Employee Wellness & Benefits Fair

Join us!
Thursday, April 30
At Brighton Heritage Academy
830 E. Bridge St., Brighton
3:00 to 5:30 p.m.

Get important information about 27J employee health, dental and vision plans and wellness programs

- Kaiser Permanente
- EBMS (dental insurance provider)
- VSP (vision insurance provider)
- Horizon Health employee assistance program
- 27J Employee Wellness Coordinator
- Telespine (Free upcoming program)
- High Performance Psychology Presentation (4:30 p.m.)
- Local vendors

Fun for the entire family

Need more Open Enrollment info?
Mark your calendars for an informational meeting
Tuesday, May 5, from 5:30 - 6:30 p.m.,
at Brighton Heritage Academy.
Week 3 Podium Winners – March Movement Madness

4th  887  2nd  927.1  1st  992.3 AVG POINTS  3rd  916.8  5th  710.8

Lean Machine (Activities)  Run Time Error (Activities)  Two Dog Knight (Runners)  Red Hot Chile Steppers (Walkers)  Happy Feet (Activities)

Down to the last couple of days...our challenge ends at 12:01 a.m. on Monday April 6th

Drinking plenty of water

What percent of the brain is made up of water?  75%
What percent of the bones are made up of water?  22%
What percent of the kidneys are made up of water?  83%
What percent of the muscle is made up of water?  76%
What percent of the blood is made up of water?  83%

Your body NEEDS water. Drink up!
Don’t Miss the PVHS Thunder Splash Dash
5K Walk/Run

Thunder Splash Dash
A Run Against Cancer
Dedicated to all Thunderhawks who have been diagnosed with cancer

Brought to you by Prairie View High School
Student Council

Saturday April 25 2015 9 00 am
PRAIRIE VIEW HIGH SCHOOL,

http://thundersplashdash.splashthat.com/
Do you suffer from low back pain? We are excited to announce a new program free for 27J employees to help you heal or prevent low back pain! Telespine is an online physical therapy program for low back pain that you can do from the comfort of your own home.

**Why sign up?**

- You will receive 2 health coach consults - don’t miss out on this is a fantastic opportunity to have a health coach help you set up a personalized action plan
- The videos will count toward your EveryMove points
- You will strengthen your core to heal and protect your lower back
- Exercises and stretches will increase flexibility and reduce stress

Telespine was created by the renowned physical therapist, Dr. Mark Barnes’s team of low back pain experts. The program contains easy to follow exercise and stretch videos that are based on Dr. Barnes that has successfully treated over 10,000 patients. By signing up you will have access to these videos and expert guidance from any mobile device, tablet or computer.

Simply sign up [here](http://app.telespine.com/#/signup) (strongly recommend using Google Chrome or Firefox) and use this code: tele-27jsignupcode to start the program today.

Sign up Link - [http://app.telespine.com/#/signup](http://app.telespine.com/#/signup)

**Recover, correct and protect your back for life**

Questions? Please contact: Jackie Dayton – healthcoach@telespine.com
A recent article from the Denver Post took a closer look at fitness myths: Does cardio burn fat? Are carbs bad?

When it comes to health advice, we're drawn toward simple rules like "do this, not that" or "eat this, not that." We have science and anecdotes to back up these rules, but when you ask true fitness professionals, it turns out a lot of our facts are more truth-ish than truth. "For one, these 'facts' can work for someone and (not) for someone else," says Kyle Story, lead personal trainer at the Denver Athletic Club. "There's no one right way to get in shape. The best in the world sometimes do things wrong, and it works better for them than anything else." Using the latest science and their extensive personal experience, we had Story and other local experts weigh in on a few commonly held exercise and nutrition beliefs.

**Cardio helps weight loss; weight lifting creates bulk.**

**Verdict:** *Not really.*

"You're not going to bulk up just by lifting weights — unless you want to," says Jessica Crandall, a registered dietitian with Denver Wellness and Nutrition and a personal trainer.

The problem with this myth is that the quickest way to drop pounds or gain bulk is not exercise at all, but diet, she says. No matter which type of exercise you try, Crandall says, "Exercise alone, which does improve muscle mass and your metabolism, will not yield an excessive amount of weight loss."

That said, it's true cardiovascular activity gets your heart rate up to the fat-burning zone — while exercising. If you take the longer view, though, lifting holds its own. "You can actually burn more calories from lifting for 60 minutes and recovery than just using a treadmill for 60 minutes," says DAC's Story, because the period of increased metabolism after strength training is longer. "After you use the treadmill, your body goes into storage mode, and after lifting, it needs to recover and burns for hours afterwards."

Plus, it's simply not true that cardio and strength training are separate and distinct categories. After all, programs like bootcamps, interval training and boxing workouts incorporate both easily.

**If you have bad knees, choose cycling.**

**Verdict:** *Yes, but set up properly.*

Cycling can be a great choice, says Leslie Beggs, a registered dietitian and personal trainer with University of Denver's Coors Fitness Center. But it's not foolproof.

"It depends on the bike setup," she says. "If you're not with an expert or a certified Spinning instructor, I've seen people with way too tight of an angle or too much tension on the bike. You can actually set it up to be bad on the knees."

Cyclists need to be conscious of knee alignment and pedal stroke to keep their joints healthy. Plus, there are other low-impact, knee-friendly choices, such as elliptical or rowing machines.
Keep a straight back and be able to see your toes when you squat.

