

WELLNESS NEWSLETTER

Choose To Be
a Better Me

February

It's Not Too Late! Join The Harvester Good Group!



Training schedules are posted on Facebook page!

The Harvester Good group is training to walk/Jog-walk, jog or run at the OKC Memorial Half Marathon on April 30, 2017. Are you interested in seeing what you're made of? Do you have the discipline to commit to something that you have never challenged yourself to do before in your life?. It is a process and the first step is just getting out the door! It's the journey!!

This group consists of walkers, walk/joggers (woggers), joggers and runners. Don't let the unknown scare you away.

See Schedules on last page of Newsletter!

Registration Rates:

1/1/17-3/31/17
 Full Marathon-\$110
 Half Marathon-\$95
 Relay-\$290
 Memorial 5K-\$55
 Kids-\$15

After April 1st

Full Marathon-\$135
 Half Marathon-\$110
 Relay-\$335
 Memorial 5K-\$60
 Kids-\$15



Go to <http://okcmarathon.com/>

Join the Harvester Good Group at

<https://www.facebook.com/groups/845153795523259/>





Losing Big Teams

3 members per team (do not have to be on same campus)

\$20 Per member to enter

The winning team is determined by percentage of weight loss of the team.

Bi-monthly weigh-in at each campus.

The competition will go through April with the final weigh in the week of May 1-5. We will announce the winner the second week in May. The winning team will receive the cash prize!!

The first weigh in for the teams will be week January 30-Feb 3.

You will weigh in with your Campus Nurse so please check with her to see what day she will be able to weigh you on your campus.

Questions? Contact Sandee Stokes. Ext. 1433 or email.

Campus Wellness Representatives:

Austin-Ben Gibson

Lamar-Brooklyn Barker

Travis-Danielle Nachtigall

Wilson-Stephanie Malone

PJHS-Kandra Rodriguez

PHS-JJ Slatten

PLC and Central-Sandee Stokes

The schedule for the weigh ins:

Jan 30-Feb 3

Feb 13-17

Feb 27-March 3

March 20-24

April 3-7

April 17-21

May 1-5 FINAL WEIGH IN

Pampa Youth Center

1005 W. Harvester - 665-0748

www.pampafitness.com

PISD rates:

Entire Facility

Individual-\$246yr or \$23month

Husband/Wife-\$398yr or \$36month

Family-\$450yr or \$41month

Multipurpose(Basketball,Tennis,Pool)

Individual-\$147yr or \$14month

Husband/Wife-\$223yr or \$22month

Family-\$270yr or \$27month

Fitness Class Only

Individual-\$240yr or \$20month

Classes Fees Independent

Nonmember-\$5 a class Member-\$1

Classes Offered:

HIIT (High Intensity Interval Trng)

Mon/Wed/Fri

Toning Tue/Thur 5:15am

Jazzercise Fees (Unlimited)

Zumba-Dance Academy

Pampa Coronado Center

663-6514

PISD Employee Rates

Mon&Wed-7:30pm/Thur-8:15

Regular Rates:

1st class free - \$5 drop in

\$25/10 classes

\$40 monthly unlimited

Anytime Fitness

211W.30th - 665-3333

www.anytimefitness.com

_ Starting at \$38 a month.

10% Discount PISD employees.

Video Workouts Available Including (TKO, Kickboxing, Vibe Dance, Stomp Step, Fusion, Express, Kinetics, Definition, etc.)

New Life Wellness Center

701 N. Price Rd.665-7261

www.newlifewellnesscenter.org

Yoga Classes Mon.-Wed. 7:30pm-8:30pm \$5-session

(or 5 sessions for \$20) 20% Discount for

Healthcare supplies-

Massage Therapy



Phoenix Fitness Pampa

912 W. Kentucky

806-440-4907

\$89 (Regular rate)month

auto draft

Mon-Fri

6am and 8am

Mon-Thur

5:30pm

Mon, Wed, Fri

5am

Class times 5am, 6am, 8am, 5:30pm

Interval Training Workouts-FREE!!

Central Administration Office

Tuesday and Thursday at 5pm



SLOW COOKER 3-BEAN TURKEY CHILI

This easy slow cooker chili uses lean ground turkey and a whole lotta beans!

