

Choose To Be a Better Me

March

The Harvester Good Group



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

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

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:

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



Chicken Avocado Salad

252 Calories

Ingredients:

- 3 avocados - peeled, pitted and diced
- 1 pound grilled skinless, boneless chicken breast, diced
- 1/2 cup finely chopped red onion
- 1/2 cup chopped fresh cilantro
- 1/4 cup balsamic vinaigrette salad dressing

Directions:

1. In a medium bowl, combine the avocados, chicken, onion and cilantro. Pour the balsamic vinaigrette over everything, and toss lightly to coat.



Healthy Banana Cookies

59 Calories

"These cookies are nutritious, as well as delicious."

Ingredients

- 3 ripe bananas
- 2 cups rolled oats
- 1 cup dates, pitted and chopped
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, mash the bananas. Stir in oats, dates, oil, and vanilla. Mix well, and allow to sit for 15 minutes. Drop by teaspoonfuls onto an ungreased cookie sheet.
3. Bake for 20 minutes in the preheated oven, or until lightly brown.

RECIPE OF
THE MONTH

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

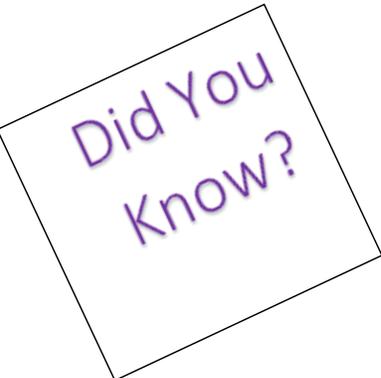
Contact Autumn Massey for more Information 806-664-3015

March 20-28 Spring Softball League Deadline

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



Did You Know?

These eats can slow your metabolism and harm your health.

You know that candy, bacon, and diet soda aren't the best bets for your health, but you likely didn't realize that, beyond adding flab, these foods are also laced with additives and chemicals that can harm your health. Then there are the foods that you think are healthy, only to discover that they're not.

Fast Food Iced Tea-Harmful

Ingredient: Propylene glycol alginate (E405) includes a food additive that contains compounds also found in automotive antifreeze and runway de-icer? Propylene glycol alginate is a food thickener, stabilizer, and emulsifier, and it can cause cardiovascular or neurotoxic issues. And it's used in some Fast Food Restaurant's Iced Tea.

Drink This Instead: Did you know that steeping green tea in cold water for two hours actually makes it even more beneficial to your body than your regular steeping routine? But no matter how you prepare it, green tea can help you melt major fat.

Microwave Popcorn-Harmful

Ingredient: Trans-fats. When air-popped, this snack has filling fiber and whole grains we love, but the microwaveable varieties are an entirely different thing. Many major brands like Jolly Time and Jiffy Pop contain heart-harming trans fats. What's more, butter-

flavored favorites are almost always laced with diacetyl (DA), a chemical that has been found to break down the layer of cells that protects one of our most vital organs: the brain.

Eat This Instead: Air pop fresh kernels or make your own microwavable popcorn for a low-calorie snack. Here's how: Add your favorite popping kernels to a small paper lunch bag, fold the top down a few times. Then, zap it in the microwave until you hear only a few pops every five seconds. Or purchase Quinn Popcorn which you can buy online at Amazon.com. It's one of the only microwavable popcorns that's free of chemicals and won't wreak havoc on your waistline.

Fast Food Chicken Nuggets-

Harmful Ingredients: Diglycerides, Red #40, carrageenan. Chicken nuggets all start with chicken but also contain several synthetic ingredients from diglycerides to Red #40 to carrageenan. These chemicals help make overly-processed foods like chicken nuggets possible because that's what keeps the (very few) organic materials in the nuggets from going bad (or looking weird) after days spent traveling on the road or months in the freezer.

Eat This Instead: Organic chicken breasts cut into pieces, coated with egg and breadcrumbs, and baked in your oven.

