



Choose To Be  
a Better Me

October

WELLNESS NEWSLETTER

Pampa Independent School District is committed to creating a culture of health and wellness for its employees.

A Wellness Program provides opportunities, tools and resources that empower personnel to make healthy lifestyle choices. PISD seeks to promote and support a healthy work environment, health awareness, individual responsibilities for a healthy lifestyle, decreased risk of illness and enhanced quality of life for all employees. Healthy employees are more productive, have more energy and better manage stress. A Wellness Program for district personnel can keep all employees healthy, decrease sick days, lower insurance costs, and increase employee retention and recruitment. We also understand that healthy adults serve as role models for children in both actions and behaviors.

Supporting the wellbeing of our employees will foster a culture of health among all staff in which healthy behaviors are supported and encouraged both at school and at home.



# 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 PampaISD Wellness. If you are not a member of the PampaISD 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 1<sup>st</sup> to November 30<sup>th</sup>. Join in the fun and stay healthy!!!

## **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](http://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

Tone&Pump Tue/

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

**Zumba-Dance Academy of Pampa**  
**Coronado Center 663-6514**

**PISD Employee Rates**  
1<sup>st</sup> class free - \$5 drop in  
\$25/10 classes  
\$40 monthly unlimited

**Anytime Fitness**  
211W.30<sup>th</sup> - 665-3333  
[www.anytimefitness.com](http://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](http://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](http://www.crossfitpampa.com)

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

PISD Employees receive 10%  
Discount.

BIT (Basic Interval Training)  
CLASSES Admin Board Room

Tuesdays & Thursdays-5pm  
FREE!!

## Cauliflower Chowder



A creamy, low carb, hearty and wonderfully cozy soup for those chilly nights!

### Ingredients

- 4 slices bacon, diced
- 2 tablespoons unsalted butter
- 2 cloves garlic, minced
- 1 onion, diced
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- 1/4 cup all-purpose flour
- 4 cups chicken broth
- 1 cup 2% milk
- 1 head cauliflower, roughly chopped
- 1 bay leaf
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves
- Heat a large skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate; set aside.

- **Nutrition Facts**
- Serving Size
- Servings Per Container 6
- Amount Per Serving
- Calories 272.5 Calories from Fat 181.8
- % Daily Value\*
- **Total Fat** 20.2g 31%
- Saturated Fat 7.6g 38%
- Trans Fat 0.2g
- **Cholesterol** 27.2mg 9%
- **Sodium** 126.8mg 5%
- **Total Carbohydrate** 17.4g 6%
- Dietary Fiber 3.0g 12%
- Sugars 6.4g
- **Protein** 7.7g 15%

RECIPE OF  
THE MONTH

- Heat a large skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate; set aside.
- Melt butter in a large stockpot or Dutch oven over medium heat. Add garlic, onion, carrots and celery. Cook, stirring occasionally, until tender,
  - About 3-4 minutes. Stir in cauliflower and bay leaf. Cook, stirring occasionally, until tender, about 3-4 minutes.
  - Whisk in flour until lightly browned, about 1 minute. Gradually whisk in chicken broth and milk, and cook, whisking constantly, until slightly thickened, about 3-4 minutes.
  - Bring to a boil; reduce heat and simmer until cauliflower are tender, about 12-15 minutes; season with salt and pepper, to taste. If the chowder is too thick, add more milk as needed until desired consistency is reached.
  - Serve immediately, garnished with bacon and parsley, if desired.

# Community Recreation Sports Opportunities



## Corn Hole, Mixed Volleyball-Pampa Recreation Dept.

Go to [www.cityofpampa.org](http://www.cityofpampa.org) or find information on the Facebook Page by searching Pampa Recreation

(Mens, Womens, Mixed and Mixed Church Leagues are available)

Registration for 2016 Fall Leagues starts October 10-14, 2016. We will offer the following leagues:

\*Corn Hole

\*Mixed Volleyball

For more info call Autumn at 806-669-1044 or 806-664-3015

Hidden Hills Golf Course - [www.hiddenhillsgolfclub.com](http://www.hiddenhillsgolfclub.com)

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

Bowling - Harvester Lanes - 1401 S. Hobart - 665-3422

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](mailto:sandee.stokes@pampaisd.net)

## Foods That Put You in a Bad Mood

Foods directly influence our brain chemistry (even if only temporarily), but moods also influence food choices—which is why understanding what different foods do for you is an important part of leading a healthy lifestyle.

**Sodas:** Soda drinks contain simple sugars that are quickly absorbed into the bloodstream causing a rapid rise in energy and then a crash, which affects blood sugar control, energy levels, and mood. Zero calorie diet sodas are especially harmful, and not just because of the linked-to-cancer aspartame. People who drink at least two diet sodas a day are likely to wind up with a "soda belly," which protrudes out like a beer belly or even pregnant belly.