INGREDIENTS:

- 1.3 lb (20 oz) 99% lean ground turkey breast
- 1 small onion, chopped
- 1 (28 oz) can diced tomatoes, drained
- 1 (16 oz) can tomato sauce
- 1 (4.5 oz) can chopped chilies
- 1 (15 oz) can chickpeas, drained
- 1 (15.5 oz) can black beans, drained
- 1 (15.5 oz) can small red beans, drained
- 2 tbsp chili powder
- 1 tsp cumin

For the Topping:

- 1/2 cup chopped red onion
- 1/2 cup chopped fresh cilantro for topping
- optional toppings, shredded cheddar, avocado, sour cream, etc



DIRECTIONS:

1. Brown turkey and onion in a medium skillet over medium-high heat until cooked through. Transfer to the slow cooker with the beans, chilies, chickpeas, tomatoes, tomato sauce, chili powder and cumin, mixing well.
2. Cook on high 6 to 8 hours or low 10 to 12.
3. Garnish with onions, cilantro and your favorite toppings.

NUTRITION INFORMATION

Yield: 10 Servings, Serving
Size: 1 cup

- **Amount Per Serving:**
- Smart Points: 4
- Points +: 6
- Calories: 231
- Total Fat: 5g
- Saturated Fat: g
- Cholesterol: 42mg
- Sodium: 526mg
- Carbohydrates: 27.5g
- Fiber: 8g
- Sugar: 6.5g
- Protein: 19.5g

Community Recreation Opportunities



Cornhole, 4 on 4 Volleyball -Pampa Recreation Dept.

Go to www.cityofpampa.org or find information or on the Facebook by searching Pampa Recreation Mixed 4x4 Recreation and Competitive Volleyball League

Mens and Womens 4x4 Volleyball

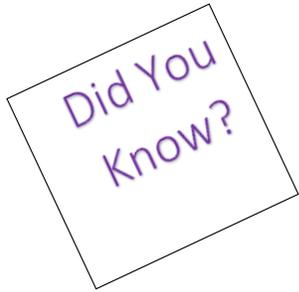
Doubles Cornhole League

Contact Autumn Massey for more Information 806-664-3015

Visit the PISD Wellness Page for Up To Date Information and
Calendar Of Events

<http://www.pampaisd.net/page/HR%20WellnessProgram>

If you know of anyone who would like information posted in the newsletter or on the calendar have them email: sandee.stokes@pampaisd.net



Easy Swaps to Make Every Meal Healthier

Try these tiny diet tweaks

and they will add up to a major difference on the scale. There are a number of easy swaps you can make throughout the week that will save you hundreds and thousands of calories—without leaving you feeling deprived.

Replace Egg Whites w Whole E

To eat the yolk or not to eat the yolk? That's the age-old question. As it turns out, eating whole eggs is far healthier than sticking to the whites. That's because the yellow contains a fat-fighting nutrient called choline, so opting for whole eggs can actually help you trim down—despite the fact that they have more fat and calories than egg whites.

Replace Granola with Nuts

While granola may seem like an innocent yogurt topper, it's loaded with added sugar. To get the crunch you crave without the extra calcs and sugar, top your yogurt with some nuts instead. And if you need a bit of added sweetness, drizzle on a teaspoon or two of maple syrup or honey.

Replace Cheese with Veggies

Whether you kick off your day with an egg sandwich or an omelet, swapping cheese for veggies is an easy way to dial back on sodium, fat, and calories. Spinach, tomato, and onion are great options. To cut back on the time spent slaving in the kitchen before work, chop up the veggies ahead of time so you just need to toss them onto the stove in the a.m.

Replace Creamer Organic Whole Milk

Not only are traditional creamers made with a combination of water, sugar, soybean oil, and corn syrup, they typically contain carrageenan, a stabilizer that's linked to inflammation. One serving is considered one tablespoon. An average, unmeasured pour equals four times that amount. So, what you think of as 35 calories, 1.5 grams of fat, and 6 grams of sugar is actually 140 calories, 6 grams of fat, and 24 grams of sugar. Add a second cup, and you've already exceeded the maximum recommended daily sugar intake of 40 grams. The healthier move? Pour in a small amount of a natural creamer (like Natural Bliss Coffee Creamer by Coffee Mate) or better yet, go with organic whole milk and a bit of cinnamon for flavor. The calcium in it can help counter the calcium-robbing aspects of the caffeine, and it's a great way to get vitamins A, D, and B12 (which are vital for bone health).

Swap Bagels for English Muffins

One bagel is equivalent to roughly four slices of nutrient-void white bread. Not only is this morning staple super caloric, it's missing nutrients like fiber and protein to keep you energized through the morning. The healthier pick? Ezekiel 4:9 Sprouted Whole Grain English Muffins—or any whole grain English muffin. They serve up the starchy goodness you crave for a fraction of the calories and come stocked with about 3 grams of fiber and 4 grams of filling protein.