Fruit Juice-Harmful Ingredient:

Fructose. It's packed with Vitamin C! However, while 100 percent fruit juice is a better pick than sugary drinks like Sunny D, even the all-natural still has up to 36 grams of sugar per cup—or about what you'd get from popping 4 Krispy Kreme glazed donuts into a blender. Most of the sweetness in juice comes from fructose, a type of sugar associated with the development of visceral adipose tissue (belly fat).

Drink This Instead: Trick your belly into shrinking itself by filling your glass with some refreshing detox water. Just add fresh sliced fruit like oranges and grapefruit to plain water and chill. The

key is to keep the peels on: Citrus peels are rich in the antioxidant d-limonene, a powerful compound that helps flush out toxins from the body and allows it to release stored visceral fat.

White Sugar-Harmful Ingredient:

Sugar (duh). Americans eat a whopping 82 grams of added sugar a day—which is 37 grams above the recommended intake. There's a gross factor to white sugar, too: Refined white sugar is bleached in a process that entails running the sugar through "bone char" or "natural carbon"—both fancy terms for charred cattle bones. Confectioners and brown sugar can also be culprits, as they are variations of white sugar.

Eat This Instead: Stick to organic cane or turbinado sugar.

Sugary Cereal-Harmful Ingredients:

Butylated Hydroxytoluene (BHT), Butylated Hydroxyanisole (BHA), refined carbs, added sugar. Sugar wreaks havoc on the body. Consuming too much can lead to obesity, which often causes other health problems like diabetes and heart disease. And many cereals pack more sugar into one bowl than you'll find in a Boston Kreme Donut! To make matters worse, many popular varieties like Frosted Flakes and Fruity Pebbles are also laced with Butylated Hydroxytoluene (BHT) or BHA (Butylated Hydroxyanisole), ingredients that are banned in the UK, Australia, New Zealand, Japan, and much of Europe because they are thought to be carcinogenic.

Eat This Instead: Cascadian Farms Chocolate O's and Nature's Path Peanut Butter Panda Puffs are both flavor-packed, low-sugar picks that don't contain any scary chemicals.

Diet Sodas-Harmful Ingredients:

Caramel coloring, brominated vegetable oil (BVO), Bisphenol A (BPA), and aspartame. Cancer-causing artificial colors, flame retardants, and waist-widening fake sugars are all ingredients found in your favorite diet drinks. All of that in a plastic bottle laced with BPA, a chemical that's been linked to obesity, has got to be the worst drink ever. Nearly all popular diet sodas contain aspartame, an artificial sweetener that raises glucose levels, overloading the liver and causing the excess to convert into fat. The caramel coloring found in brown beverages like Coca-Cola and Dr. Pepper has been proven to cause cancer in animals and is a possible carcinogen for humans. If citrus-flavored sodas like Diet Mountain Dew and Fresca are your go-to, instead of caramel coloring, they contain BVO, a chemical used in rocket fuel and flame retardants that may reduce fertility and can negatively affect thyroid hormones.

Eat This Instead: While many companies have phased BVO out of their sodas, all diet drinks contain aspartame, which is not good at all. If you're sick of water, opt for a detox tea or a cup of coffee instead.

Coffee Creamer-Harmful Ingredients:

Titanium dioxide, trans fats, added sugar. Coffee creamer and sunblock have more in common than you might think. They both contain titanium dioxide, an ultraviolet radiation blocker that doubles as a whitening agent. Besides lurking in many conventional creamers, it's also found in 'healthy' bottles, too. Coffee creamer is also packed with trans fats, often hiding under the name: hydrogenated oil. Pretty much all of Coffee Mate's products have this ingredient that has been shown to diminish memory in adults under 45 years old.

Eat This Instead: Plain cow's milk or unsweetened, organic soy milk both make for healthy additions to your morning cup. If you're looking for a hint of flavor, stick with a tablespoon of one of Coffee Mate's Natural Bliss creamers.

