Our 27J Active Day 10-Week Challenge is LIVE! It will be fun to watch which teams will dominate the leaderboard each week.

After Week 1: Overall Leaderboard is –
BHS Team 1 (1st Place), South Elementary (2nd Place),
Vikan Middle (3rd Place), Technology (4th Place), and BHS Team 2 (5th Place)
9 Weeks Remaining.....

Summer Shout Out’s -

Lisa Buckner - Is working her way towards completing 100 hikes. She set an ambitious goal in January to celebrate our Rocky Mountain National Park’s 100th Anniversary. To date- Lisa has accumulated over 300 miles on 83 hikes. You are so close Lisa....we are cheering you on!!
David Smith – Has lost 60 pounds since February and states that his fitness level is better than it’s been since he was in high school. David shared that he used to walk 5k’s with his family but this summer was able to run the Color Run with his daughter (who competes in cross country). He credits the Striiv Band and our first EveryMove challenge as the catalyst that really pushed him towards personal wellness. Congratulations David!!

Kim Weeks – Kim completed her first Ironman competition in early August and is continuing to train to compete in a second race in November. What is also cool…. she is raising $5000 for Smile Train - who performs cleft lip and cleft palate surgeries for kids around the world. If you would like to help Kim raise money for this great program let her know. Congratulations Kim!!
Paula Chalmers – Paula’s success continues….she stated that she could never have done this (Summit Mt. Bierstadt) a year ago! She adds…But if you drop 160 pounds and set your mind to doing something, anything is possible!!!!!

If you have summer shout outs or summer adventures you would like to share please email lmarten@sd27j.org
Kinetafit in Brighton is currently offering all school district 27J employees 50% off our one-month boot camp trial. Please reference code TRIAL5027J when you call us at 303-503-9344 or email us at Ruston@kinetafit.com

Licensed Massage Therapist –

Carrie Bracket is offering a special employee rate of $40/hour. Carrie is staff recommended. Call Carrie Bracket: 303-396-4559

Eagle View Adult Center - Bridge – (Learn how to Play) 😊

Beginning bridge is open to anyone desiring to learn bridge fundamentals. No prior knowledge of how to play bridge is preferred for this class. Instruction will begin with learning the fundamentals followed by practice. Evaluation of hands and how to score will also be included.

Instructor: Bobbie Jo Unruh. 10:00 – 11:00 a.m.

Thursdays Sept 10 – Oct 29

$12 - (8 wks.)

Deadline to enroll: Tuesday, September 8
Fall 2015
Sign up Campaign

If you are trying to lose weight but have low back pain as well, don’t let the low back pain interfere with your weight loss goals. We have a program free to all 27j employees that allows for you to take charge of your weight loss goals by healing and preventing low back pain. You may be eligible to participate in an 8-week online program to strengthen your core, gain flexibility and heal low back pain. Not only will you be able to do your exercises and stretches at home on any smart phone, tablet or computer, you will also have your own health coach to personalize your program and help you reach your goals.

Don’t wait, sign up today by going to:

www.telespine.com
(signup code: tele-7jsignupcode)

OR

Call:
Jackie, Director of Programs
888.708.1870

LOW BACK PAIN | OBESITY

OBESITY

OSTEOPOROSIS
DIABETES
CANCER
GALLSTONES
GOUT
HEART DISEASE

LOW BACK PAIN

Weight pulls on the spine causing low back pain

BMI and Low Back Pain are directly correlated

Adding exercise just 2 times a week can significantly reduce low back pain

WWW.TELESPINE.COM
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>1:30 a.m.</td>
<td></td>
<td>5:30 a.m. Swimming 27J District Pool</td>
<td>5:30 a.m. Swimming 27J District Pool</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td></td>
<td>4:00 p.m. Heather Evans Bootcamp – South Elementary</td>
<td>4:00 p.m. Heather Evans Bootcamp – South Elementary</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>5:30 a.m.</td>
<td>4:00 p.m.</td>
<td>5:30 a.m. Swimming 27J District Pool</td>
<td>4:00 p.m. Swimming 27J District Pool</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>4:30 p.m.</td>
<td>4:30 p.m. Heather Evans Bootcamp – South Elementary</td>
<td>4:00 p.m. Heather Evans Bootcamp – South Elementary</td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>5:30 a.m.</td>
<td>4:00 p.m.</td>
<td>4:30 p.m. Adult Fit Club Brantner Elementary</td>
<td>4:00 p.m. Adult Fit Club Brantner Elementary</td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>5:30 a.m.</td>
<td>4:00 p.m.</td>
<td>4:30 p.m. Adult Fit Club Brantner Elementary</td>
<td>4:00 p.m. Adult Fit Club Brantner Elementary</td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>5:30 a.m.</td>
<td>4:00 p.m.</td>
<td>4:30 p.m. Adult Fit Club Brantner Elementary</td>
<td>4:00 p.m. Adult Fit Club Brantner Elementary</td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>1</td>
</tr>
<tr>
<td>5:30 a.m.</td>
<td>4:00 p.m.</td>
<td>4:30 p.m. Adult Fit Club Brantner Elementary</td>
<td>5:30 a.m. Swimming 27J District Pool</td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>1</td>
</tr>
<tr>
<td>5:30 a.m.</td>
<td>4:00 p.m.</td>
<td>4:30 p.m. Adult Fit Club Brantner Elementary</td>
<td>5:30 a.m. Swimming 27J District Pool</td>
</tr>
</tbody>
</table>

