Movetastic 4-week fitness challenge

Podium Winners

1st
3,343.7 AVG POINTS
Technoogy

2nd
1,959.3 AVG POINTS
South Elementary

3rd
1,699.8 AVG POINTS
Turnberry Trailblazers

CONGRATULATIONS TO ALL PLAYERS!!

4,574 Activities were logged overall
Kaiser Permanente Fitness Classes available to all District 27J Employees

As part of the SD27J Employee Wellness Program, Kaiser Permanente will be sponsoring the listed Fitness and Health Education Classes for December.

**Monday, December 1**
Heather Evans Boot Camp - South Elementary- 4:00 p.m.

**Tuesday, December 2**
Swimming- SD27J Pool- 5:30 a.m.
Heather Evans Boot Camp - South Elementary- 4:00 p.m.

**Wednesday, December 3**
Yoga – Pennock Elementary 4:00 p.m.

**Thursday, December 4**
Swimming- SD27J Pool- 5:30 a.m.
NO BOOTCAMP CLASS AT SOUTH ELEMENTARY 12/4/2014

**Monday, December 8**
Heather Evans Boot Camp - South Elementary- 4:00 p.m.

**Tuesday, December 9**
Swimming- SD27J Pool- 5:30 a.m.
Heather Evan Boot Camp- South Elementary- 4:00 p.m.

**Wednesday, December 10**
Yoga – Pennock Elementary 4:00 p.m.

**Thursday, December 11**
Swimming- SD27J Pool- 5:30 a.m.
Heather Evans Boot Camp - South Elementary- 4:00 p.m.

**Monday, December 15**
Heather Evans Boot Camp - South Elementary- 4:00 p.m.

**Tuesday, December 16**
Swimming- SD27J Pool- 5:30 a.m.
Heather Evan Boot Camp- South Elementary- 4:00 p.m.

**Wednesday, December 17**
Yoga – Pennock Elementary 4:00 p.m.

**Thursday, December 18**
Swimming- SD27J Pool- 5:30 a.m.
Heather Evans Boot Camp - South Elementary- 4:00 p.m.
Monthly Wellness Q&A:

What is the Health Benefit of Greek Yogurt vs. Regular Yogurt?

What differentiates Greek yogurt from traditional yogurt is that Greek yogurt has been strained to remove the whey. As a result, Greek yogurt has a creamier, thicker texture and rich flavor. In addition, the removal of whey results in a healthier yogurt with 40 percent less sugar, 38 percent less sodium and more than twice the amount of protein than traditional yogurt. Each spoonful is also packed with nutrients and provides numerous health benefits.

No. 1: Digestive Health

One of the most touted health benefits of Greek yogurt is the probiotics it contains. These healthy bacteria help promote a healthy gut. Your digestive tract naturally contains lots of different types of bacteria – some good, helping you digest food, and some potentially harmful. Eating Greek yogurt with probiotics helps increase the good bacteria in your gut. And the more good bacteria you take in, the less room there is for the bad varieties to grow. Maintaining this healthy balance of friendly bacteria can help with several digestive issues. For example, it may help keep you regular and fight the bad bacteria that can cause diarrhea. Probiotics may also be helpful for those who suffer from irritable bowel syndrome and intestinal diseases such as Crohn’s and ulcerative colitis.

No. 2: Blood Pressure

One of the best ways to help control high blood pressure is through diet, specifically the Dietary Approaches to Stop Hypertension diet developed by the National Heart, Lung, and Blood Pressure Institute. The DASH diet is low in fat, and includes eight to 10 servings of fruits and vegetables and two to three servings of low fat or nonfat dairy products every day. Dairy foods, including Greek yogurt, are an important source of calcium, magnesium and potassium, which is believed to help lower high blood pressure.

No. 3: Weight Management

Numerous studies have also found a link between eating dairy and weight loss. A 2010 study published in the American Journal of Clinical Nutrition compared 300 men and women who followed either a low-fat, Mediterranean or low-carb diet over a 2-year period. Regardless of the type of diet they followed, those who ate the most dairy lost approximately 12 pounds more than folks who ate a low amount of dairy foods.

Greek yogurt stands out, among other things, for containing double the amount of protein compared with traditional yogurt. Since protein takes the body longer to digest, it can help make you feel and stay full for longer. This is especially important to help curb your appetite between regular meals when trying to lose weight. And when you do get hungry, it is a healthy way to help minimize those extra cravings.
No. 4: Bone Health

Greek yogurt provides important nutrients, such as calcium, magnesium, phosphorus, potassium and protein, which work together to promote strong, healthy bones. Unfortunately, many people focus on just calcium and turn to over-the-counter supplements in order to meet their calcium needs. However, Greek yogurt provides a complete suite of nutrients not found in calcium tablets alone. A study of postmenopausal women conducted at Washington University School of Medicine concluded that taking in calcium directly from dairy foods, as opposed to supplements, has a more positive impact on bone health.

