Shifting Perspective.

This article was shared with me over the summer, many statements resonated personally, perhaps they will with you as well.

**Compared to WHAT? - Max Shank**

It was the best of times. It was the worst of times.

We have unlimited access to every other person, and every piece of information on the internet. And yet, depression, anxiety, suicide, etc.—higher than ever.

**Why is this?**

Now, more than ever, it’s easy to get caught in a race with no prize.

Gentlemen, you’ve been lied to your whole life.

-Bigger muscles, better abs. You know, like that guy on the magazine cover.

Ladies, it’s an interesting time for you, too.

-Rounder butt, tighter abs, surgical enhancements, and god forbid you have any cellulite. Don’t get me started on make-ups, skin creams, and other snake oils.

And for what?
So you can compare yourself to a practically unlimited number of human avatars.

Remember it’s not the actual person you’re comparing yourself to—it’s just their best manufactured stitch in time.

**The emphasis on results is out of control.**

Results come with time and work—guaranteed. Work being force x distance. (Not “work” like we all “grind” for.
Max Shank (continued)

Simply put, you gotta move. The way to keep moving, as I’ve written about for years is twofold:
• Fun
• Healthy

Fun challenges with a healthy foundation will keep you going until the day you die.

And yes, it’ll take a long time—lucky you.

"The journey of a thousand miles starts with a single step."
-Lao Tzu

But what’s over there? It’s (hopefully) a better version of you.

And why better?

Because of the experiences you’ve had. You’re different now. You’ve come a long way from where you started. Did you enjoy the ride? Are you enjoying the ride? Did you stop to smell some roses?

More importantly: Did you improve your connection with yourself through movement?

That’s the real magic of effective exercise, because the truth is: **everything works.**

It all works. All of it. You do something a lot and your brain will help you adapt to get better/more efficient at that thing.

At my Ultimate Athleticism course I talked about the “UA Basics” program to help build a good foundation which is:

5 - 10 Pull-ups
10 - 25 Push-ups
Sprint 50m
Rest as needed.
Repeat for 5x or 10:00 minutes

It’s really nothing fancy. The whole point is that anyone can do it. You sub out pull-ups for body rows, and push-ups for incline push-ups if you’re not strong enough yet. Can’t sprint? Skip, jog, bounce, squat, lunge...

**The ONE THING you MUST do.**
Savor the experience and express yourself.
Don’t race toward a non-existent finish line where you think everyone else is. What are you chasing exactly?

I often think about how to improve the human experience. That’s how we can all achieve our maximum level of contribution—when we are happy, healthy, and enthusiastic about life.

Far too often, exercise becomes a punishment. Don’t make this mistake.

Far too often, we compare ourselves to someone else. Remember, somewhere out there a 12 year old Asian girl is squatting more than you, and she’s only getting stronger.

Youtube commenters frequently remind me that gymnastics children are better than me at handstands. I’m quite OK with that, too. It’s not about them, it’s about ME.

MY connection to myself, my process, and my experience.

My friend Brian taught me the word “sonder” years ago and it stuck with me.

Essentially it is the idea that everyone has a life as intricate, detailed, and complex as your own. I wrote about it before here: https://maxshank.com/habits/sonder/

Remember when you see someone else’s avatar, that there is an infinitely complex organism that you know nearly nothing about.

What makes you happy? Is it punishing yourself with “calorie burning?” I like to think of workouts to “burn calories” as driving a car to burn gas with total disregard for where you are going. (See: https://maxshank.com/habits/killing-time/)

I don’t recommend that either. Unless you feel like being in an abusive relationship with yourself. Might as well classify foods as “good” or “bad” while you’re at it.

It's SO easy to get caught up and feel bad about yourself by comparing yourself to others. I’ve seen it at various levels at my gym Ambition Athletics. I’ve seen it during the nearly 200 weekend-courses I’ve taught. I see the evidence of it in the statistics.

You can break the cycle.

Move yourself, for yourself—and for the love of god do it with some emotional content.

The results will come, I promise. And just like compound interest, it builds exponentially.

Better, happier, and stronger every day,
-Max Shank
Self-Care = Flu Prevention

The flu can lead to serious illness. The flu is more serious than the common cold, so do everything you can to prevent it. A flu shot is your best defense. The vaccine is safe, won’t make you sick, and generally has few side effects. The flu virus changes often, and the protection from the vaccine only lasts about a year. That’s why you should get a flu shot every year, preferably in the fall. Flu shots are available at no charge to Kaiser Permanente members when given at a Kaiser Permanente medical facility. Protect yourself and others with a yearly flu shot – available at no cost and no appointment is necessary.

Kaiser Permanente Facility in Brighton is located at: 859 S 4th Ave. www.kp.org/flu for other clinics near you, or call the 24-hour flu hotline at 1-303-344-7600 or 1-866-868-7091.

3 ways to fend off the flu

It’s never fun to be sick, but the flu is more serious than the common cold. It can be dangerous – especially for older people, children under 4, and pregnant women. Protect yourself and the people you care about with these simple tips.

Get your flu shot
It’s your best defense. The vaccination can’t give you the flu – but it can help protect you against this year’s most common strains and prevent spreading the flu to others. Don’t get the flu – get the flu shot!

Boost immunity with healthy habits
Simple things that support overall health can also help you fight the flu. Wash your hands often, and keep hand sanitizer handy. Make sure to get enough sleep, eat lots of fruits and veggies, and drink plenty of water.