Replace Sausage with Bacon

Surprising fact: Gram for gram, sausage is actually healthier than bacon. But since bacon is easier to eat in moderation (it's cut much thinner and absorb less oil than sausage), we suggest swapping your daily serving of processed cylindrical meat for a single strip of pan-fried bacon, which has just 43 calories and 3 grams of fat.

Replace Creamy Soup with Chili

Always avoid soups that are cream-based. Instead, choose recipes and cans that rely on pureed, vegetable, chicken broth, or meat and beans as a base; this will help to cut back fat and possibly even calories. Chili provides loads of fiber and protein while remaining hearty and comforting.

Swap Burritos for Bowls

Depending on the size of the tortilla, a flour-based wrap could tack up to 470 calories and 98 grams of carbs on to your order. To get the flavor you crave—without overdoing it—opt for a bowl instead. Load it up with tons of veggies, go light on the rice, and choose salsa over sour cream to ensure a healthy meal.

Instead Flour Tortilla, Use Corn

Can't handle the thought of ditching your tortilla? Ask for the corn variety. They have half the calories and twice the fiber of flour.

Replace Mayo with Hummus

If you typically bring a sandwich from home for your daily lunch, you should seriously consider ditching the mayo. A tablespoon has 95 calories and 10 grams of fat. Chickpea-based hummus, however, has 25 calories, 1.4 grams of fat, and 1.2 grams of protein per tablespoon. Plus, it contributes far more flavor to your meal than mayonnaise.

Swap Fries for a Side Salad

A small order tacks on an extra 230 calories to your meal. Swap out a side salad dressed with Balsamic to save 180 calories. A side salad is always the smarter choice. Just be sure to go light on the dressing so it doesn't transform from a nutrient-packed side into a calorie landmine.

Swap Fat-Free Dressing 4 Regular

Vitamins A, D, E, and K are all great fat-soluble vitamins found in salads. But your body won't be able to absorb these valuable nutrients unless they're accompanied by a source of healthy fat. That said, you're actually doing your body a disservice by drizzling on fat-free dressings. If you really can't deal with the thought of going for a full-fat dressing, look for one that's low in sugar. When companies strip fat from their products, they tend to add sugar to the recipe to make up for the flavor. An exception to that rule: Annie's Naturals Lite Italian Dressing, which is made without any added sugar.

Replace Low-Fat Cheese with Goat Cheese

While full-fat dairy is more caloric, it's also more filling. That may help explain why participants who ate the fatty stuff during a study were less likely to be obese than those who stuck to low-fat dairy. Which, by the way, is often filled with additives and preservatives. To get the most bang for your buck, go for fresh goat cheese or feta. They contain conjugated linoleic acid (CLA), a type of fat that reduces heart disease and cancer risk and may help your body burn more fat. Cheese that can make you skinny?! Um, yes, please!

Swap Candy for Homemade Chocolate Trail Mix

Hungry and craving chocolate? The last thing you should do is grab a Snickers. The key to snacking healthy while satisfying a nagging sweet tooth is to make chocolate one of many ingredients rather than the main event. This allows you to incorporate loads of nutrition while saving calories and still getting the creamy, sweet flavor you crave. At the beginning of the week, combine plain popcorn with raw nuts (like almonds and cashews), along with unsweetened dried fruit and dark chocolate chips. To ensure you don't overdo it with your homemade trail mix, measure out half-

cup servings and store in snack-sized bags in your desk drawer.

Trade Potato Chips for Jicama or Kale Chips

For those with a major salt tooth, giving up chips may seem near impossible. A snack-sized bag of Lay's has 160 calories, 10 grams of fat, 1 gram of fiber, and 2 grams of protein. A similar-sized bag of jicama chips (which you can buy online) has just 100 calories and 1.5 grams of fat, 5 grams of fiber and 2 grams of protein, making it the clear winner. Although they don't look anything like a classic potato chip, kale chips are also a smart and tasty alternative.

Ditch Muffins for Croissants

Believe it or not, you'll actually save yourself about 250 calories by reaching for a croissant instead of a muffin.

Replace Pasta w/ Spag Squash

Instead of dumping a box of highly-refined spaghetti into a pot of boiling water, bake up a spaghetti squash. You'll increase the number of veggies you eat and cut calories in the process. The string-like squash has only 31 calories per cup, which is 169 calories less than a cup of spaghetti!

