



Life fails to be perfect
but
never fails to be beautiful.

Choose To Be
a Better Me

November

WELLNESS NEWSLETTER



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

Oklahoma City Memorial Marathon

REGISTRATION IS

OPEN! Voted one of the 12 'must-run' marathons in the world by Runner's World magazine, the 26.2 miles of the Oklahoma City Memorial Marathon are packed with cheering supporters and the most beautiful neighborhoods in

Oklahoma City. Compete against some of the top runners in the region, and join more than 25,000 participants on the starting line running to remember the 168 people who were killed in the Alfred P. Murrah Federal Building bombing in 1995. This race serves as a testimony that good can overcome evil.

Registration Rates:

9/5/16-12/31/16
Full Marathon-\$90
Half Marathon-\$85
Relay-\$250
Memorial 5K-\$50
Kids-\$15





Fall Bucket List Challenge!!



Below is a list of things for you to do to participate in the PISD Wellness Fall Bucket List Challenge. This will help to keep you active and healthy during the Fall Season. Record your progress by taking a selfie, video or photo and post it to the Facebook group PampalSD Wellness. If you are not a member of the PampalSD Wellness Group on Facebook you can ask to join. You can also post to Twitter or Instagram using hashtags #pampaproud #wellness. You will receive an award after you reach 5 posts on any account and another award after you reach 10. The challenge will run from October 1st to November 30th. Join in the fun!!!

Fall Bucket List:

Rake Leaves

Carve a Pumpkin

Go To a Sporting Event – park farthest spot away where you have to walk some

Go for a bike ride

Go to a Pumpkin Patch, Corn Maze or Haunted House

Attend a Fitness Class

Go on a Fall Foliage walk or run

Make a healthy Fall meal

Model a Fall Workout Outfit or Gear

Download a Fitness App (Zombie Run, Nike Trainer, Runkeeper, Map my Run, etc.)

Invest in a Fitness Tracker (Fitbit, Garmin, Misfit, Microsoft Band)

Share a Healthy Thanksgiving Recipe

Clean Out a Room in Your House

Record 10,000 steps in one day.

Take your kids/grandkids or some friends kids Trick or Treating or to a Fall Festival

Fitness Opportunities

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

Zumba Mon/Tue/Wed/Thur

Jazzercise Fees (Unlimited)

PISD employees (No registration fee)

\$35mo. nonmembers/\$30mo. Members

Class Times:Mon-Thur 5:25am,8:30, 12

Mon/Tue/Thur/Fri-4:15pm, 5:15

Mon/Tue/Thur -6:15pm

Sat-8:30am Sun.-4:30pm

Calendar for days and times at Pampa Youth Center Facebook Page

Zumba-Dance Academy of Pampa

Coronado Center 663-6514

PISD Employee 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-
PISD employees

Massage Therapy

Phoenix Fitness Pampa

912 W. Kentucky

806-440-4907

\$89 a month auto draft

Mon-Fri

6am and 8am

Mon-Thur

5:30pm

Mon, Wed, Fri

5am

CrossFit Pampa

201 N. Wells - 662-1264

www.crossfitpampa.com

Early Morning Classes and
Evening Classes Available.
\$100mo

PISD Employees receive 10%
Discount.

IT (Interval Training)

CLASSES Admin Building

Tuesdays & Thursdays-5pm
FREE!!



Three-Cheese Penne

Prep time: 5 minutes

Cook time: 30 minutes

Yield: 8 servings

Serving size: 1¼ cup

Ingredients

- 1 (13.25-ounce) box whole wheat penne pasta (I like Barilla®)
- 1 teaspoon extra virgin olive oil
- ½ small onion, diced
- 1 tablespoon minced garlic
- 1 (23.25-ounce) jar Prego® Light Smart Traditional pasta sauce
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup low-fat cottage cheese
- ½ cup part-skim ricotta cheese
- 1½ cups shredded reduced-fat mozzarella cheese (I like Sargento®)
- 2 tablespoons chopped fresh parsley

Instructions

1. Bring a large pot of salted water to a boil over high heat. Cook the pasta to al dente according to the package directions. Drain and set aside.
2. In a large skillet, heat the olive oil over medium-high heat. Add the onions and garlic and cook until the onions have softened, 3 to 5 minutes.
3. Reduce the heat to low and pour in the pasta sauce. Stir in the basil, oregano, salt and pepper. Cover and cook for 5 to 7 minutes, stirring occasionally.
4. Preheat the oven to 350° F. Coat an 8x8-inch baking dish with cooking spray.
5. Meanwhile, in a medium bowl combine the cottage cheese, ricotta, and 1 cup of the mozzarella.
6. Remove the sauce from the heat and stir in the cooked pasta.
7. Transfer half of the pasta to baking dish. Evenly spread half of the cheese mixture on top. Then add the remaining pasta followed by the remaining cheese mixture. Sprinkle the remaining ½ cup mozzarella on top.
8. Bake uncovered for until the cheese is melted, 18 to 20 minutes.
9. Serve garnished with the parsley.