**High Sugar Juices and Cocktail Mixers** Fruit juices and cocktail mixers tend to be loaded with sugar. They're a lot like soda drinks when it comes to their sugar content. The effect of their high sugar content is the same; the sugars will be released into the bloodstream, allowing an energy boost to take place but ultimately ends in a low point, leaving one to feel fatigued, irritable, and depressed.

**Bagels:** Another food guilty of spiking blood sugar and causing it to crash, bagels' simple carbs will have you feeling all over the place. This process will affect your focus, alertness, energy—all while causing rapid mood swings. Bagels are made from white grains, which have no nutritional value (i.e. empty calories) and the spike in blood sugar will be especially sharp if the bagel isn't consumed with protein (like peanut butter). If you want a carb fix, reach for "good" carbs like sweet potatoes and steel-cut oats to keep your blood sugar steady; they're both nutrient-rich options that are high in satiating fiber.

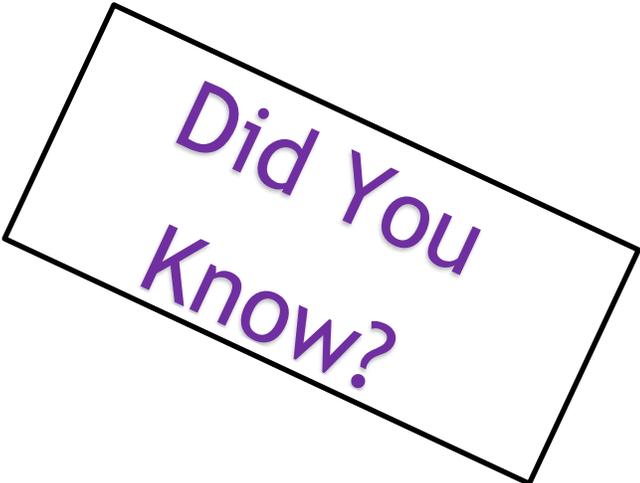
**Agave nectar:** "While fraught with controversy because it's been touted as a low-glycemic sweetener—sending droves to the market to replace their sugar bowls—this ingredient contains excess fructose. This increases the risk of metabolic syndrome, which primes you for brain shrinkage and mood swings. While all sugars should be consumed in moderation, try using 100% maple syrup or local honey instead of agave; these healthier options contain key minerals and plant antioxidants that promote health.

**Vegetable Shortening:** Stay away from vegetable shortening because it's made with inflammation-promoting industrial fats and the high levels of omega-6 fatty acids that can tamper with mood and healthy insulin levels by blocking out brain-building, mood-enhancing omega-3 fatty acids. Choose olive oil or pasture butter from grass-fed cows because they contain anti-cancer properties and have been shown to slash belly fat and lower risk of heart attacks.

**Cold Cuts:** Packaged meats like ham, bologna, hot dogs, and even turkey, can contain high levels of energy-sucking, mood-altering nitrates, food preservatives, colorings and additives that cause mood swings, water retention and bloating, plus headaches. Roast your own turkey or chicken breasts and slice it yourself for a healthier (and cheaper!) alternative.

**Packaged, Processed Seeds:** While a great choice when consumed raw or roasted yourself, the processed versions are often coated in a preservative called potassium bromate, which blocks iodine from being absorbed by the thyroid. When your thyroid can't function properly, you may not be able to either. Psychiatrists often check their patients' thyroid levels when dealing with depression. They're also often loaded with sodium and questionable food additives.

**Salted Peanuts:** Salted peanuts should be nixed from most diets. Most peanuts you buy at the store contain high amounts of sodium and often a food additive called MSG, which is an artificial flavoring that leaves one feeling depressed, weak, fatigued, and often moody or with headaches. Make your own mix of raw walnuts, almonds, and Brazil nuts.



Did You Know?

**Baked Goods:** Traditional baked treats like cookies, muffins, cakes, and pies all contain high amounts of refined sugars and saturated oils—all of which lead to someone feeling heavy, lethargic, depressed and in constant mood fluctuation.

**Margarine:** Margarine contains high amounts of processed saturated fats, which are very different from the fat in healthy options such as olive oil, nuts or avocado. The consumption of margarine can cause an imbalance in blood sugar, leading to rapid mood swings and weight gain.

**French Fries:** Refined carbs, saturated fats, and salt you find in traditional fries cause a peak in energy to take place, where one feels good and alert, but ends with a drop, leaving one feeling sluggish, irritable, tired, and foggy.