Kaiser Permanente Fitness Classes available FREE to all District 27J Employees

SEPTEMBER 2015
Save these dates —

**Saturday, October 3**  
6\(^{th}\) Annual Race for the GYM  
Questions can be directed to Nicole Swaggerty at x2887

**27J Flu Shot Clinics:**

- **Monday October 5\(^{th}\)**  
  @ Turnberry Elementary  
  2:30-4:30 p.m.

- **Tuesday October 6\(^{th}\)**  
  @ Overland Trail Middle  
  2:30-4:30 p.m.

- **Wednesday October 7\(^{th}\)**  
  @ Brighton High School  
  3:00-5:00 p.m.

- **Thursday October 8\(^{th}\)**  
  @ Transportation  
  8:30-10:30 a.m.

- **Monday October 12\(^{th}\)**  
  @ Northeast Elementary  
  2:30-4:30 p.m.

- **Tuesday October 13\(^{th}\)**  
  @ Administration Building  
  8:30-10:30 a.m.

- **Tuesday October 13\(^{th}\)**  
  @ Prairie View High School  
  2:30-4:30 p.m.

- **Monday October 19\(^{th}\)**  
  @ Second Creek Elementary  
  2:30-4:30 p.m.

- **Thursday October 22\(^{nd}\)**  
  @ West Ridge Elementary  
  2:30-4:30 p.m.
Sip Smarter

As part of an overall healthy diet, replacing sugary drinks with low- and no-calorie beverages can help you limit calories, which may help you achieve or maintain a healthy weight.

Replace sugary beverages...
• full-calorie soft drinks
• energy/sports drinks
• sweetened “enhanced water” drinks
• sweet tea
• sweetened coffee drinks

with these better choices!
• water – plain, sparkling and flavored
• diet soft drinks
• coffee and tea without added sugars

The facts may surprise you.

Most Americans consume nearly 20 TEASPOONS of added sugars EACH DAY.

That’s TRIPLE the recommended daily limit for women and DOUBLE for men!

Sugar-sweetened beverages like soda and energy/sports drinks are the #1 SOURCE OF ADDED SUGARS IN OUR DIET.

A can (12 FL OZ) of regular soda has about 150 CALORIES AND 10 TEASPOONS of added sugar.

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: HEART.ORG/SIMPLECOOKING
The possibilities will delight you!

Try these tips to switch to drinks with less added sugars. They’ll quench your thirst and taste good.

**Start cutting back.**

Take steps to reduce or replace added sugars (caloric sweeteners) in your diet:

- **REPLACE** some of your drinks WITH WATER.
- **SWAP** a full-calorie soda with diet soda.
- **REDUCE** the amount of SUGAR in your coffee and tea.
- **ADD** plain or SPARKLING WATER to drinks to keep some of the flavor with less added sugars per serving.

**Choose water.**

Make water the easy, more appealing choice:

- Carry a refillable WATER BOTTLE.
- **ADD** a splash of 100% fruit juice or slices of citrus, berries and even cucumbers for a BOOST OF FLAVOR.
- Try seltzer, club soda or sparkling water if you crave THE FIZZ.
- Add a LOW-CALORIE SWEETENER.

**Make it at home.**

Family favorites like hot chocolate, lemonade, smoothies, fruit punch, chocolate milk and coffee drinks easily can be made at home with less added sugars.

**START WITH UNSWEETENED** beverages, then flavor to taste with additions like fruit, nonfat milk, low-calorie sweeteners, and herbs and spices.

Get great recipes for beverages and more at RECIPES.SPLENDA.COM and HEART.ORG/SIMPLECOOKING.

---

**Read the label, and choose wisely.**

Some drinks that appear to be healthy may be high in calories and added sugars. Check servings per container and ingredients list.

Keep in mind that added sugars go by many names, including sucrose, glucose, maltose, dextrose, high fructose corn syrup, concentrated fruit juice, agave nectar and honey.

**FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES:**

HEART.ORG/SIMPLECOOKING

©2015, American Heart Association. C09068 7/15