Replace Rice w/ Riced Cauliflower

One of the perks of being a cauliflower is being super low-carb and low-calorie. Grating a cup of cauliflower to use in your rice recipe instead of using highly-refined and nutrient-deficient white rice will save you 145 calories per cup.

Ditch Sour Cream 4 Greek Yogurt

Instead of topping your chili and tacos with sour cream, mix some Greek yogurt with cilantro and taco seasoning for some added flavor and use that instead. It will save you calories and fat and add some additional protein to your plate.

Swap Reg Crust Pizza 4 Thin Crust

Most of the evils of pizza lie in the crust. Aside from being stacked with calories, pizza crusts are basically void of any nutrients. And that's because most pies are made from refined white flour, which will spike your insulin levels and cause you to crave more and more.

Replace Ice Cream w/ "Nice" Cream

"Nice cream"—a creamy dessert that resembles ice cream but is made entirely with frozen bananas and any added toppings—is the perfect way to satisfy your sweet tooth while you slim down. To make it, simply add two frozen bananas to a blender with a tablespoon of unsweetened cocoa powder and blend until you reach that creamy consistency of soft-serve ice cream. Spoon into a bowl and freeze for about 15 more minutes. Half of this recipe serves up 110 calories whereas 1/2 cup of Ben & Jerry's chocolate therapy ice cream is 250 calories

Ditch Milk Chocolate for Dark

Thanks to certain flavanols that exist in chocolate, the sweet treat has been found to help lower blood sugar and also decrease body fat. But there's a catch: not every type of chocolate is a good source. Flavanols are plant-based nutrients and are more prevalent in dark chocolate than in milk chocolate. However, too much of anything can lead to weight gain, so be very adamant about portion control! Buy individually-wrapped dark chocolate pieces, and choose to have one or two as a dessert.

Replace Sugar with Applesauce

Substitute unsweetened applesauce for sugar in a 1:1 ratio in your baking recipe. One cup of sugar has more than 770 calories whereas the same amount of unsweetened applesauce has only 100. Depending on the serving sizes of what you're making, you could easily save anywhere from 20 to 250 calories.

- Feb 11th – Valentine 5K
Thompson Park gam
- Feb 25th – Chase
Tower Run Amarillo
9:30am
- Feb 20th – Tentative
Super Volleyball Tourn



Intermediate Walking Program

DATE	Tuesday or Wed.	Thursday or Friday	SUNDAY
January 30-Feb 5	Walk 4 Miles	Walk 4 Miles	Walk 5 Miles
February 6-12	Walk 5 Miles	Walk 5 Miles	Walk 6 Miles
February 13-19	Walk 6 Miles	Walk 6 Miles	Walk 7 Miles
Feb. 20-26 (Recovery Wk)	Walk 3 Miles	Walk 3 Miles	Walk 4 Miles

Beginner Walking Program

DATE	Tuesday or Wed.	Thursday or Friday	SUNDAY
January 30-February 5	Walk 40 Minutes	Walk 45 Minutes	Walk 1 Hour
February 6-12	Walk 45 Minutes	Walk 50 Minutes	Walk 1 Hr. 10 min
February 13-19	Walk 50 Minutes	Walk 55 Minutes	Walk 1 Hr. 20 min
Feb. 20-26 (Recovery Wk)	Walk 40 Minutes	Walk 40 Minutes	Walk 1 Hour

Walk/Jog Program

February

DATE	Tuesday or Wed.	Thursday or Friday	SUNDAY
January 30-Feb 5	Walk 5 Min Warm Up	Walk 5 Min Warm Up	Walk 5 Min Warm Up
	Jog 60 Seconds/Walk Til	Jog 60 Seconds/Walk Til	Jog 60 Seconds/Walk Til
	Recovered. For 15 Min	Recovered. For 45 Min	Recovered. Up to 5 Miles
	10 Sets Bleachers or Stairs		
	5 Min. Walk Cool Down	5 Min. Walk Cool Down	5 Min. Walk Cool Down
February 6-12	Walk 5 Min Warm Up	SAME AS Tue/Wed	Walk 5 Min Warm Up
	Jog 90 Seconds/Walk Til		Jog 90 Seconds/Walk Til
	Recovered. Up to 50 Min		Recovered. Up to 6 Miles
	5 Min. Walk Cool Down		5 Min. Walk Cool Down
February 13-19	Walk 5 Min Warm Up	Walk 5 Min Warm Up	Walk 5 Min Warm Up
	Jog 90 Seconds/Walk Til	Jog 60 Seconds/Walk Til	Jog 90 Seconds/Walk Til
	Recovered. Up to 20 Min	Recovered. For 55 Min	Recovered. Up to 7 Miles
	10 Sets Bleachers or Stairs		
	5 Min. Walk Cool Down		5 Min. Walk Cool Down
February 20-26 (Recovery Week)	Walk 5 Min Warm Up	SAME AS Tue/Wed	Walk 5 Min Warm Up
	Jog 60 Seconds/Walk Til		Jog 60 Seconds/Walk Til
	Recovered. Up to 30 Min		Recovered. Up to 4 Miles
	5 Min. Walk Cool Down		5 Min. Walk Cool Down
If doing bleachers/stairs and knees begin hurting switch out and do 10- 50 meter strides on football turf.			

