

Choose To Be a Better Me



September

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.

Jazzercise now has 27 classes per week at Pampa Youth & Community Center!

Many of these classes offer childcare.

Schedule is:

Mon, Tues, Thurs: 5:25am, 8:30am, 12:00pm, 4:30, 5:30 & 6:30pm

Wed: 5:25am, 8:30am, 12:00pm, 4:30pm

Fri: 8:30am, 4:30, 5:30pm

Sat: 8:30am

Sun: 4:30pm



WORKOUT!!

Beginner Interval Training Workouts (BIT)

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 is a BASIC BEGINNER class. This class is designed to get your blood pumping and your heart rate up so you can burn more calories! Even if you have never exercised before you can do this! (Bring a mat and some hand weights 😊)



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

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
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.

BIT (Basic Interval Training)
CLASSES Admin Board Room

Tuesdays & Thursdays-5pm



RECIPE OF
THE MONTH

Slow Cooker Pepperoni and Chicken – 211 Calories!!

Prep time: 10 minutes

Cook time: 3-7 hours
(depending on temperature)

Yield: 8 servings

Serving size: 1 chicken breast
with topping

Ingredients

- 2 lbs boneless, skinless chicken breasts
- ¼ tsp salt
- ¼ tsp black pepper
- 2¾ oz turkey pepperoni (about 40 slices), sliced in half
- ¼ cup black olives, sliced
- ¾ cup reduced-sodium chicken broth
- 1 Tbsp tomato paste
- 1 tsp Italian seasoning
- ¾ cup shredded, low moisture, part-skim, shredded mozzarella cheese

Instructions

1. Place chicken in a slow cooker. Sprinkle with salt and pepper.
2. Cut pepperoni slices in half. Add pepperoni and olives to cooker.
3. In a small bowl, whisk together chicken broth, tomato paste and Italian seasoning.
4. Pour mixture in cooker.
5. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3 1/2 hours.
6. Five minutes before you serve, sprinkle cheese on top of chicken. Cover with lid and allow cheese to melt.
7. Using a slotted spoon, transfer chicken, pepperoni and olives to plates. Discard cooking liquid.

Community Recreation Sports Opportunities



Slow Pitch Softball, 5x5 Flag Football, Kickball-Pampa Recreation Dept.

Go to 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 August 29-Sept 2nd. We will offer the following leagues:

*Fall Men's, Women's, Mixed Softball \$375)

*Fall Mixed Kickball (\$275)

*Fall 6v6 Dodgeball (must have a minimum of 6 on team with at least 2 guys and 2 girls) (\$100 and \$15 per player)

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

Hidden Hills Golf Course - 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

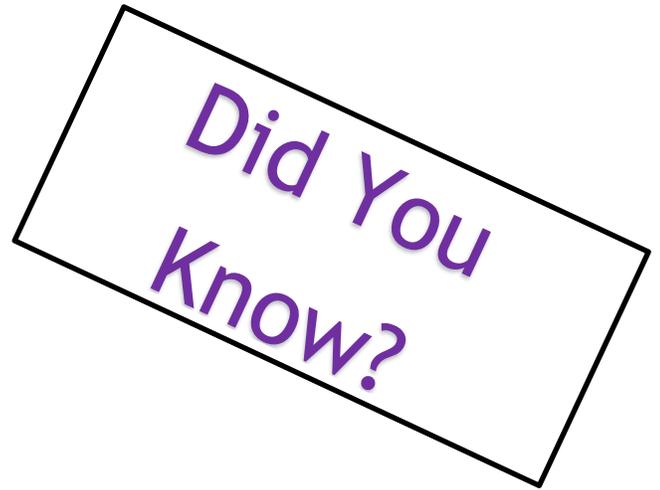
Visit the PISD Wellness Page for Up To Date Information and
Calendar Of Events

<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

MYTH: Sea salt is a healthier version of regular salt

Everyday table salt comes from a mine and contains roughly 2,300 milligrams of sodium per teaspoon. Sea salt comes from evaporated seawater, and it also contains roughly 2,300 milligrams of sodium. That makes them, roughly identical. Advocates point to the fact that sea salt also contains other compounds like magnesium and iron, but in truth, these minerals exist in trace amounts. To obtain a meaningful dose, you'd have to take in extremely high and potentially dangerous levels of sodium. What's more, traditional table salt is regularly fortified with iodine, which plays an important role in regulating the hormones in your body. Sea salt, on the other hand, gives you virtually zero iodine. If switching from table salt to sea salt causes you to consume even one extra granule, then you've just completely snuffed out whatever elusive health boon you hope to receive. Plus you've wasted a few bucks.



