

# PUEBLO SCHOOL DISTRICT 60 EMPLOYEE WELLNESS TEAM NEWSLETTER

Volume 1 Issue 3

June 2005

## Spring Into Action



### Actions:

#### Mark Your Calendars:

- **June 1, 2005-** "Fitness Challenge"  
(Checkout Pedometers with Laura)  
Looking for a jump-start for the summer? Join the Employee Wellness Team Fitness Challenge for 2 months and see how great you feel. (Calendar Attached) There will be prizes given the last day in July.
- **June 10, 2005-** "Body Fabulous Massage"  
15 -minute chair massages. (Space is limited) Call Laura to schedule your appointment. (10:30-1:30) (Kiowa Room) Price is \$10 for 15 minutes; Employee Wellness Team will pay \$5, your cost is \$5.
- **June 15, 2005-** 2/15 minute movement sessions  
10:00 and/or 1:00 (Board Room) (Wear comfortable shoes)
- **June 20, 2005-** Asthma (Measuring Lung Functions)  
Call Laura for appointment 11:30-1:30  
(Board Room) Lori Fosceco
- **June 27, 2005-** Potluck (bring your favorite salad for 8 people) 11:30-1:00 (Board Room)

#### Coming in July:

- Blood Pressure Checks
- Glucose Checks
- Favorite Recipes

### Action Steps:

#### MORNING EXHAUSTION?

**Food Rx:** packaged oatmeal

**Why it works:** An excellent source of iron, it's loaded with a combination of simple and complex carbohydrates that prevent blood-sugar spikes so you wake up gradually.

#### NEED TO BE SHARP FOR A PRESENTATION OR MEETING?

**Food Rx:** tuna

**Why it works:** Seafood is high in protein and low in fat-a combination essential for alertness-and has bonus Omega-3 fatty acids, which are crucial to proper brain functioning.

#### STRESSED?

**Food Rx:** carrots, broccoli, cucumbers

**Why it works:** The crunch provides serious relief. Stress increases muscular tension, and heavy chewing can relieve some of it, especially in jaw muscles.

#### LIGHT-HEADEDNESS?

**Food Rx:** large bottle of water sweetened with a splash of fruit juice (orange or grapefruit juice)

**Why it works:** The water replaces lost fluids; the fruit juice adds carbohydrates, which serve as an instant muscle fuel.

#### UNABLE TO SLEEP?

**Food Rx:** air-popped popcorn (without butter)

**Why it works:** A light, high carbohydrate snack supplies the building blocks your brain needs to produce serotonin, an organic compound that helps us sleep.