Employee Wellbeing Newsletter

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Employee Wellbeing News

Again this year as in the past, the purpose of our monthly newsletter is to provide you specific information about Employee Health & Wellness. While physical activity is essential and actually quite wonderful – perhaps this is the year to reach beyond just the physical in terms of overall wellbeing.

My mission remains the same:
To create the conditions within which our employees will find the motivation to take self-directed action towards their own emotional, mental and physical wellbeing.

Staff Wellness news can also be found at: http://www.sd27j.org/Page/1470

They Want You!

These three local businesses would love to have you as a new client. They are actively seeking out district employees:

Brighton Kinetafit -
BACK TO SCHOOL TRANSFORMATION CONTEST

Over the course of 6 weeks as we say goodbye to summer, Kinetafit is holding a Back to School Transformation Challenge. We will be holding our Back to School Kickoff Meeting on September 1st to give you all the secrets to fat loss that the rest of the industry doesn’t want you to know! We will cover everything you will need to make sure that you get the most out of the upcoming 6 weeks and look and feel your best as summer ends!

The kick off meeting will take place at Kinetafit on September 1st at 7:30 PM. The contest will start on September 5th and run through October 16th. First weigh in is between September 1st – September 6th. Sign Up Now!! Tons of prizes including cash for most weight loss plus 2nd & 3rd place!

CALL 303-653-9440 TO RESERVE YOUR SPOT TODAY.

Brighton FITT -
Rob Cordova – 303-882-4150
Rob@5280fitnessconsulting.com

I am excited to invite you to our first District FITT Challenge!! Our coaches have pulled together to offer you some incredible coaching and insight that will help you get results!!

Who Should Join? Anyone who wants to learn the proper ways to live a healthy lifestyle including nutrition and fitness coaching.
Employee Wellbeing News

Brighton Fitt (continued)

What will you teach me?
Weight Loss Tools / Muscle Gain Techniques / Macro and Micro Nutrient Goals / Digestive Health / Sleep/ Stress and effect on weight loss / Metabolism and Energy Management / Efficient Exercise / Long Term Manageable Results!!

How does it work?
Message your FittCoach (who invited you) / Meet Coach for Success Session / together create your nutrition and fitness plan based on goals / Weekly meeting locally or online / Option to join in our exercise groups!!

Join one of our information sessions on September 7th if you have any questions!

How much does it cost? $35

Brighton campGladiator –
Cory Everhart 720-333-6593
coryeverhart@campgladiator.com

Brighton Locations
Chapel Hill Church 10 Chapel Hill Dr. Brighton, Co – M, W, F – 5:30 am and T,TH – 5:00 am

Benedict Park 1855 Southern St. Brighton, Co – M, W, F – 8:30 am

Carmichael Park 650 Southern St. Brighton, Co – T,TH – 9:00 am

Dewey Strong Park 468 Longspur Dr. Brighton, CO – M, W – 6:00 pm

Benedict Park 1855 Southern St. Brighton, CO – T,TH – 6:30pm

Stay tuned for our DLC Challenge this year.
### Onsite Classes

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

#### September 2016

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Heather Evans’s Boot Camp Class @ South Elementary is **HIGHLY recommended!!**
New Class!

27J Small Group Introduction to

Personal Mindfulness

Are you searching for greater personal wellbeing and resilience for yourself?

If so – please join other 27J staff members for a 6-Week small group class –

“Introduction to Personal Mindfulness”

Denise Harford our 27J Third Grade Teacher at West Ridge Elementary will be the class instructor.

Class day: Tuesday's

Class dates: September 20th, 27th, October 4th, 11th, 18th, 25th, November 1st

Time: 4:00 p.m. - 5:00 p.m. Denise will be available until 5:15 p.m.
Please watch for information on the conversion from EveryMove to:

MyFitnessPal is a free site.....

I have set up a - SD27J - Group on myfitnesspal. If you would like to be a member of the group please let me know and I will invite you. Come join me and continue sharing in our common desire to lead healthier lives.

http://www.myfitnesspal.com/