They're all made from nonfat milk, heavy cream, sugar and natural flavors.

Processed Meats-Harmful Ingredients:

Nitrate, excess sodium. The bacon and sausage you enjoy for breakfast and the deli meats you use to make your lunch may be putting your life at risk. How? Many of these meats contain nitrates, a preservative that interferes with the body's natural ability to process sugar, which increases the risk for diabetes. It can also up your odds of developing thyroid and colon cancer. If that wasn't bad enough, most processed meats are also loaded with sodium, a known contributor to hypertension that can make you bloat and set you up to develop heart disease.

Eat This Instead: At the deli counter, ask for Boar's Head All Natural Roasted Turkey Breast. It's free of nitrates and is relatively low in sodium. Applegate Natural's Natural Slow-Cooked Ham and Organic Bacon are also good picks that can be found in the meat and cheese section of the grocery store.

Deep Fried Foods-Harmful Ingredient:

Hydrogenated oil. Fried chicken, fried cheese sticks, fried calamari, French fries. You won't ever see these items marked as healthy. They cause trouble for your body for a variety of reasons and can wreak havoc on your weight. They're also linked to depression. Deep frying is usually done in partially hydrogenated oil. Hydrogenation is a process that turns vegetable oil into a more solid form, which makes it a more shelf-stable product. Anything that is cooked with hydrogenated oils and contains trans fats could potentially contribute to depression. It can also clog your arteries and contribute to heart disease.

Eat This Instead: Bake your foods in the oven. Always.

Energy Drinks-Harmful Ingredient:

Sucrose, glucose, caffeine. Why do energy drinks taste like cough syrup? This strange medicinal taste makes consumers feel like they're deriving real

benefits from one of these cans. However, it is an overpriced chemical cocktail with the caffeine content of a strong cup of coffee and a lot of sugar (or artificial sweeteners). Energy drinks can be 11 percent more corrosive to your teeth than regular soda.

Drink This Instead: Green tea. It's all-natural and one of the best energy boosters around.

Farmed Salmon-Harmful Ingredients:

Omega-6s, PCBs. By definition, all Atlantic salmon is farm-raised and packed with inflammatory omega-6s. Because salmon farmers feed their fish soy, farmed salmon has around 1,900 milligrams of the unhealthy fatty acid while wild salmon has just 114 milligrams. Farmed salmon are usually dyed pink, have been found to be high in PCBs (cancer-causing industrial chemicals that were banned in 1979) and have one-fourth the belly-flattening vitamin D of wild salmon.

Eat this Instead: Wild salmon. It's high in omega-3 acids, which fight inflammation throughout the body.

Doritos-Harmful Ingredient:

Monosodium glutamate. The recipe for the popular chip was specially designed so that no single flavor overpowers another. When foods lack a dominant flavor, people are less apt to feel full and, in turn, consume more. One of the first ingredients on the food's label is monosodium glutamate (MSG), an additive that can increase appetite and make foods taste more appetizing. The powerful taste lingering in your mouth is an example of a tactic called "long hang-time flavor" that's used to lure snackers into going back for more.

Eat this Instead: Beanitos Nacho Cheese White Bean Chips. A serving of these bean-based chips have 6 grams of belly-filling fiber, so you'll definitely be able to put the bag down once you've eaten your fill. Plus, they're free of MSG, which should let your natural willpower kick in.

Cheetos-Harmful Ingredients:

Monosodium glutamate, Yellow #6. This orange, puffy snack melts the second it hits your tongue—a phenomenon scientists have dubbed “vanishing caloric density.” Food developers know that when foods melt quickly, it tricks the brain into thinking you're not eating as many calories. In turn, you wind up eating a much larger serving. The sound Cheetos make when you bite into them was also specially developed to get you hooked. The crunchy sound makes them taste more appetizing, likely because we associate the sound with freshness. Cheetos are doused with MSG, which has been shown to increase appetite and make foods taste even more delicious.

