Start your New Year off with some fun -

Striiv Fusion

Earn 500 Employee Wellness Points by participating in various Staff Wellness Activities to obtain your Striiv Band.

Fusion is Striiv’s first product that makes fitness and smartwatch technology truly personal. The removable touchscreen module gives 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.

Visit: http://www.sd27j.org/Page/3075 for more information or contact Lori Marten (lmarten@sd27j.org) x2944
Kaiser Permanente Fitness Classes available to all District 27J Employees

As part of the SD27J Employee Wellness Program, Kaiser Permanente will be sponsoring the (FREE) Fitness and Health Education Classes for January.

**Monday January 5**
Heather Evans Boot Camp - South Elementary- 4:00 p.m.

**Tuesday January 6**
Swimming- SD27J Pool- 5:30 a.m.
Heather Evans Boot Camp - South Elementary- 4:00 p.m.

**Wednesday January 7**
Yoga – Northeast Elementary – 3:45 p.m.
Yoga – Pennock Elementary 4:00 p.m.

**Thursday January 8**
Swimming- SD27J Pool- 5:30 a.m.
Cross Fit – Stuart Middle 3:00 p.m.
Heather Evans Boot Camp - South Elementary- 4:00 p.m.

**Monday January 12**
Boot Camp – Stuart Middle – 3:00 p.m.
Heather Evans Boot Camp - South Elementary- 4:00 p.m.

**Tuesday January 13**
Swimming- SD27J Pool- 5:30 a.m.
Heather Evan Boot Camp- South Elementary- 4:00 p.m.

**Wednesday January 14**
Yoga – Northeast Elementary – 3:45 p.m.
Yoga – Pennock Elementary 4:00 p.m.

**Thursday January 15**
Swimming- SD27J Pool- 5:30 a.m.
Cross Fit – Stuart Middle 3:00 p.m.
Heather Evans Boot Camp - South Elementary- 4:00 p.m.

**Monday January 19**
No Classes

**Tuesday January 20**
Swimming- SD27J Pool- 5:30 a.m.
Heather Evan Boot Camp- South Elementary- 4:00 p.m.

**Wednesday January 21**
Yoga – Northeast Elementary – 3:45 p.m.
Yoga – Pennock Elementary 4:00 p.m.
Thursday January 22
Swimming- SD27J Pool- 5:30 a.m.
Cross Fit – Stuart Middle 3:00 p.m.
Heather Evans Boot Camp - South Elementary- 4:00 p.m.

Monday January 26
Boot Camp – Stuart Middle – 3:00 p.m.
Heather Evans Boot Camp - South Elementary- 4:00 p.m.

Tuesday January 27
Swimming- SD27J Pool- 5:30 a.m.
Heather Evan Boot Camp- South Elementary- 4:00 p.m.

Wednesday January 28
Yoga – Northeast Elementary – 3:45 p.m.
Sweat Angels – Pennock Elementary 4:00 p.m.

Thursday January 29
Swimming- SD27J Pool- 5:30 a.m.
Cross Fit – Stuart Middle 3:00 p.m.
Heather Evans Boot Camp - South Elementary- 4:00 p.m.

If you would like to schedule onsite fitness classes for January, February or March at your school or worksite please contact: Lori @ lmarten@sd27j.org
Monthly Wellness Q&A:

Do sleep disorders affect you?
Perhaps not, but they most certainly affect a certain percentage of the population. In fact, it is estimated by the National Institute of Neurological Disorders and Strokes that 40 million Americans are diagnosed with a chronic long-term sleep disorder each year.

Ok, so what IS a sleep disorder exactly?
In simple terms, it is a brain condition that can affect your sleep. Sleep disorders can be caused by a variety of factors such as an underlying medical condition, medication side effects, and poor lifestyle habits. Often times, a family pattern can be shown in certain disorders.

Sleep disorders can be categorized into several types. Listed below are some of the more common sleep disorders. This is simply a brief overview to help you understand what each is.

Primary Insomnia - Primary insomnia is sleeplessness that is not attributable to a medical, psychiatric or environmental cause. The most common symptom is difficulty falling or staying asleep. To be considered 'insomnia' this must occur for at least a month and not be associated with drug abuse or medication.

Narcolepsy - Everyone knows what this is right? Wrong. As I found out, narcolepsy is much different from what I have seen on TV or in comedy skits. Narcolepsy is a chronic neurological disorder caused by the brain's inability to regulate sleep-wake cycles normally. This does not mean that people suffering from it suddenly fall asleep mid-conversation. It does mean that those with it may have symptoms of excessive sleepiness, disrupted nighttime sleep, and possibly even hallucinations.

Hypersomnia - This is characterized by recurrent episodes of excessive daytime sleepiness. Do not confuse this with feeling tired due to a lack of sleep as people with hypersomnia are compelled to nap repeatedly throughout the day, often at inappropriate times.

Restless Leg Syndrome - RLS is a neurological disorder characterized by throbbing, pulling, or other sensations in the leg that cause an uncontrollable and overwhelming desire to move them. These occur mostly at night but can strongly affect employment or other activities of daily living due to lack of sleep.

Sleep Apnea - Possibly the most common sleep disorder, sleep apnea is characterized by brief interruptions of breathing during sleep. They can occur repeatedly throughout the night and can cause excessive daytime sleepiness.
Chronic sleep deprivation can significantly affect your health, safety and performance. It can have both short term and long term affects if not corrected.

- Losing just 1.5 hours per sleep each night can impair your alertness by 32%
- It can impair your memory and cognitive ability
- Excessive sleepiness can increase your risk of injury at work by two-fold
- The National Highway Traffic Safety Administration estimates that each year drowsy drivers are responsible for at least 100,000 automobile accidents
- Long term affects may include high blood pressure, higher risk of heart attack, stroke, obesity, ADD, and psychiatric problems such as depression

AND....

Some sleep disorders may fall under the American Disabilities Act. The ADA does not contain a list of medical conditions that constitute disabilities. Instead, the ADA has general definition that each person must meet. Because of this, some people with sleep disorders will have a disability under the ADA and some will not.

Our first 27J Health Transformation 12 Week Challenge will start real soon. Congratulations to the 12 individuals who were selected and thanks to all of you who applied.

Looking for Lower Back Pain Relief?

Stayed Tuned! We will soon be bringing you:

Telespine is a proven, online, 8-week program for low back pain. It’s easy to do and based on over 20 clinical studies that show you can have immediate and lasting relief from your pain by spending just 10 minutes a day with Telespine.
Did you know? Polar “Real Body Age” Fitness Assessment Testing can be earned as a reward through EveryMove? Hurry and select this assessment as your reward to earn so you don’t miss out.

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With

Treads

Treads Bicycle Outfitters is now offering SPINNING class. Treads can either come to your school or worksite or provide a class at their location. They will provide a one hour workout with a SPINNING certified instructor, Cycle Ops indoor portable systems for up to 10 employees, and the music. Employees provide their bikes (see picture).

For more information, please contact Lori at 303-655-2944 or email at lmarten@sd27j.org.
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