

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.

Pampa Walking/Running Club!

Come out on Tuesday evenings at 6:15pm 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!

JOIN US ON
TUESDAYS!!



WORKOUT!!

Interval Training Workouts (IT)
Tuesdays and Thursdays at 5pm
Central Administration Building

FREE!!!

We offer a workout class in the Board Room on Tuesdays and Thursdays at 5pm. 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 😊)

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 5:15am & 12:15pm

Mon/Wed/Thurs-6:15pm

Zumba-Toning&Insanity
Tue/Wed/Thur-7:30pm

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

Water Aerobics-
Mon/Wed/Fri 11:30am

Jazzercise Fees (Unlimited)

PISD employees (No registration fee)
\$35mo. nonmembers/\$30mo. Members
Class Times:Mon-Thu 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 (Regular rate)month

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Mon-Fri 6am and 8am

Mon-Thu 5:30pm

Mon, Wed, Fri 5am

Class times 5am, 6am, 8am,
5:30pm

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
Central Administration

Tuesdays & Thursdays-5pm

Pampa Walk/Run Club

Every Tue at 6:15

Location TBD

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



California Spicy Crab Stuffed Avocado

INGREDIENTS:

- 2 tablespoons light mayo (I used Hellmans) *for whole30 use compliant mayo
- 2 teaspoons sriracha, plus more for drizzling
- 1 teaspoon chopped fresh chives
- 4 oz lump crab meat
- 1/4 cup peeled and diced cucumber
- 1 small Hass avocado (about 4 oz avocado when pitted and peeled)
- 1/2 teaspoon furakike (I like Eden Shake or use sesame seeds)
- 2 teaspoons gluten-free soy sauce (coconut aminos for whole30/paleo)

DIRECTIONS:

1. In a medium bowl, combine mayo, sriracha and chives.
2. Add crab meat and cucumber and chive and gently toss.
3. Cut the avocado open, remove pit and peel the skin or spoon the avocado out.
4. Fill the avocado halves equally with crab salad.
5. Top with furakike and drizzle with soy sauce.

RECIPE OF
THE MONTH

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)

*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

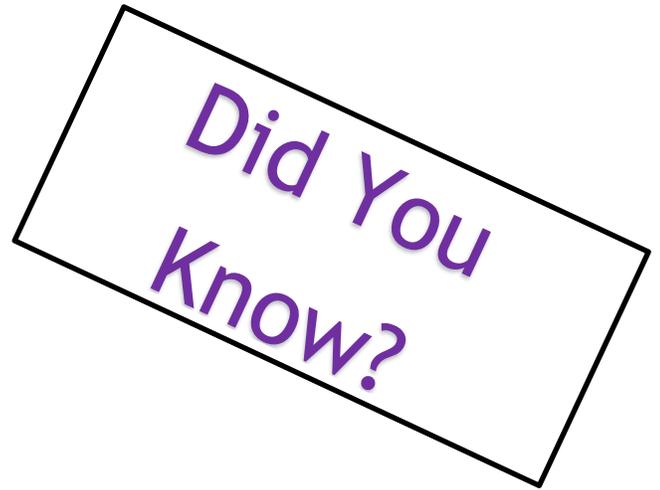
Visit the PISD Wellness Page for Up To Date Information and Calendar Of Events

<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 2-4 Top OTexas Golf Tournament at Pampa Country Club

- Sept 2 – BR Rodeo Run 5K and 1Mile Boys Ranch
- Sept 4 – Chautauqua 1 Mile 5K Run at Central Park Pampa
- Sept 8-9 Hidden Hills Senior Golf Championship Tournament
- Sept 9 – Falcon Flight 5K at Bushland
- Sept 10 – Ladies Partnership Golf Tourn at Pampa Country Club
- Sept 16 – Phi Delta Chi-Beta Rho 5K Run/Walk at Thompson Park
- Sept. 16 – Tough Enough to Wear Pink 5K Run/Walk & Kids Mud Run
- Sept 16-17 – Couples Invitational Golf Tournament at Pampa Country Club
- Sept 19 – Ladies Tip Top Golf Tournament at Pampa Country Club
- Sept 23– Race for the Cure in Amarillo
- Sept 30-Oct 1 – Club Ryder Cup 2017
- Sept 30 – Mayor’s Half Marathon & 5K 7am at Get Fit
- Sept 30 – Protect Our Protectors 5K/10K Fun Run/Walk 7pm at Coffee Shop in Pampa
- Sept 30 – Theory Of Everything at Thompson Park



Protect Our Protectors



5K / 10K Fun Run / Walk

Saturday, Sept. 30th 2017 @ 7PM

Event starts at The Coffee Shop downtown

Pick up registration sheets at Keyes Pharmacy 928 N. Hobart St.

(across from Braums)

Cash, Checks, or Money Orders only please (Made out to P.O.P.)

Register in advance and receive a t-shirt (registration will also be available the day of the run)

Register in Advance

5K ----- \$15.00

10K --- \$20.00

Register Day of Run

5K ----- \$20.00

10K --- \$25.00

Come out for music and fun while helping support first responders in your community!

Protect Our Protectors is a non-profit organization funded 100% by local businesses and citizens to protect those that put their lives on the line for us every day. When Budget restraints say "NO", your donations say "YES"!