, EMBRACE THE CHANGING SEASONS WITH SOME OF THESE FUN FALL ACTIVITIES.



- Take a nature walk or hike.

While we typically aren't experiencing fall foliage yet in Oklahoma during September, taking a nature walk or hiking can get the whole family out and moving or provide much-needed stress relief for anyone flying solo.

- Create fall-themed chalk art.

Drawing leaves or adding fall colors to your sidewalk or driveway can offer a creative distraction from the mundane. If artwork isn't your style, try writing encouraging messages for yourself or passerby.

- Watch the stars.

Cooler evenings present the perfect opportunity to spend more time outdoors to watch the stars. You could even throw some s'mores or a fall-themed trail mix into the equation!

- Attend a football game or host your own watch party.

College, professional, and high school football are all in full swing in the fall and can offer entertainment for all ages. If you're unable to attend a game, invite a few friends over to view one from the comfort of your home.

- Paint pumpkins.

Painting pumpkins brings far less mess than carving them, and both the pumpkins and your designs will last longer than carvings. Bring fall to your doorstep and don't be afraid to get creative!

ENJOY FALL

Pumpkin Energy Bites



Ingredients

Scale 1/2x 1x 2x

- 2 cups oats
- 1/2 cup canned pumpkin puree
- 1/4 cup almond butter or peanut butter
- 1/4 cup chia seeds
- 1/4 cup pumpkin seeds
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon (optional, see notes)
- 1/2 cup maple syrup or honey
- generous pinch of salt
- 1/2 cup dark chocolate chips

Instructions

1. Pulse all ingredients (except chocolate chips) in a food processor until well-mixed.
2. Add chocolate chips and pulse a few more times until they are in small pieces.
3. Scoop mixture and roll into balls. Freeze until solid and store in the freezer or refrigerator.

Innovator Spotlight

THIS MONTH SPOTLIGHT GOES TO NICOLE HENDRICKS!

What excites me most about being an Innovator is the opportunity to help create a healthier, more positive workplace. In my department, the Innovator is also part of our Fun Committee, which makes the role even more enjoyable! I love finding simple ways to bring people together, encourage others to prioritize their well-being, and add a little fun to the workday. Sometimes, it's the small things that can make the biggest difference in how people feel at work. I work for OSU Online as an Academic Program Specialist, and one of the biggest highlights of my job is helping prospective students take that next step toward achieving their goals. I love answering their questions, encouraging them, and helping them see that earning a degree really can fit into their lives. It's rewarding to know that even a simple conversation can help someone feel more confident about taking that next step. I've been an Innovator for three years and have been with Oklahoma State University for seven years. One of my favorite wellness initiatives has been helping create our wellness room, a space where employees can walk on the walking pad while checking emails, take a few quiet moments to meditate, or simply recharge during the day. We even added a privacy sign so employees can enjoy the space without interruptions. I also enjoy sharing practical wellness tips and encouraging others to find healthy habits that fit their lifestyles. Wellness doesn't have to be overwhelming; it can start with something as simple as taking a walk, drinking more water, or taking a few minutes to reset during the workday.



Outside of work, I enjoy staying active, meal prepping, cooking, painting, and spending time with my family. My own wellness journey has taught me the importance of consistency, giving myself grace, and celebrating progress along the way. One of my biggest passions is encouraging others, whether they are pursuing a degree, making healthier choices, or working toward a personal goal. I believe meaningful change doesn't require perfection—you just have to keep showing up, taking the next step, and celebrating the little wins along the way.

RECAP OF THE COWBOY CUP SCAVENGER HUNT



UPCOMING EVENTS

COWBOY CUP

SEPTEMBER CHALLENGE: EGG DROP COMPETITION

SEPTEMBER 24TH @2PM

ITS NOT TOO LATE TO REGISTER: REGISTER TODAY

WELLNESS WEDNESDAY

- SEPTEMBER 23RD: SUICIDE AWARENESS
- OCTOBER 7TH: MOVE BETTER, NOT JUST MORE
- NOVEMBER 4TH: SUPPLEMENTS 101
- DECEMBER 16TH: MINDFUL EATING FOR THE HOLIDAY SEASON

CLIMB & CONNECT

- SEPTEMBER 28TH
- OCTOBER 19TH
- NOVEMBER 19TH

WALK & TALK

- SEPTEMBER 30TH
- OCTOBER 6TH
- NOVEMBER 2ND
- DECEMBER 8TH

WALK & TALK

- VISON BOARD WORKSHOP