Our 27J Screen for Life Cancer Campaign is coming to a close on 2/29/2016. Don’t miss out on getting screened if you are due for a - Mammogram, Pap or Colorectal test.

Getting your outstanding cancer screening completed this month earns you a Fitbit Flex.

Check your plan. Are you due?
2016 Maintain Don’t Gain Challenge Winners:

Second Creek – Bison Beauties were declared the overall champions. The team not only maintained but lost a whopping 34.0 pounds. Congratulations Ladies!!

BHS – Sweaty Dawgz – 2nd place – 25.5

Nutrition Services (Fruits & Nuts) and Southeast Elementary (Slimmer Spartans) tied for 3rd place.

Thank you to all participants!!

POWER OF LOVE.

February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight illnesses from heart attacks to cancer. And that’s not all. Doctors have found that the act of hugging your loved ones can significantly lower blood pressure and raise levels of a hormone that promotes relaxation -- and the more you hug, the more these benefits increase. When we love and take care of ourselves and do the same with the important people in our lives, everyone’s wellness improves. Even treating strangers with love can increase our own well-being!
Check out this Menu – looks good right.... You can enjoy these items and more at a local **HEALTHY SHAKE BAR** right here in Brighton

Right Fitt Nutrition at the Platte (Hwy 7 & Hwy 85) also offering FREE workouts @ 9:30 a.m. on Saturday mornings. Right Fitt Nutrition is currently promoting a 3 day trial: [http://3daytrialpreview.weebly.com/](http://3daytrialpreview.weebly.com/) - the password is win
## Wellness Opportunities Onsite

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**American Heart Month**

Heart disease is the leading cause of death for both men and women.

**To lower your risk:**

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.
Mindfulness

Mindfulness is a natural human capacity to pay attention to our experience as it is happening in real time. When we intentionally cultivate this capacity through practice we enhance our ability to focus, to regulate our emotions and to extend compassion and kindness to ourselves and others.

When we infuse mindfulness throughout our day we not only reduce our stress and find better ways to respond to the challenges of life, but we also expand our capacity for joy and wonder.

An emerging field of research into the effects and benefits of mindfulness across diverse populations and in diverse settings is providing compelling and growing evidence that cultivating mindfulness through regular practice enhances physical, social and emotional well-being.

- **SMART in Education 1: Stress Management and Relaxation Techniques in Education™**

  A 20-hour, 8-week (taught at a 27J district location) evidenced-based personal renewal program designed especially for faculty and staff working in ECE-12 settings. It is one of only two researched mindfulness programs for educators and others who work in schools. Participants are eligible for a re-license credit and one graduate credit through Colorado State University at an additional cost of $59.

**Take a look** -

[https://vimeo.com/90778566](https://vimeo.com/90778566)

If you are interested in the SMART in Education program please contact: Lori - [lmarten@sd27j.org](mailto:lmarten@sd27j.org)
9 SIMPLE HACKS TO STAY HEALTHY AT WORK

1. **MAKE HYDRATION BENCHMARKS**
   - Buy a nalolene or water bottle and write markers on the outside with times (e.g., 11 AM, 2 PM, 6 PM). Drink water past those lines by the specified time.

2. **HIGH FIVE COWORKERS**
   - High fives release oxytocin (known as the “trust hormone”) and reduce the stress hormone cortisol. Instead of the typical “hello” when passing by a coworker, give them a high five. Plus, you’re less likely to spread germs than if you’re shaking hands.

3. **AUTOMATE GETTING OUT OF YOUR SEAT**
   - Willpower is overrated. Set a calendar reminder for every 30 to 60 minutes that says “get up and move!” Walk to the water cooler, get some fresh air, or anything else that gets you out of your seat.

4. **REWARD TASK COMPLETION WITH A HEALTHY SNACK**
   - Healthy snacks improve overall health, curb cravings, elevate mood, and boost brainpower. After completing a long task, reward yourself with something healthy to eat.

5. **REJUVENATE WITH A WALK**
   - Pop in your earbuds and go for a walk during your call with a client, vendor, or colleague. Walking while on a call can improve your confidence too, so it can be a great way to close a deal.

6. **POSITIVE PSYCHOLOGY FOR POSITIVE PHYSIOLOGY**
   - Mental health professionals are finding that practicing gratitude can benefit our physical health too. First thing after you sit at your desk each day, write down 3 things you’re grateful. Don’t let yourself have coffee until you’ve completed this exercise each morning.

7. **RECHARGE WITH A NAP DURING LUNCH**
   - Naps reduce stress and bolster your immune system. 45-minute lunch break = 25 minutes to eat + 20 minute to nap. For the nap, hop in the passenger seat of your car and set an alarm.

