Participate in Maintain Don’t Gain This Holiday Season

WHAT:
Maintain Don’t Gain is an 8-week weight management program. You will receive weekly motivational emails with messages about managing your weight during the holidays and a healthy tip.

HOW:
Simply form a team of four to six colleagues, complete the attached registration form, weigh in (honor system) and track your weekly weight.

WHEN:

REGISTRATION : NOVEMBER 14, 2014 (Last day) Send forms to Lori
WEIGH-IN: MONDAY 11/17 – Honor System
PROGRAM DATES: NOVEMBER 17 TO JANUARY 9

PRIZES:
Fun prizes will be given for:
1. Team who maintained their weight within one pound at the end of the program
2. Drawing for individual who maintained their weight within one pound at the end of the program
3. Completing the evaluation

DON’T MISS OUT! REGISTER BY NOVEMBER 14

QUESTIONS:
Contact Lori Marten @2944 or lmarten@sd27jorg
The SD27J Movetastic, a fun 4-week fitness challenge exclusively for SD27J employees is underway.

Week 1 Podium Winners

Teams with the highest average points are declared weekly during the challenge.

<table>
<thead>
<tr>
<th>Place</th>
<th>Team</th>
<th>Avg Points</th>
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<tbody>
<tr>
<td>1st</td>
<td>Technology</td>
<td>824</td>
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<tr>
<td>2nd</td>
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<td>427</td>
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<tr>
<td>3rd</td>
<td>South Elementary</td>
<td>412</td>
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<tr>
<td>4th</td>
<td>Second Creek Bison</td>
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<td>5th</td>
<td>Brantner Elementary</td>
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You can still join the EveryMove website at: [https://everymove.org/sd27j](https://everymove.org/sd27j)

SD27J & EveryMove Will Have You Up and Sweating in No Time!

SD27J and EveryMove @Work have joined forces to "perk" up the workplace! No, we're not talking about a new coffee machine – we're talking about a revolution to celebrate all kinds of physical activity, from gardening to marathon running, right in our office. Track your activity using any app or device you like & see for yourself how good things come to those who sweat. Do we have you convinced? Sign up now for extras like rewards from SD27J

If you have questions concerning EveryMove rewards of Employee Wellness points please contact Lori Marten at: [lmarten@sd27j.org](mailto:lmarten@sd27j.org) or 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 listed Fitness and Health Education Classes for November.

**Monday November 3rd**  
Heather Evans Boot Camp - South Elementary - 4:00 p.m.

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

**Wednesday November 5th**  
Pilates - Administration Building - 4:30 p.m.

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

**Monday November 10th**  
Heather Evans Boot Camp - South Elementary - 4:00 p.m.

**Tuesday November 11th**  
Swimming - SD27J Pool - 5:30 a.m.  
Heather Evans Boot Camp - South Elementary - 4:00 p.m.

**Wednesday November 12th**  
Pilates - Administration Building - 4:30 p.m.

**Thursday November 13th**  
Swimming - SD27J Pool - 5:30 a.m.  
Heather Evans Boot Camp - South Elementary - 4:00 p.m.

**Monday November 17th**  
Heather Evans Boot Camp - South Elementary - 4:00 p.m.

**Tuesday November 18th**  
Swimming - SD27J Pool - 5:30 a.m.  
Heather Evans Boot Camp - South Elementary - 4:00 p.m.

**Wednesday November 19th**  
Pilates - Administration Building - 4:30 p.m.

**Thursday November 20th**  
Swimming - SD27J Pool - 5:30 a.m.  
Heather Evans Boot Camp - South Elementary - 4:00 p.m.

**Monday November 24th**  
Heather Evans Boot Camp - South Elementary - 4:00 p.m.

**Tuesday November 25th**  
Swimming - SD27J Pool - 5:30 a.m.  
Heather Evans Boot Camp - South Elementary - 4:00 p.m.
**Wellness Question:**

What is active recovery and why is it important?

(Submitted by Evelyn Hernandez for Employee Wellness Points)

**ACTIVE RECOVERY**

For years we’ve been told to take one to two days a week off from exercising in order to let our bodies recover. While it is important to always listen to your body, exercise known as “active recovery” may actually help your body recover quicker from soreness compared to “passive recovery”.