Beginner Running Program

DATE	Tuesday or Wed.	Thursday or Friday	SUNDAY
January 30-February 5	Walk 5 Min Warm Up	Walk 5 Min wrm up	Walk 5 Min Warm Up
	Jog 15 Minutes	Jog 15 min easy	Jog 5 miles/Walk if needed
	10 Sets Bleacher/or Stairs	Pick Up Pace 5 min	Til Recovered
	If have knee issues do 5-100 yard build ups on track	Jog 15 min easy	
	5 Min. Walk Cool Down	Walk if needed	
	5 Min. Walk Cool Down	5 Min. Wlk Cool Dn	5 Min. Walk Cool Down
February 6-12	Walk 5 Min Warm Up	SAME AS Tue/Wed	Walk 5 Min Warm Up
	Jog 45 Minutes Easy		Jog 6 Miles
	Walk if needed til recovered		Walk if needed til recovered
	5 Min. Walk Cool Down		5 Min. Walk Cool Down
February 13-19	Walk 5 Min Warm Up	Walk 5 Min wrm up	Walk 5 Min Warm Up
	Jog 20 Minutes easy	Jog 50 min easy	Jog 7 Miles
	10 Sets Bleacher/or Stairs	Walk if needed	Walk if needed til recovered
	If have knee issues do 5-100 yard build ups on track	til recovered	
	5 Min. Walk Cool Down	5 Min. Wlk Cool Dn	5 Min. Walk Cool Down
Feb. 20-26(Recovery)	Walk 5 Min Warm Up	SAME AS Tue/Wed	Walk 5 Min Warm Up
	Jog 30 Min Easy		Jog 4 Miles
	5 Min. Walk Cool Down		Walk if needed til recovered
Walk anytime you need to during the training.			5 Min. Walk Cool Down

Running Program

DATE	Tuesday or Wed.	Wed/Fri	Thursday	Sunday
January 30-Feb 5	Walk 3 Min/Jog 5 Min	3 Miles/CT	Tempo Run	5 min walk warm up
	20 Sets Bleachers	Easy	3 Min Walk/10 min jog	5 Miles
	If have knee issues		5x3 Minute Tempo w	
	do 10-100yrd Build Ups		60 second jog between	
	on track or field		10 Min easy jog at end	
	5 Min. Walk Cool Down		Cool Down	Cool Down
February 6-12	Walk 3 Min/Jog 5 Min	4 Miles/CT	Tempo Run	5 Min walk warm up
	Warm Up	Easy	3 Min Walk/15 min jog	6 Miles
	Speed Work 4/200s		5x4 Minute Tempo w	
	On Track 3/4 Speed		60 sec Jog Between	
	w/200 walk between		10 Min easy jog at end	
	2 400s w/walk between			
	5 Min. Walk Cool Down		Cool Down	Cool Down
February 13-19	Walk 3 Min/Jog 5 Min	4 Miles/CT	Tempo Run	5 Min walk warm up
	Speed Work 4/400	Easy	3 Min Walk/15 min jog	7 Miles
	w/walk between		4x5 Minute Tempo w	
	2 800s w/walk between		60 sec Jog Between	
	3 40 yard strides		10 Min easy jog at end	
	5 Min. Walk Cool Down		Cool Down	Cool Down
Feb. 20-26	Walk 5 Min Warm Up	3 Miles/CT	SAME AS TUESDAY	5 Min walk warm up
Recovery Week	3 Miles Easy	Easy		4 Miles
	5 Min. Walk Cool Down			Cool Down
Tempo Runs-Are a run where you increase your pace for a period of time.				