RECIPE OF
THE MONTH

Nutrition Information

Per Serving: (1¼ cup)

Calories: 284

Fat: 7g

Carbohydrates: 44g

Fiber: 7g

Sugar: 8g

Protein: 16g

SmartPoints: 9

Community Recreation Sports Opportunities



Recreation Opportunities - Pampa Recreation Dept.

Go to www.cityofpampa.org or find information on the Facebook Page by searching Pampa Recreation 6v6 Dodgeball Mixed Tournament – November 21st (must have a minimum of 6 on team with at least 2 guys and 2 girls) (\$150) For more info call Autumn at 806-669-1044 or 806-664-3015 Deadline to Enter is November 17th.

Hidden Hills Golf Course - www.hiddenhillsgolfclub.com

Fees - \$9-\$14 During The Week, \$11-\$17 Weekends Depends on Jr.s, Sr.s or Adults

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

<http://www.pampaisd.net/education/staff/staff.php?sectionid=1210>

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

The 6 Best Soups for Weight Loss

If we ever get to have cooler weather set in, nothing seems better for your body than a nice hot bowl of soup. Here are six soup varieties that are best for shedding unwanted weight and maintaining a flat belly.

Chicken vegetable



Swap chicken noodle for this more nutritious, less caloric version. You may miss the pasta momentarily, but the flavor profile remains the same, and health benefits are much better. Choosing a bowl with lean protein like chicken can help promote satiety, as protein helps to slow digestion and promotes blood-sugar stability. Keeping your blood sugar stable helps prevent cravings from surfacing later. In addition to keeping you full, protein is vital to losing weight because it assists in muscle growth and repair. The more muscle you have, the more fat you'll burn at rest.

Beef Stew



Eating a little meat will help peel some unwanted meat off your own bones. Beef stew made with a tomato-based broth and veggies will crush hunger pangs thanks to its high-protein, high-fiber content. Foods rich in protein and fiber take longer for your body to digest, so you stay fuller longer and eat less throughout the day. As with most soups, it's better to make this one at home, so you can ensure that you're getting the leanest cuts of meat possible and can control portions. Stick to cuts that are 85% lean meat or more and eating no more than three to five ounces of red meat every ten days or so.

Tomato Barley



A hearty, waist-cinching twist on the classic creamy version, tomato barley soup's star grain provides 16 grams of filling fiber per half cup. Opt for a version with a simple tomato-based broth, and pass up any bread on the side to keep calories at bay. Avoid soups that are cream-based, and instead choose pureed, vegetable or chicken broth as a base, which will help to save calories. Look for versions loaded with vegetables and light on the starches.

Did You Know?

Lentil



Some of your best weapons against fighting fat are foods high in protein and fiber, and lentil soup has significant amounts of both. One half-cup of lentils contains nine grams of protein and eight grams of fiber. Although it's easy to grab pre-made or canned soups from the grocery-store shelves, most are loaded with salt, which can lead to uncomfortable bloating and water retention. Make soups like this at home to keep ingredients in check. One large batch made on a Sunday evening can provide a healthy, filling lunch every day of the busy week ahead.

Vegetable Soup



Because vegetables are low-calorie and full of fiber, vegetable soup is one of the most waist-friendly meals around. It's full of other beneficial vitamins and nutrients. Vegetable soup made with whole vegetables can help to promote satiety due to the higher fiber content in the soup, thereby helping to promote eating less and being more satisfied. Fill up on veggies, and you won't fill out by reaching for unhealthy snacks later.

Kale and White Bean



The reigning celebrity superfood, kale gets its reputation for a reason — it's rich in nutrients like vitamin K, which is important for strong bones, and vitamin C, which boosts immunity. The best part: One cup of chopped kale is a measly 33 calories. Pair this leafy green with a clean, plant-based protein source like white beans (which contain 17 grams of protein per half cup) and you'll give your body wholesome fuel to make it through a tough workout and repair itself more efficiently afterward.

- Nov 5th – Wichita Falls Crime Stoppers 5k
- Nov 5th – Brave 5K Bringing Remembrance Roswell NM
- Nov 11th – YMCA Turkey Trot in Plainview
- Nov 12th - Annual 5K Freedom Walk/Run by Knights of Columbus at Thompson Park in Amarillo
- Nov 24th – LSRC-Turkey Trot at Thompson Park in Amarillo

**Upcoming
Events**