**Canned Foods:** Sodium levels aren't the only thing you should be watching when scanning the canned food aisle. When purchasing canned foods, make sure the label states 'BPA Free' because this chemical additive is linked to a number of chronic mood disorders, such as depression and anxiety.

**Processed Foods:** We already know processed foods affect our waistline since most contain high amounts of refined sugars, saturated fats, preservatives, and many additives to keep them shelf stable and tasting good for a long period of time. These foods completely disrupt our mental and emotional functions, throughout the process leaving one feeling depressed, exhausted, anxious, tired, unmotivated and uninspired.

**Coffee:** Coffee is a double-edged sword: in moderation, it can be fantastic; if overconsumed, it can wreak havoc. Coffee can have an immense effect on one's mood, depending on how much of it is being consumed and how it is being utilized. When we take in coffee, our bodies produce cortisol, the main stress hormone. We get a peak in energy, resulting in our physical and mental functioning feeling turned on. When this spike crashes, one will often feel exhausted, with low energy both mentally and physically, and it can lead to more chronic disorders such as adrenal fatigue, mood swings, depression, anxiety and so forth.

**Cereal:** Most store-bought cereals contain processed ingredients and are high in refined carbohydrates (due to the refining of their original wheat, corn or oat grain). Eating refined carbohydrates can send your blood sugar on a roller coaster, causing mood swings, and has been shown to cause an increased risk of depression. Instead, opt for a breakfast filled with protein and complex carbohydrates, which will stabilize your blood sugar and keep you fueled and better prepared to tackle the day.

**Wheat:** For many people, wheat can make them feel moody, even if they think their tummies can handle it. Gluten is the primary culprit of the mood-reducing quality of wheat. Aside from damage done to the gut, exposure to gluten (especially in substantial amounts) has been documented to actually cause mental fog, among other undesirable inflammation-related reactions.

**Dried Fruit:** The problem with dried fruits is that they lose their water content in the dehydration process, so it's very easy to overeat—meaning that you're also over-consuming sugar (and often additives and preservatives as well). While the fiber in dried fruit helps mitigate a blood sugar spike, it can cause a gut disturbance if you eat too much.

**Alcohol:** What goes up must come down—and alcohol is a depressant, after all. While alcohol may cause a temporary feeling of bliss, the crash can often bring a mood down quickly.

**Potato Chips** The majority of companies use a vegetable oil to fry their potato chips, known to contain a high dose of saturated fats and omega-6 fatty acids. These fats work against the omega-3 fatty acids (the ones we want!), affecting mood by causing inflammation throughout the body and leading to various mental and emotional instabilities.

- Oct 1 – Zombie Fun Run in Canadian
- Oct 1 – Duck Soup Softball Tourn at Pampa Recreation Park
- Oct 1 – LSRC Octoberfest at Thompson Park Amarillo
- Oct 8 – Walk for Mental Health at Memorial Park
- Oct 8 – The 6K on 66-San Jacinto Academy
- Oct 10-14 – Corn Hole Registration/Recreation Mixed Volleyball Sign Ups
- Oct 10 – Get your kicks on Route 66 Bike Run Amarillo
- Oct 15 – Palo Duro 50mile, 50K, 20K Trail Run
- Oct 15 – Pampa Country Club Couples Event Golf
- Oct 15 – Brawt Trot 1 Mile and 5K at Dalhart
- Oct 22-23 – Tough Mudder in Dallas
- Oct 25 – United Way Haunted Costume 1mile 5K in Pampa
- Oct 29 – Spartan Race in Dallas
- Oct 29 – 1 mile and 5K Panhandle Cancer Cure Foundation in Amarillo

**Upcoming  
Events**



## WORKOUT!!

Interval Training Workouts

Tuesdays and Thursdays at 5pm

Central Administration Board Room

**FREE!!!**

We offer a workout class in the Board Room on Tuesdays and Thursdays at 5pm. It is about 45 minutes so you can get out by 6pm. This class is designed to get your blood pumping and your heart rate up so you can burn more calories! (Bring a mat and some hand weights 😊)



Phoenix Fitness of Pampa is offering PISD employees a chance to go and try them out! You will receive \$20 off of your first month! Below are the gym times and prices.

Go to their Facebook page to check them out!

They are located at 912 W. Kentucky. Or call 806-440-4907

<https://www.facebook.com/Phoenix-Fitness-Pampa-1287002361317453/>

Gym times:

5:00 AM Mon, Wed, Fri

6:00 AM Mon-Fri

8:00 AM Tues, Wed, Fri

5:30 PM Mon-Thurs

And we are hoping to add a 6:30 PM class this fall!

Prices are: \$89 per month, unlimited classes, with auto draft.

(\$99 Per month, unlimited classes if paying by cash or check. )