8. **TAKE THE LONG WAY**
   - Park your car in the spot furthest away from the door to the office. This will force you to add a couple extra steps throughout your day.

9. **STRETCH IT OUT**
Did you know that *Meditation, Movement & Mother Earth* - is one of the plans that you can explore on *EveryMove*? One of our co-workers has tried the Meditation plan and expressed that she feels more relaxed as she starts her day.

When we’re stressed out, we tend to revert to older, more comfortable habits — even if they make us feel worse in the long run.

That’s where meditation comes in. Anyone can learn this ancient contemplative practice long known to promote well-being. Most important, meditation helps people shift from *reacting* to *observing* their own thoughts and feelings — and *responding* in more thoughtful ways to all kinds of situations. With regular practice, this leads to less stress… plus an enhanced sense of calm and well-being.

Practice the STOP technique as part of your mindfulness meditation routine:
- *Stop.*
- *Take a breath.*
- *Observe.*
- *Proceed.*

**Meditation Mojo:**
With organizations like Google, and the [US Marine Corps](https://www.marinemeditation.com) embracing meditation, it’s gaining ground as a mainstream workplace well-being practice. The benefits of regular meditation are well documented, including:

- **Reduced stress**
- **Improved sleep quality**
- **Heightened ability to focus**
- **Better tolerance of chronic pain**
- **More compassion and altruism**
- **Increased gray matter density**

**What to Do:**
Listen to a 5 minute guided meditation:
[https://soundcloud.com/emilysinfinitehealth/5-minute-mindfulness-meditation](https://soundcloud.com/emilysinfinitehealth/5-minute-mindfulness-meditation)
20 Interesting pieces of advice from some old (er) people:

1. The most important person in your life is the person who agreed to share their life with you. Treat them as such.
2. You might live a long life, or you might live a short one — who knows. But either way, trust me when I say that you’re going to wish you took better care of yourself in your youth.
3. Stuff is just stuff. Don’t hold onto material objects, hold onto time and experiences instead.
4. Jealousy destroys relationships. Trust your significant other, because who else are you supposed to trust?
5. People always say, “Make sure you get a job doing what you love!” But that isn’t the best advice. The right job is the job you love some days, can tolerate most days, and still pays the bills. Almost nobody has a job they love every day.
6. If you’re getting overwhelmed by life, just return to the immediate present moment and savor all that is beautiful and comforting. Take a deep breath, relax.
7. Years go by in the blink of an eye. Don’t marry young. Live your life. Go places. Do things. If you have the means or not. Pack a bag and go wherever you can afford to go. While you have no dependents, don’t buy stuff. Any stuff. See the world. Look through travel magazines and pick a spot. Go!
8. Don’t take life so seriously. Even if things seem dark and hopeless, try to laugh at how ridiculous life is.
9. A true friend will come running if you call them at 2 am. Everyone else is just an acquaintance.
10. Children grow up way too fast. Make the most of the time you have with them.
11. Nobody ever dies wishing they had worked more. Work hard, but don’t prioritize work over family, friends, or even yourself.
12. Eat and exercise like you’re a diabetic heart patient with a stroke — so you never actually become one.
13. Maybe this one isn’t as profound as the others, but I think it’s important… Floss regularly, dental problems are awful.
14. Don’t take anyone else’s advice as gospel. You can ask for advice from someone you respect, then take your situation into consideration and make your own decision. Essentially, take your own advice is my advice…
15. The joints you damage today will get their revenge later. Even if you think they’ve recovered completely. TRUST ME!

16. We have one time on this earth. Don’t wake up and realize that you are 60 years old and haven’t done the things you dreamed about.

17. Appreciate the small things and to be present in the moment. What do I mean? Well, it seems today like younger people are all about immediate gratification. Instead, why not appreciate every small moment? We don’t get to stay on this crazy/wonderful planet forever and the greatest pleasure can be found in the most mundane of activities. Instead of sending a text, pick up the phone and call someone. Call your mother, have a conversation about nothing in particular. Those are the moments to hold onto.

18. Pay your bills and stay the hell out of debt. If I could have paid myself all the money I’ve paid out in interest over the years, I’d be retired already.

19. If you have a dream of being or doing something that seems impossible, try for it anyway. It will only become more impossible as you age and become responsible for other people.

20. When you meet someone for the first time, stop and realize that you really know nothing about them. You see race, gender, age, clothes. Forget it all. You know nothing. Those biased assumptions that pop into your head because of the way your brain likes categories, are limiting your life, and other people’s lives.

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LET’S GO BRONCOS!