Eat this Instead: Blue Diamond Natural Almond Nut-Thins in Cheddar Cheese. These rice and almond-based crackers offer a Cheeto-esque taste with three grams of hunger-busting protein per serving.

Oreos-Harmful Ingredients: Palm oil, alkali processed cocoa, high fructose corn syrup. Not only are they filled with palm oil, a fat that promotes fat-causing inflammation, but Oreos have also been shown to be more addictive than both cocaine and morphine. Among all the foods out there, cookies are one of the most difficult to eat in moderation.

Eat this Instead: Nothin' But Chocolate Coconut Almond Granola Cookies (which you can buy on Amazon.com). These chewy bites don't quite look or taste like Oreos, but they are a lot healthier—and far less addicting. Made from a delicious combination of almonds, oats, chocolate, coconut, cane sugar, spices and espresso powder instead of a mound of processed ingredients, this treat is kinder to your waistline than the traditional oreo.

Canned Soup-Harmful Ingredient:

Monosodium glutamate. Besides being appealing because of its low cost, many popular brands add monosodium glutamate, a flavoring agent that increases appetite and causes migraines. All of Maruchan Ramen Noodles—a popular college staple—are laced with it.

And some of Campbell's soups. Read the label.

Eat this Instead: Progresso, Campbell's V8 Soups, and Pacific Foods Soups are all MSG free. Sticking with those brands will make it easier to keep your appetite and portions in check. If you have high blood pressure, be sure to look for soups with less than 500 milligrams of sodium per serving, too.

White Flour

Harmful Ingredient: Chlorine dioxide

A bleaching agent, chlorine dioxide is used in a variety of ways, including water treatment and the whitening of flour.

Eat This Instead: There are plenty of whole-grain and whole-wheat flours and breads that don't include bleach.

March 4th – Chase Tower Run Amarillo 9:30am

March 11th – 1m, 5K, 10K Trail Run in Dalhart – 4pm

March 4th – 11 & 22 mile Bike Race in Dalhart – 11am

March 11th – St. Patricks Day 4 mile Run – Amarillo

March 11th – 5k, 10K and 1/2 Marathon in Guymon OK.

March 25-26 Mens and Mixed Softball Tournament in Pampa

March 28th-Spring Softball League Deadline

Super Volleyball Tournament - TBA



Beginner Walking Program

DATE	Tuesday or Wed.	Thursday or Friday	SUNDAY
Feb 27-March 5	Walk 1hr-10min	Walk 1hr-10min	Walk 1 1/2 hrs
March 6-12	Walk 1hr-15min	Walk 1hr-15min	Walk 1hr-45min
March 13-19	Walk 1hr-30min	Walk 1hr-30min	Walk 2 Hours
March 20-26 (Recovery Wk)	Walk 45 Minutes	Walk 45 Minutes	Walk 1 Hour

Intermediate Walking Program

DATE	Tuesday or Wed.	Thursday or Friday	SUNDAY
Feb 27-March 5	Walk 6 Miles	Walk 6 Miles	Walk 8 Miles
March 6-12	Walk 7 Miles	Walk 7 Miles	Walk 9 Miles
March 13-19	Walk 8 Miles	Walk 8 Miles	Walk 10 Miles
March 20-26(Recovery Wk)	Walk 3 Miles	Walk 3 Miles	Walk 4 Miles