**Verdict:** Kind of — "straight" has a curve.

The word "straight" can be misleading, says Story.

"We want your natural spinal curve," Story says. "And a straight back does not mean perpendicular to the floor, but instead a neutral spine."

In other words, your straight/aligned back will likely be at a diagonal — and that's a good thing for the second part of this, which is designed to protect your knees. The knees are vulnerable when they go in front of the ankles, which would hide your toes from view.

"The most important thing when squatting is to hinge back from the hips and keep your weight in your heels," says DU's Beggs. "Drive out of your heels."

Story particularly dislikes that the standard wisdom tells people to look down at their feet. "Don't look down to see," he says, "because I want you to keep your head up and chest up."

**Yoga is just for relaxation and flexibility.**

**Verdict:** It's for that and more.

The practice of yoga can vary significantly based on the type of class or the instructor. Most versions require holding poses, which builds strength. Some even incorporate weights. Many flowing — or vinyasa — forms of yoga also raise the heart rate, which is good cardio work.

"I probably wouldn't recommend yoga for all your cardio workouts, but some people do gain cardiovascular and muscular benefits as well as flexibility," says Beggs.

She adds that yoga can have unexpected nutrition benefits, too. Studies have shown that people who practice yoga tend to make better eating choices throughout the day.

"I think that's the stress release and relaxation of it," Beggs says. "The rest of us sometimes eat because we're stressed. If we can find a healthy outlet through yoga, it can be a wonderful way to de-stress, instead of unhealthy eating."

**You can't build muscle with plants alone.**

**Verdict:** Not true.

"If you're just eating broccoli and salad, then no, not with those alone," says Denver Wellness' Crandall, because vegetables contain very little protein, a necessary component of muscle growth and repair. "We do know animal proteins have a greater amount of protein per calorie and are an easy way to get proteins in, but you can still get nutrients from plant-based sources of protein."

Such protein-packed plant sources include soy, nuts, legumes, quinoa and more, all which are appropriate for even vegans. Vegetarians also eat egg and dairy products, so both groups can build
great muscle, Crandall says — but their options are often more limited, time-intensive and require pre-planning.

**Carbs are bad. Protein is good.**

**Verdict:** *Good carbs are essential.*

It's true that bad carbohydrates can be bad, if "bad" means heavily refined or nutrient-light. Carbs are also fuel, though, and as the body breaks them down, they create energy. "'I'm going on a no-carb diet.' I hear that a lot," says Story. "I say, 'Have fun sleeping the rest of your life, because you're not going to have much energy.'"

The problem with carbohydrates instead is not only type (good versus bad) but also timing. For instance, carbs first thing in the morning, and/or before a workout, are vital. "Some people feel they can go fine on an empty stomach," says Beggs. "You don't exercise at the same intensity, though. That glucose in your system will help you have more energy."

When it comes to negative talk about carbs, she would prefer that we single out a specific culprit: refined sugar. "Sugar is a sneaky, sneaky sucker," she says. "Most people have no idea how much sugar they're eating on a day-to-day basis."

And according to Crandall, "People who have a higher level of adiposity, or belly fat, typically have a diet higher in sugars, excess amounts of fat as well as unrefined grains." Which leads to...

**It's not possible to spot-reduce fat.**

**Verdict:** *True.*

Despite the fact that it would make life so much easier, you cannot spot-reduce fat. "You can't just work out your abs if you want to lose belly fat," says Story. "It's where your body naturally and hereditarily stores fat, and burning fat in general is where you'll get rid of that faster." So crunches alone will not give you a flat stomach.

Crunches can, though, give you a strong stomach, and muscle strength makes a difference. More muscle increases your metabolic rate, meaning you burn more fat in general when you do cardio — you just can't control from where.

"If you have an area to target, work on it. It builds confidence in those areas," says Crandall. "If you're just working your legs, that doesn't mean only, say, your inner thigh is going to shrink, but you will be restructuring the whole leg to look more dynamic."

**We need fitness rules.**

**Verdict:** *Maybe, but...*

"There are so many variables," says Beggs, "and one thing it's super important to remember with diet and exercise is that we are all different people. When you take one statement and apply it to every single person, you're bound to run into issues."
Remember, if there was one easy, correct way to be fit, we’d all be lean, mean machines. After you’re educated in basic fitness, it could be better to think of such rules as guidelines and to not overly clutter your life with them.

"The more complicated we make things, the more discouraging it can be," says Crandall. "On average, 30 percent of Americans are not active at all. Zero activity reported. I hate to create more barriers for those people to engage in activity."

Which means perhaps only one exercise fact is incontrovertible: Do some, when you can and how you can. No "rule" is simpler than that.

Register for FREE on-demand, personalized nutrition support, text and talk with access to a dietitian at http://realdietitian.com/sd27j.

Note: If you have already registered or will soon register for Real Dietitian’s support and you provide your consultant recent biometrics data, you will receive a FREE Blood work screening in May, 2015.

STRESS BUSTING!!!

Causes of Stress: Conquer Stress:
Worry and the Past——Patience
Expectation from SLOW it down
YOU and OTHERS Perspective
BIG Picture
Work/Life Load Evaluate
DELEGATE or MOVE ON Focus on the GAINS
Not PAINS!
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