Passive recovery is defined as allowing your body to completely rest from exercise, while active recovery is any sort of low intensity exercise that makes you feel better AFTER exercising compared to BEFORE you started.

It’s important to note that active recovery is unique to each individual’s fitness level. For example, for marathon runners, this might mean jogging on an off day. On the other hand, for those new to exercising, this might mean leisurely walk.

**WHY IS ACTIVE RECOVERY A GOOD IDEA?**

1. **Enhance your athletic performance:** After high intensity workouts or new exercise routines, we experience muscle soreness one to two days after the workout due to tiny tears in our muscle fibers. Incorporating active recovery exercises, which increase blood flow to our muscles, helps minimize soreness and improve individuals’ athletic performance.
2. **Improves your mood:** Although we often struggle to find the motivation to exercise, you nearly always feel better and have more energy after exercising.
3. **Eat healthier:** People tend to eat healthier when they’re active!
4. **Burn extra calories:** Any exercise is better than no exercise. You’ll burn more calories and keep your metabolism up.

**ACTIVE RECOVERY WORKOUT IDEAS:**

1. **Self-myofascial release:** This is done by stretching or elongating the fascia (tissue that surrounds the muscles) through the use of foam rollers, lacrosse balls, or other items that help you massage your tissues to improve your range of motion.
2. **Walking/hiking:** These are great active recovery exercises that help you burn extra calories and increase your mood.
3. **Lighter weight lifting:** By repeating exercises that made you sore using a much lighter weight (30% or less of the usual weight), you can recover much quicker.
4. **Swimming:** This is a great workout that works your cardiovascular and muscular systems and is low stress to the body.
5. **Yoga:** Helps improve your mobility and maintain your current fitness level.
6. **Cycling:** This is great active recovery workout as long as you pay attention to your current fitness levels. You should feel better after working out compared to before exercising.

**Note:** Active recovery exercises should be performed at low intensity and should only be an hour or less. Get moving and start feeling better!
Couple your Maintain Don’t Gain Holiday Challenge with $$Weigh and WIN $$

Healthy Holiday CHALLENGE

Maintain your weight and earn a $15 Amazon gift card!

HOW IT WORKS:

1. Visit www.WeighandWin.com/HealthyHolidays.htm. Log-in to your Weigh and Win account (or sign-up for free at WeighandWin.com) to join the challenge and access your Healthy Holidays Dashboard.

2. Visit a Weigh and Win kiosk between November 19-26 to complete a pre-holiday weigh-in. Weigh and Win will provide tips to help you maintain your weight during the holidays!

3. Complete your post-holiday weigh-in any time between January 1 - 8, 2015. If your weight is within 1 pound of your pre-holiday weight you’ll earn a $15 Amazon gift card!

Here’s to a happy and healthy holiday!

*Must have a free Weigh and Win account. Only weigh-ins completed at a Weigh and Win kiosk during the specified weigh-in dates (November 19-26, 2014 and January 1-8, 2015) will count. If your weight is within 1 pound (or if you lose weight) you will win a $15 Amazon gift card. Gift cards will be sent electronically to the email address listed in your Weigh and Win profile by January 16, 2015.
Spoonable Avocado Smoothie

Avocados for breakfast? Believe it or not, avocados are packed full of potassium, healthy fats, and 18 amino acids! Pass on the chips and spices, and grab a spoon when you try this tasty wake-up treat!

1 small, ripe avocado
1 cup frozen mango chunks
Handful of baby spinach leaves
1 cup, your choice, of one of the following: apple juice or other fruit juice; or rice milk, almond milk, coconut milk (fruit juices will add sweetness and flavor; nut milks will add creaminess with only subtle flavor changes)
Honey, to taste or 2 packets Stevia to taste
Optional – 1 Tablespoon soaked chia seeds

Blend the avocado, mango, spinach, and your choice of liquid together on the highest speed of your blender until the mixture is creamy. Add honey or Stevia to taste. For an extra boost, stir in the soaked chia seeds by hand.

*If you use fresh mango instead of frozen, toss in a few ice cubes while blending to thicken and chill the mixture!
**You can also add some pineapple chunks to add a little more tropical flavor to the start of your day.

Click here to learn how to earn Employee Wellness Points for a Striiv Activity Band
http://www.sd27j.org/Page/3075
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