

November Staff Wellness Newsletter



Tammi Flynn, Registered Dietician and Author of *The "3-Apple-A-Day" Plan* volunteered to teach a wellness class to the Wenatchee School District staff in October. She titled her class: *Fitting Fitness In-The Fantastic Four*. The "Fantastic Four" consists of fitness, family/friends, nutrition, and relaxation.

She helped staff develop an attainable personal fitness plan. She explained that we need to simply "get going" but don't overdo and we should try to determine our current fitness level. If you haven't been exercising for a few months, set a goal to walk three times a week for 30 minutes instead of jogging, eventually you can build up to jogging. Making realistic and sustainable goals for yourself and having an accountability partner are keys to success.

Tammi also emphasized the importance of planning: Prepare, practice, progress and you WILL see results!

Wellness Activities and Classes

Dance - Every Wednesday from 4:30 to 5:30 p.m. at the district office main board room. Contact Joanne Johanson at the District Office

Walk - Every Friday at 4:00 p.m. at Walla Walla Point Park. Contact Tracey Reese at Foothills Middle School

CPR/First Aid Class - Coming in December! CPR/First Aid recertification class taught by Mary Zontek at WHS Room 550 from 3:30 to 5:30 pm on December 7th and 9th. We have 13 slots left! To sign up, contact Joanne Johanson at the District Office at 663-8161 ext. 249 or johanson.j@mail.wsd.wednet.edu.

Cooking Class - Coming in late January or early February.

Donuts - mmm mmm good! Really?

Yes, donuts are good, but are they really worth it? Consider the calories and fat in a typical glazed donut (approximately 200 calories and 12 grams of fat). In addition, the donut doesn't fill you up - it merely weighs you down, in more ways than one.

Be prepared for the attack of the staff room donut. Bring another fast food, such as: banana, hard-boiled egg, yogurt, cheese stick, oatmeal, nuts, canned fruit, or a V-8. Preparation is key to creating a healthy snack to fight off hunger. Don't let the donut win!

Tip of the Month: STRETCH!!

Prolonged sitting, standing, etc. can cause muscular tension and pain. By taking a five or ten minute break to do a series of stretches, your whole body can feel better. Also, remember to stretch spontaneously throughout the day especially the part of the body that feels tense. Hold the stretch for at least 30 seconds and up to one to two minutes. Remember to not overstretch.

Check out www.netfit.co.uk/stretching.htm or www.webmd.com/fitness-exercise/healthtool-basic-stretches.

The four F's for *STAYING REGULAR*

Fitness: Get regular exercise

Fluids: Drink plenty of water and other beverages. Without enough fluids, waste matter in the colon can become too hard.

Fiber: Fruits and vegetables, particularly if you eat the skin, as well as beans, lentils, peas, and whole grains, are good natural sources of fiber.

Frequency: Ignoring the urge to go because you're too busy or don't feel comfortable because you're away from home can contribute to constipation.

Source: Ask Dr. Marie: Straight Talk & Reassuring Answers to Your Most Private Questions, by Marie Savard, MD, Globe Pequot Press