

Mapleton Public Schools Wellness Weekly Long Live You!

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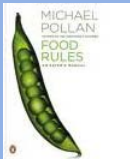
IN THIS ISSUE

10 Ways to Stress Less Today!

In the Kitchen with Director of Nutrition Services Joella Carron

"The Biggest Loser" comes to Mapleton

Book Nook
Read well, be well!



"Food Rules"

by Michael Pollan
(140 pages)

Join the Wellness Committee in reading "Food Rules," a short review of healthy eating tips you've probably heard before - but a little reminder never hurts!

The Book Nook will meet on Wednesday, March 3 from 4-5 p.m. at the Skyview Library. Come join us for some healthy snacks and good conversation!

While you are reading, be thinking about the following questions:

- 1) Which rules do you most aspire to follow?
- 2) Which rules would be most difficult for

Issue 1

February 1, 2010



Welcome to Mapleton's Wellness Weekly!

Mapleton Public Schools is committed to providing opportunities for all interested employees to participate in educational, social, and physical activities that are related to improving their personal health.

An incredible 42 percent of you responded to the Wellness Interest Survey sent out in December! Thank you for taking the time to share your lifestyle habits, goals and interests. Using the data you provided the Wellness Committee has designed a series of events and activities to support you in creating a healthier lifestyle by focusing on your total health - mind, body and spirit!

Free Health Assessments courtesy of Bally Total Fitness! Mark your calendars! For two days Bally Total Fitness will be in Mapleton offering FREE health assessments including BMI, flexibility, caliber tests and cardiovascular tests. Two personal trainers will be on site to provide you with 10 minutes of one-on-one training to help you maximize your wellness potential! Mapleton's District Nurses will also be onsite to check your blood pressure!

Feb. 12
10 a.m. - 6 p.m.
Monterey gym
2201 McElwain Blvd.
Denver, CO 80229

Feb. 26
10 a.m. - 6 p.m.
Old Mapleton High School gym
(currently the New America School)
601 E. 64th Ave.
Denver, CO 80229

Bally Total Fitness is happy to extend a corporate discount to Mapleton employees with memberships starting at \$24.99 per month for use at any Bally Total Fitness location. More information at www.ballyfitness.com

you to follow? Don't forget to RSVP by emailing

mapletonwellness@mapleton.us

Pick up your copy of "Food Rules at your local bookstore (\$11) or on Amazon.com (\$5).

[Hear from author Micheal Pollan](#)

Chew on This

Your average [strawberry frosted doughnut](#) contains about 240 calories (not too bad) and 10 grams of fat (ouch!). That's not exactly a caloric nightmare-as long as you limit yourself to just one. (And we all know how hard it can be to stop once you get started.)

According to [SparkPeople.com's Fitness Tracker](#), a 150-pound person who walks briskly at a 15-minute mile pace (4 mph) will burn 5 calories per minute. To burn off the doughnut you'd have to walk around the office (at this quick pace) for 48 minutes, which is just over 3 miles!

Empower Your Lunch Hour!

Sub the sub - get a salad!
The next time you find yourself ordering a sandwich at Subway, switch it up with a spinach salad, grilled chicken breast and all the veggies! Healthy, fast and fantastic!

Words of Wellness

For more words of

Join us on Sparkpeople.com! Find us under "Mapleton Wellness."

Wellness Watch: Get ready to walk across Colorado without ever leaving Mapleton! Check out the next Wellness Weekly for more information!

This Week in Wellness

TV Watching May Shorten Your Life

Too much sitting raises your risk of dying from heart disease, researchers say

By Steven Reinberg
HealthDay Reporter

(HealthDay News) -- Every hour spent watching TV each day may increase your risk of an early death from cardiovascular disease by as much as 18 percent, Australian researchers say.

What's on the television is not the problem; it's the time spent sitting while watching.

"This research provides another clear link between too much sitting and death from disease," said lead researcher David Dunstan, head of the Physical Activity Laboratory at the Baker IDI Heart and Diabetes Institute in Victoria.

"The findings have serious implications for Americans and Australians when you consider that aside from sleeping, watching television is the behavior that occupies activity of four hours viewing a day," he added.

The good news is research has shown that moving the muscles frequently throughout the day is one of the most effective ways of managing weight and protecting against disease, Dunstan added.

Read the entire article at http://www.sparkpeople.com/resource/health_news_detail.asp?health_day=634816



Stress Less

10 Ways to Avoid Stress

Nail biting, mindless eating, nervous pacing - we all have our own methods of coping with stress. If yours just isn't working for you, check out these tips from Ragan Management Resources.

1. Be assertive. Say no when you mean it and ask for help when you need it. Think how much stress is created when we're committed to something we don't really want to do, or when we're expecting others to read our minds.
2. Treat yourself at least as well as you treat everyone else. Would you expect your loved ones to always be perfect? To

wellness visit:

www.sparkpeople.com

www.kaiserpermanente.org

Comments? Questions?
Wellness ideas?

