Employee Wellbeing News

THESE PEOPLE ARE TOTALLY LOSING IT...

Lindsay, Kealie, Lynette, Andy, Alisa, Theresa, Alyssa, Laurie, John, Paula, Cathy, Candace, etc...

LOSING IT, LOSING IT, LOSING IT - - - - - - - WEIGHT THAT IS...

-10, -41, -30, -38, -22, -7, -31, -160+, -9, -20, -170+, -25, etc...

HERE IS WHAT OUR CO-WORKERS HAVE SAID THEY GAINED - FROM THEIR LOSS

I feel so much healthier, more energetic.

I have more energy; feel in control of my life, proud of myself.

I bought a size 6 in pants the other day and was just shocked—excited but shocked. I am very proud of my weight loss and feel great. I can hike, walk and bike without getting winded.

Feeling much better, stronger and fit while getting into clothes comfortably.

I have found an effective way to lose weight and not starve! It is nice to be in charge of what I eat and know how certain foods may or may not affect weight loss and gain.

Down 38 pounds by utilizing the Fitbit device and making sure I walk at least 10,000 steps a day. I get 30 minutes of active time per day – “me” time actually. I have read so many good books recently while I am walking – giving me a break from the hustle of daily life. Overall – I feel amazing! It’s so uplifting to get those compliments about how great I look and that I’ve lost the weight. I’m super proud of my accomplishment!

It’s exciting to see such change with very little effort! I feel great and certainly more energetic! It also made me more mindful of reading labels and making wise choices.

I feel fantastic! I have gone down a pant size and I love seeing the steps on my fit bit at the end of the day.

Losing weight has given me more energy and makes me more confident. It’s been really fun to have people notice around the office and their encouragement has kept me on track.

Losing weight made me love life and myself again!
Employee Wellbeing News

Losing it comments (continued)

I wanted to take control and have. Walking and keep a balanced diet of no more than 1200 calories a day and drinking half my weight in water a day.

Losing weight has increased my confidence. I feel more comfortable in my own skin then I have in years. I also feel younger and more energized. It is nice to be able to keep up with my kids and to be active with them. They have even started trying to be more active and healthy themselves. Losing weight has been a blessing to my family in many ways.

Thank you to our co-workers who have shared their weight loss comments with all of us. Their comments have definite patterns; more energy, feeling great and a proud sense of accomplishment.

More notably - regardless of what methods our peers may have used to make a change - we all benefit. They changed not only themselves – but their environment, circumstances and conditions. Actually, I would venture to say that the one common method they all changed was their way of THINKING....to change the effect you must change the cause.

Kaiser Permanente WeighandWin - FREE Program
Onsite Classes

ALL CLASSES OFFERED BY 27J EMPLOYEE WELLNESS ARE FREE!!!

October 2016

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Message from Rob Cordova with RightFitt Nutrition

Hello Teachers and Staff!!

I am a health and wellness coach at our local smoothie bar, RightFitt Nutrition at the Platte. We opened our doors 1 year ago to the day!! We blend up healthy, delicious smoothies that contain only 170 calories, and 15 grams of protein! To give you a comparison; a Starbucks Frappuccino can contain up to 350 calories with no protein at all! That doesn't even count the muffin to go with it!

We have an extended menu to satisfy your cravings from Chocolate Peanut Butter, all the way to a tropical Pina Colada. You also get a cup of our incredible energy tea that helps you burn 80 calories per serving and gives you a great boost of energy with no crash.

Print this information and receive 1/2 off your first smoothie!!

We are located at 119 W Bridge St. just west of HW85.

We look forward to meeting you!

Like us on Facebook: https://www.facebook.com/atThePlatte/?fref=ts

Rob Cordova
303.882.4150

Looking for a positive environment to work out? All fitness levels, unlimited sessions at multiple locations (Over 50 locations in the Denver area) School District 27J Employees!! Discounted rates on your membership price & Over HALF off your first month!! Contact me for more details:

Cory Everhart, CPT  Cell: 720-333-6593
email: CoryEverhart@CampGladiator.com, Facebook - Camp Gladiator/Brighton.
Moving your body is not as difficult as you may think. In fact, studies show that 30 minutes of daily exercise is enough to keep you healthy and in shape.

**DURING TRAINING:**

- Metabolic rate increases.
- Blood viscosity is improved.

The oxygen flow rate increases from 8 liters (when you’re at rest) to 100 liters per minute.

The increased blood flow allows the cells to take in more oxygen and nutrition from blood.
JUST AFTER TRAINING:

Your body begins to digest proteins and carbohydrates 4 times faster, so you lose weight more quickly.

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Your brain starts to release more endorphins, which lift your mood.
A FEW HOURS AFTER TRAINING:

You become more confident, and your self-esteem improves.

Your blood pressure becomes normalized.

You begin to sleep better, and your sleep quality improves.
AFTER A FEW WEEKS OF REGULAR TRAINING:

Lung capacity increases.

Your heart and blood vessels work better.

You get hardier.

Your blood's hemoglobin level improves: the number of red blood cells per cubic millimeter of blood increases from 5 million to 6 million.

Your immune system becomes stronger: the level of lymphocytes in the blood goes up.

The body regulates the levels of sugar and other substances in the blood more easily.

Your body stores less fat.
AFTER A FEW MONTHS OF REGULAR TRAINING:

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You become less prone to stress, and you're less likely to experience depression and mood swings.

The oxygen transfer to your muscles increases, and microcirculatory blood flow improves.

An improved coordination of movements helps you strengthen your nervous system. The speed of nerve impulse transmission increases; the brain activity improves, and we make decisions more quickly.

The musculoskeletal system of the body strengthens: your muscles become bigger, and your bones become denser.
AFTER A FEW YEARS OF REGULAR TRAINING:

Homecoming party

Your life expectancy increases.
You stay young for longer.

© BRIGHTSIDE
There is a new Fitness place in town -

Check them out here:

http://www.grindersfitness.com/

Your First Class is FREE -

Call us today at 720-749-4779 to start getting fit!