Walk/Jog Program

February

DATE	Tuesday or Wed.	Thursday or Friday	SUNDAY
Feb 27-March 5	Walk 5 Min Warm Up	SAME AS TUESDAY	Walk 5 Min Warm Up
	5 Miles Jog/walk as needed	Jog 60 Seconds/Walk Til	8 Mile Long Run
		Recovered. For 45 Min	Jog/walk as needed
	5 Min. Walk Cool Down	5 Min. Walk Cool Down	5 Min. Walk Cool Down
March 6-12	Walk 5 Min Warm Up	SAME AS TUESDAY	Walk 5 Min Warm Up
	6 Miles Jog/walk as needed		9 Mile Long Run
	5 Min. Walk Cool Down		5 Min. Walk Cool Down
March 13-19	Walk 5 Min Warm Up	SAME AS TUESDAY	Walk 5 Min Warm Up
	7 Miles Jog/walk as needed		10 Mile Long Run
			Jog/walk as needed
	5 Min. Walk Cool Down		5 Min. Walk Cool Down
March 20-26	Walk 5 Min Warm Up	SAME AS TUESDAY	Walk 5 Min Warm Up
(Recovery Week)	3 Miles Jog/walk as needed		4 Mile Long Run
			Jog/walk as needed
	5 Min. Walk Cool Down		5 Min. Walk Cool Down

Beginner Running Program

DATE	Tuesday or Wed.	Thursday or Friday	SUNDAY
Feb 27-March 5	Walk 5 Min Warm Up	Same as Tue/Wed	Walk 5 Min Warm Up
	5 Miles Easy/Walk if need to		8 Miles Long Run
	After done jog backwards		Walk if needed
	4x40s		
	5 Min. Walk Cool Down	5 Min. Wlk Cool Dn	5 Min. Walk Cool Down
March 6-12	Walk 5 Min Warm Up	SAME AS Tue/Wed	Walk 5 Min Warm Up
	5 Miles Easy/Walk if need to		9 Miles Long Run
	4x40 strides		Walk if needed
	5 Min. Walk Cool Down		5 Min. Walk Cool Down
March 13-19	Walk 5 Min Warm Up	Same as Tue/Wed	Walk 5 Min Warm Up
	7 Miles Easy/Walk if need to	Jog 50 min easy	10 Miles Long Run
		Walk if needed	Walk if needed
	5 Min. Walk Cool Down	5 Min. Wlk Cool Dn	5 Min. Walk Cool Down
March 20-26 (Recovery)	Walk 5 Min Warm Up	SAME AS Tue/Wed	Walk 5 Min Warm Up
	3 Miles Easy/Walk if need to		4 Miles Long Run
	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
Feb 27-March 5	Walk 3 Min/Jog 5 Min	3 Miles/CT	5 Mile Tempo Run	5 min walk warm up
	4x1000 meters	Easy	3 Min Walk/1 mile jog	8 Mile Long Run
	w/2 min walks btwn		3 Miles@Goal Pace	
			1 Mile Jog	
	3 min wlk Cool Down		3 min wlk Cool Down	3 min wlk Cool Down
March 6-12	Walk 3 Min/Jog 5 Min	4 Miles/CT	6 Mile Tempo Run	5 Min walk warm up
	Warm Up	Easy	3 Min Walk/1 mile jog	9 Mile Long Run
	Speed Work 6/800s		4 Miles@Goal Pace	
	w 400 wlk between		1 Mile Jog	
	w/200 walk between			
	3 min wlk Cool Down		3 min wlk Cool Down	3 min wlk Cool Down
March 13-19	Walk 3 Min/Jog 5 Min	4 Miles/CT	7 Mile Tempo Run	5 Min walk warm up
	4x1600s	Easy	3 Min Walk/1 mile jog	10 Mile Long Run
	2 min/walk between		5 Miles@Goal Pace	
			1 Mile Jog	
	3 min wlk Cool Down		3 min wlk Cool Down	3 min wlk Cool Down
March 20-26	Walk 5 Min Warm Up	2 Miles/CT	SAME AS TUESDAY	5 Min walk warm up
Recovery Week	3 Miles Easy	Easy		4 Mile Long Run
	3 min wlk Cool Down			3 min wlk Cool Down
Tempo Runs-Are a run where you increase your pace for a period of time.				