Write the Wellness Committee!

mapletonwellness@mapleton.us

never need rest? Of course not! Don't expect such things from yourself.

3. Take the time to get organized. Clean up the stacks in your office, file all those Word documents on your computer; you know your problem areas. Not being able to find things causes a great deal of stress. You'll have to schedule the time or it won't happen.

4. Get enough sleep! A lack of sleep will skyrocket your stress levels. Most people need somewhere between seven and nine hours of sleep a night. Make sure you're getting enough; make it a priority. A lack of sleep can negatively impact your health in other ways as well.

5. Leave stressful situations. Turn down the promotion, exit the meeting, reschedule the appointment, end the relationship, even quit the job! You are in control of your life.

6. Have more realistic expectations. Don't expect the cable man to arrive on time, your computer never to crash or to get back into your high school jeans. Lower your expectations and lower your stress!

7. Stop trying to control or change other people. If your boss has been a jerk for 10 years, quit thinking he will change! Just accept him for who he is and control the only thing you can - how you react to him.

8. Exercise! I know you've heard it before, but if you're not doing it - well, you're nuts! Just walk! Do something - the quality of your life depends on it. You'll have more energy, less stress, look younger, feel better... what are you waiting for?

9. Find some relaxation techniques that will work for you - deep breathing, meditation, progressive muscle relaxation, taking a hot bath, visiting a spa. These can make a big difference in helping manage stress.

10. Have fun! Laughter is a great stress reducer, but unfortunately we don't always do enough of it. Make sure you give yourself permission to have fun and then plan some - visit a comedy club or record the shows that crack you up and watch them!

Carron's Cuisine

In the kitchen with Nutrition Services Director Joella Carron

Whether you're planning a party for Sunday's big game, or just looking for a healthy snack, these jalapeño poppers will spice up snack time any time!

Jalapeño Poppers

Only 87 calories per popper !

12-18 poppers | Total Time: 40 minutes
Ingredients



- 12-18 whole fresh jalapenos
- 1 cup nonfat refried beans
- 1 cup shredded Monterey Jack or extra-sharp Cheddar cheese
- 1 scallion, sliced
- 1 teaspoon salt, divided
- 1/4 cup all-purpose flour
- 2 large eggs whites, 1 egg yolk (2 eggs total)
- 1/2 cup fine cornmeal
- Olive oil or canola oil cooking spray

Preparation

1. Make a small slit on one side of each pepper. Place the peppers in a large microwave-safe dish. Cover and microwave on High until just softened, about 5 minutes.
2. Meanwhile, combine refried beans, cheese, scallion and 1/2 teaspoon salt in a small bowl.
3. When the peppers are cool enough to handle, scrape out the seeds with a small spoon (a 1/4-teaspoon measuring spoon works well). Fill each pepper with about 1 tablespoon of the bean filling, or until the pepper is full but not overstuffed (the amount will depend on the size of the pepper). Close the pepper around the filling.
4. Preheat oven to 450°F. Coat a large rimmed baking sheet with cooking spray.
5. Place flour in a shallow dish. Separate and discard 1 egg yolk keeping the egg white, lightly beat remaining (1) egg yolk and egg whites from both eggs in another shallow dish. Combine cornmeal and the remaining 1/2 teaspoon salt in a third shallow dish. Roll each stuffed pepper in flour, shaking off any excess. Dip in egg and let any excess drip off. Then roll in the cornmeal mixture. Place the peppers on the prepared baking sheet. Generously coat all sides of each pepper with cooking spray.
6. Bake for 5 minutes. Turn each pepper over and continue baking until hot and the filling starts to ooze in a few spots, about 5 minutes more.

Tips & Notes

- Make Ahead Tip: Cover and refrigerate the filling (Step 2) for up to 1 day.
- Kitchen tip: Touching hot peppers will/can burn your hands. Wear rubber gloves or wash your hands thoroughly after handling them.

Mapleton's Movers, Shakers and Motivators

Mapleton's Transportation Department hosts "The Biggest Loser"

They may not have personal trainer Jillian Michaels, but with a scale, \$5, and a motivated team, Mapleton's Transportation department does have their own version of "The Biggest Loser."



For the second year in a row, the Transportation department is hosting their version of the popular reality

fitness show. Participants put \$5 in a jar at the start of the competition. The person who loses the highest percentage of body fat at the end of six weeks keeps the cash. Measurements are taken every Monday..

The first time around it was huge, says Ronna Gerst, Transportation trainer. The winner, Karen Allen, took home \$95. The competition was brought back by popular demand.

Gerst says their small competition inspired people to join gyms and fitness clubs, start watching what they eat and what they bring to share at the office. It hasn't stopped cookies and cupcakes completely, Gerst said, but the transportation department is definitely seeing less sweets.

For other offices interested in starting their own fitness competition, Gerst advises to keep it light. "It's a fun thing. Open it up to as many people as you can. It will spread like a virus and pretty soon people will be talking about, walking around the block at lunch time and encouraging each other. When someone loses a pound we all celebrate and make a big deal out of it."

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