



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

WELLNESS NEWSLETTER

Choose To Be
a Better Me

November



1/1/18-3/31/18
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:

9/4/17-12/31/17
Full Marathon-\$90
Half Marathon-\$85
Relay-\$250
Memorial 5K-\$50
Kids-\$15



Join the Harvester Good Facebook Page at
<https://www.facebook.com/groups/845153795523259/>



Fall Bucket List Challenge!!



Below is a list of things for 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 Facebook using the hashtag #pampaproud #wellness. Each campus will conduct their own competition to win prizes and bragging rights. Your campus representative will be sending out information and rules for your campus. The challenge will start October 1st and end November 30th. Join in the fun and competition!!

Fall Bucket List:

Rake Leaves

Carve a Pumpkin

Go to a Sporting Event-Park farthest spot away

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, Achievemint,stepbet,dietbet,Nike Trainer,Runkeeper etc)

Invest in a Fitness Tracker (Fitbit, Garmin, Misfit,etc)

Pampa Walking/Running Club:

Come out on Tuesday evenings at 5:45pm to walk or run a 1 to 3 mile route! Locations change weekly so check your email or the Facebook page at:

<https://www.facebook.com/groups/411291669243238/>

You can also search Pampa Walking Running Club on Facebook!

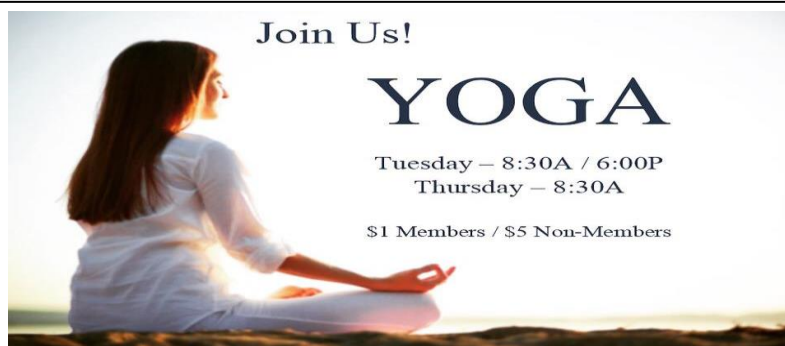


WORKOUT!!

Interval Training Workouts (IT)
 Tuesdays and Thursdays at 4:45pm
 Central Administration Building

FREE!!!

We offer a workout class in the Board Room on Tuesdays and Thursdays at 4:45pm. 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😊)



Pampa Youth Center

Fitness Opportunities

Pampa Youth and Community 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 5:15am, 12:15pm

Mon/Wed Thur 6:15pm

Zumba-Toning&Insanity

Tue/Wed/Thur-7:30pm

Aqua Zumba-Mon-6:30pm-Wed-9am

Water Aerobics-

Mon/Wed/Fri 11:30am

Yoga-Tue&Thur 8am Tue 6pm

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&Zumba Strong Dance Academy of 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-PISD employees

Massage Therapy

Phoenix Fitness Pampa

912 W. Kentucky

806-440-4907

\$89 a month auto draft

Mon-Fri

6am and 8am

Mon-Thur5:30pm

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-4:45pm FREE!!

Pampa Walk/Run Club

Every Tue at 5:45pm

Location TBD

<https://www.facebook.com/groups/411291669243238/>



Slow Cooker Broccoli Cauliflower Cheese Soup

Ingredients

- 3 cups broccoli florets, chopped
- 2 cups cauliflower florets, chopped
- 2 cloves of garlic, minced
- 1/2 cup diced shallots
- 1 large carrot, diced
- 3 1/2 cups low sodium vegetable or chicken broth
 - Kosher salt, black pepper and hot sauce to taste
 - 1 cup milk, I used 1% milk
 - 6 ounces extra sharp white cheddar cheese, shredded
 - 1 cup plain non-fat Greek yogurt

Instructions

1. Place the broccoli, cauliflower, carrot, shallot, garlic, salt, pepper, hot sauce and vegetable or chicken broth in the slow cooker.
2. Stir everything together then cover with the lid and set to low.
3. Cook for 6-8 hours or until the vegetables are very tender.
4. Use an immersion stick blender or regular blender to purée the soup until it's smooth.
5. Add in the milk and cheese and blend until the cheese is melted and everything is combined.
6. Blend in the Greek yogurt until combined and the soup is smooth.
7. Taste for seasoning then serve.

RECIPE OF
THE MONTH

Nutrition Facts	
Serving Size 1	
Serves 6	
<hr/>	
Amount Per Serving	
Calories	218
<hr/>	
% Daily Value*	
Total Fat 11.3g	17%
Saturated Fat 6.1g	
Cholesterol 33.4mg	11%
Total Carbohydrate 13.2g	4%
Sugars 6.3g	
Protein 18.3g	37%
Vitamin A	28%
Vitamin C	87%

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

There is no butter in buttermilk

Almonds are members of the peach family

An egg contains every vitamin except vitamin C

Americans eat 35,000 tons of pasta a year

More people die from falling coconuts than from shark attacks

America's top selling ice cream flavor is vanilla

The oldest known vegetable is the pea

The average hen lays 228 eggs a year

Carrots contain 0% fat

1 billion snails are served in restaurants each year

In developed countries 27% of food is thrown away

A banana contains 75% water

Cucumbers are 96% water.

Every day 7% of the US eats at McDonalds

Bananas grow pointing upwards.

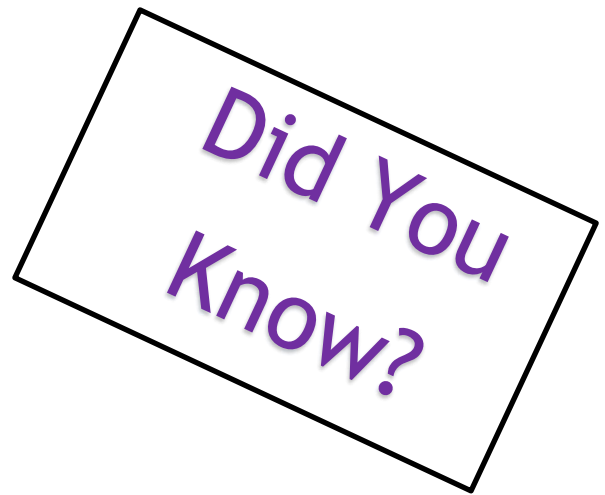
Tarantula spiders can survive 2 and a half years without food

Brazil got its name from the Brazilian nut (not the other way around)

The largest exporter of sugar is Cuba

Flamingos can only eat when their heads are upside down

Turnips turn green when sunburnt



- Nov 3–Mannathon-Oasis Church
- Nov 11- Annual 5K Freedom Walk/Run by Knights of Columbus at Thompson Park in Amarillo
- Nov 18 – Jingle Bell Walk/Run Yukon OK
- Nov 23 – LSRC-Turkey Trot at Thompson Park in Amarillo

**Upcoming
Events**

Pampa Youth & Community Center

CORN
LEAGUE **hole**

THURSDAY EVENINGS
7:00-9:00 PM

Begins: Nov. 9, 2017
Registration Deadline: Nov. 3, 2017

18 Game Season - \$25/Individual

806-665-0748
Contact the PY&CC for more details!