MYTH: Energy drinks are less harmful than soda

Energy drinks like Red Bull, Monster, and Full Throttle attempt to boost your energy with a cache of B vitamins, herbal extracts, and amino acids. But what your body's going to remember most (especially around your waistline) is the sugar in these concoctions; a 16-ounce can delivers as much as 280 calories of pure sugar, which is about 80 calories more than you'd find in a 16-ounce cup of Pepsi. A University of Maryland study found energy drinks to be 11 percent more corrosive to your teeth than regular soda. So here's the secret that energy drink companies don't want you to know: The only proven, significant energy boost comes from caffeine. If you want an energy boost, save yourself the sugar spike and drink a cup of coffee

MYTH: Diet soda is harmless

The obesity-research community is becoming increasingly aware that the artificial sweeteners used in diet soda—aspartame and sucralose, for instance—lead to hard-to-control food urges later in the day. One Purdue study discovered that rats took in more calories if they'd been fed artificial sweeteners prior to mealtime, and a University of Texas study found that people who consume just three diet sodas per week were more than 40 percent more likely to be obese. Try weaning yourself off by switching to carbonated water and flavoring with lemon, cucumber, and fresh herbs.

MYTH: Chocolate is bad for you

Cocoa is a plant-based food replete with flavonoids that increase blood flow and release feel-good endorphins. Plus, it contains a healthy kind of saturated fat called stearic acid, which research has shown can increase your good HDL cholesterol. But when most people think of chocolate, their minds jump immediately to milk chocolate, which contains far more sugar than actual cocoa. Instead, look for dark chocolate, specifically those versions that tell you exactly how much cocoa they contain. A bar with 60% cocoa is good, but the more cocoa it contains, the greater the health effects.

Myth: Granola is good for you

Oats are good for you, and so is oatmeal. But granola takes those good-for-you hunks of flattened oat, blankets them in sugar, and bakes them in oil to give them crunch. The amount of fat and sugar added to each oat is at the discretion of food processors, but it's going to be far sweeter and more fatty than a bowl of regular cereal. For example: A single cup of Quaker Natural Granola, Nuts & Raisins has 420 calories, 30 grams of sugar, and 10 grams of fat. Switch to a humble cup of Kix and you drop down about 90 calories, 2.5 grams of sugar, and 1 gram of fat.

This fermented Chinese tea can literally shrink the size of your fat cells! It significantly lowers triglyceride concentrations (potentially dangerous fat found in the blood) and belly fat. .

Sept 2-5 Top O Texas Golf Tournament at Pampa Country Club

- Sept 3 – BR Rodeo Run 5K and 1 Mile Boys Ranch
- Sept 5 – Chautauqua 1 Mile 5K Run at Central Park Pampa
- Sept 8-10 Hidden Hills Senior Golf Championship Tournament
- Sept 10 – TDJC 4 Person Golf Scramble at Hidden Hills
- Sept 10 – Ladies Partnership Golf Tourn at Pampa Country Club
- Sept 10 – Mayor's Half Marathon and 5K Amarillo
- Sept 17 – Baseball 4 Person Golf Scramble at Hidden Hills
- Sept 17 – Eagle Days 1 Mile and 5K Canyon
- Sept 17-18 – Couples Invitational Golf Tournament at Pampa Country Club
- Sept 20 – Ladies Tip Top Golf Tournament at Pampa Country Club
- Sept 24 – Race for the Cure in Amarillo

**Upcoming
Events**



**City of Pampa
Duck Soup USSSA
Softball Tournament**

**October 1, 2016 – Entry \$175
Recreation Park, Pampa TX
Mixed**

**Contact: Autumn Massey
806-664-3015
pamparecreation@gmail.com**

**1st, 2nd, 3rd place plaques
1st & 2nd place t-shirts
Cash Prizes**

***Duck Soup is normal softball with each
inning having a twist to make the game
fun & exciting**