No. 5: Lactose Intolerance

Lactose intolerance is a sensitivity to the milk sugar called lactose. The symptoms of lactose intolerance are triggered by the digestive tract and may include bloating, flatulence and diarrhea. People with lactose intolerance should, however, keep milk and dairy products in their diet, according to recommendations by both the National Institutes of Health and National Medical Association. Further, studies have found that folks with lactose intolerance can tolerate up to 1 cup of milk at a meal, which is equal to 12 grams of lactose. It is recommended that those with lactose intolerance start introducing lactose slowly into the diet and begin with lower lactose-containing foods. Greek yogurt is a lower lactose food, with a 6-ounce container of nonfat plain Greek yogurt providing only 4 grams of lactose. The lower amount of lactose found in Greek yogurt is due to the straining process, making this rich, creamy food a lactose-intolerant friendly one. As a bonus, the probiotics found in Greek yogurt also help breakdown the lactose sugar, making it easier to digest.

Our own 27J Public Information Officer – Kevin Denke –
on the other end of the camera at the Brighton Turkey Trot. Great Race Kevin!!
Pennock Elementary Turkey Trotters

Pennock Staff had the highest participation in the City of Brighton’s Turkey Trot 5K Walk/Run
Apply Today......

27J Wellness

12 weeks to a new You

ARE YOU READY
to eat better?
improve your health?
change your life for good?

Enter for your chance to participate in the
27J Health Transformation 12-Week Challenge

ENTER NOW

1. Enter
Apply at www.sd27j.org/Page/1470. The selection committee will select 12 applicants to take part in this 12-week Health Transformation program. In partnership with Kaiser Permanente, participants will be encouraged to adopt sustainable lifestyle changes such as increased physical activity and healthy eating. Selected participants will take part in a 12-week group based program. Participants will be provided with tools, resources and the support needed to make healthy changes in their lives.

2. Participate
Participants will receive 1:1 Health and Nutrition Coaching; weekly group based education and fitness training, free fitness classes for the duration of the 12 weeks and a Striiv Touch Activity Fitness Band.*

3. Win
Participants who attend 10 of the 12 scheduled sessions will be able to keep their Striiv Fitness Band; will be recognized by 27J and Kaiser Permanente as a Challenge Participant and entered in a drawing to win a grand prize of one year of free produce.

www.sd27j.org/Page/1470

Challenge and Contest Details: Class is expected to meet Tuesdays from 5 p.m. to 6:30 p.m. at the Educational Service Center, 18551 E. 160th Ave., Brighton, CO, 80601. Every participant will be given an initial and follow-up wellness screening to include a full lipid panel, glucose, blood pressure, height, weight, body composition, body mass index and a results review. *Failure to comply with any of the listed criteria will result in the Striiv band being returned and free produce eligibility being revoked. Call Lori Marten at ext: 2944 for details.
Are you working on YOUR FREE GIFT for the Holiday Season??

Meet the

Striiv Fusion

Fusion is Striiv’s first product that makes fitness and smartwatch technology truly personal. The removeable touchscreen module give you real-time feedback on your fitness and sleep goals, and helps manage your day with call/text alerts, vibrating alarm, and other smartwatch apps.

Earn 500 Employee Wellness Points by participating in various Staff Wellness Activities and give yourself a gift before 12/16/2014.

Visit: [http://www.sd27j.org/Page/3075](http://www.sd27j.org/Page/3075) for more information or contact Lori Marten ([lmarten@sd27j.org](mailto:lmarten@sd27j.org)) x2944
Strike the right balance
A positive outlook on life can make a big difference in your overall health. To stay on the bright side, take a break each day to do something that makes you smile or laugh, whether that’s calling a friend, watching a new comedy show, or listening to your favorite song. Here are more tips to help you keep your cool:

Team up.
Exercise with a friend or group of friends for extra motivation and support— not to mention fun.

Take a minute.
Write down 3 things you’re grateful for at the end of each week to help stave off negative thought patterns.

Stay grounded.
To keep stress at bay, give meditation a try. It’s simple and inexpensive and you can do it virtually anywhere.

Visit kp.org/bettermoments for more ways to stay happy and healthy.
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<th>Monday</th>
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