Keep your germs to yourself
If you do get the flu, do yourself and your co-workers a favor and stay home. You need rest, fluids, and time to recover – and going to work sick can make symptoms worse and spread the illness around your workplace.

Visit kp.org/flu and follow us @kpthrive.
Weigh and Win:
A free community program that pays you to achieve a healthy weight!
*(will be here soon)*

Weigh and Win is a FREE program offered by 27J Staff Wellness in partnership with Weigh & Win and Kaiser Permanente, that pays you for achieving a healthy weight, plus there are opportunities to win additional prizes just for participating.

Weigh and Win helps you to incorporate healthy habits into your daily routine with personalized daily coaching on healthy eating and active living. You will receive daily emails with a complete exercise and meal plan, including a weekly grocery list that will make your trips to the supermarket a breeze. Logging in to the Weigh and Win website will provide you with access to other online tools including a journal, exercise podcasts, health quizzes and more. Plus, you can call or email a certified personal trainer for additional advice or support to help you achieve your health goals.

Complete photographed weigh-ins at kiosks conveniently located throughout our District at least once every 90 days. The weigh-ins will provide you with a visual report of your progress. Weight improvement enables you to receive cash rewards based on your percentage of weight loss. You will also receive the quarterly cash reward in future quarters for maintaining your weight improvement. (Note: you must begin Weigh and Win at an unhealthy weight, BMI > 25, to be eligible for cash rewards). In addition to the cash rewards, there are monthly prize drawings for program participation. All participants are eligible, regardless of weight.

Joining Weigh and Win is easy. Visit [http://www.weighandwin.com/](http://www.weighandwin.com/) and fill out the enrollment form - *be sure to select School District 27J in the employer group drop down* during the enrollment process. Then, visit a District kiosk to complete your initial weigh-in.

**Stationary Kiosk** at our Administration Building (18551 E. 160th Ave Brighton)

**Wireless Scales** (bring your phone) located at: Second Creek Elementary (9950 Laredo Dr. Commerce City) Transportation (11701 Potomac St. Henderson), Nutrition Services (630 South 8th Ave Brighton), West Ridge Elementary (13102 Monaco Street)

Sign up today to get motivated to eat healthy, be active, and earn great prizes!
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<th>Monday</th>
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To all employees:

**Temporary Leave Bank Election Forms**

**Due Monday, October 1st**

The leave banks continue to play important roles in the lives of 27J team members.

On the following link you can access both the CERTIFIED and CLASSIFIED Temporary Leave Bank Election Forms, [https://www.sd27j.org/Page/87](https://www.sd27j.org/Page/87). (Ctrl+Click)

Please print, sign and return the appropriate attached Election Form to the Human Resources Office at the Educational Services Center through the inter-school mail.

If you do not return an election form by October 1ST, you will not be a member of the Temporary Leave Bank for the 2018-2019 school year.

If you elect to become a member of the Temporary Leave Bank for the 2018-2019 school year by donating some of your temporary leave, the required donation will be subtracted from your temporary leave balance during October.

On behalf of Sherry Primus, Benefits Specialist, 27J Schools Human Resources. Please direct any responses/questions to sprimus@sd27j.net

If you are new to Kaiser Permanente, you can begin managing your care at kp.org

(Ctrl+Click)

Register on kp.org
27J Employee Assistance Program & Services

http://www.mylifevalues.com (ctrl+click)  username: sd27J - password: eap

Everyday support for everyday life

Some days it can be tough to manage your to-do list. Did you know you can call on us anytime? Whether you can use a little extra support or you’re going through a crisis, we’re here for you.

You and your household members up to age 26 can call for free emotional support and daily life assistance.

What we do for you

You can call for help with a wide variety of issues. Many members call for help with:

- Stress and anxiety
- Emotional wellbeing
- Legal and financial issues
- Depression
- Self-improvement
- Family conflict
- Alcohol and drug abuse
- Grief and loss

Or maybe you could just use someone to talk to. We’re always here. Just give us a call.

Help with life’s little surprises

Sometimes a personal issue can throw your daily routine off balance. Talking about it with one of our specialists can help you feel better and make a plan. No question or issue is too small.

We’re here for you 24/7

You can call us 24 hours a day, 365 days a year. So you can get help in the moment. Or whenever you have a moment. We know life doesn’t only happen from 9-5.

It’s free and confidential to call

Services are private and paid for by your employer. If you accept a referral to services that aren’t part of our own resources, you may incur a cost for those services.

You can get started now – simply call our toll-free number 866-252-4468 (OR)
https://www.sd27j.org/Page/7787 (ctrl+click)
27J Diabetes Prevention Campaign

Over the course of this year you will see a lot of information about Diabetes, A1C Screening and Prevention Practices.

At School District 27J with Kaiser Permanente, we want to help stop diabetes in its tracks. Diabetes can lead to life-threatening complications like kidney failure, eye problems and vision loss, nerve damage, heart disease, high blood pressure, stroke, and more.

It is now time to take charge of your health and practice self-care.

Stay tuned for more information about FREE Onsite Nurse Consult Events on these dates:

Tuesday, October 9th
8:00 a.m. – 11:00 a.m.
ESC Building

Monday, October 15th
8:00 a.m. – 11:00 a.m.
District Training Room

Wednesday, October 17th
9:00 a.m. – 11:00 a.m.
Transportation Service Center
Starting next month this Newsletter will begin to include a blurb, blog or post from Michele Saller – Principal Vikan Middle School. I am excited that Michelle has agreed to share, help build and cultivate resilience within our community. I believe you will be too!!