

Mapleton Public Schools Wellness Weekly Long Live You!

mapletonwellness@mapleton.us

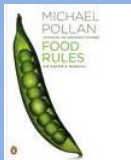
www.mapleton.us/departments/communications/wellness.cfm

IN THIS ISSUE

February is National Heart Month!

Dish out a romantic dinner for two
- all the love without the love
handles!

Book Nook
Read well, be well!



"Food Rules" by
Michael Pollan
(140 pages)

Food Rule # 7 - Avoid food products containing ingredients that a third-grader cannot pronounce.

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 you to follow? Don't forget to RSVP

Issue 2

February 8, 2010



Welcome to Mapleton's Wellness Weekly!

Early mornings, late nights, packed schedules and prior commitments often come between you and a healthy lifestyle. In fact, Mapleton employees said the top barriers to participation in wellness programs include busy work schedules, busy home/family schedule, inconvenient times and locations and lack of promotion.

To help overcome some of those barriers, the Wellness Committee is bringing the gym to you for two FREE FITNESS FRIDAYS!

Bally Total Fitness is coming to Mapleton to give free health assessments and free one-on-one sessions with Bally personal trainers (10-15 minutes each) for all Mapleton employees! Health assessments include BMI, flexibility, caliper tests and cardiovascular tests. District nurses will also be on hand to take blood pressure!

When: Friday, Feb. 12

Where: Monterey Community School gym
2201 McElwain Blvd.
Denver, CO 80229

Time: 10 a.m. - 6 p.m.

When: Friday, Feb. 26

Where: Old Mapleton High School gym (currently the New America School)
601 E. 64th Ave.
Denver, CO 80229

Time: 10 a.m. - 6 p.m.

See you there!

Bally Total Fitness is happy to extend a corporate discount to

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

The average person eats almost 175 pounds of sugar a year-about half a pound a day. The single biggest source is sugary drinks. The extra calories from all that sugar leads to weight gain that can put people at risk for lifelong health problems such as diabetes and heart disease.

Soda is the number 1 source of sugar in the American diet. 30% of all calories consumed daily are from sweetened beverages. Americans spend \$56 billion annually on purchasing sugary soft drinks. U.S. teens consume twice as much soda as milk. Drinking just one 20-ounce bottle of soda each day for a year can result in gaining 25 extra pounds.

Sugar content in popular beverages

Soda	Sweetened tea drink	Sports drink	Water
20 oz	16 oz	20 oz	All you want
240 calories	220 calories	140 calories	0 calories
17 tsp of sugar	13 tsp of sugar	9 tsp of sugar	0 tsp of sugar

[Learn more about weight management from Kaiser](#)

Mapleton employees with memberships starting at \$24.99 per month for use at any Bally Total Fitness location. More information at www.ballyfitness.com

Wellness Watch: Get ready to walk across Colorado without ever leaving Mapleton! More information to come!

This Week in Wellness

February is National Heart Month!

Kaiser Permanente has all of the resources you need to help you take care of your heart! Visit www.kp.org/heart for more tips and information!

Heart disease is the leading cause of death in the United States. A simple cholesterol blood test and blood pressure check can help you and your doctor determine your risk.

Heart disease-illness of the heart and blood vessels-remains one of our nation's greatest health threats. The most common type, coronary artery disease, is the leading cause of death for both men and women in the United States.

You can greatly reduce your risk of developing heart disease-or slow its progression if you've already suffered a heart attack-by working closely with your doctor and paying attention to your lifestyle.

Do something good for your heart every day

- Eat a healthy diet.
- Watch your weight.
- If you smoke, learn about our resources to help you quit.
- Keep your blood pressure and cholesterol at recommended levels.
- Exercise regularly.
- Manage your stress.
- Take aspirin daily (if recommended by your doctor).
- Even gradual improvements in any of these areas can make a big difference in your health and how you feel.

Stress Less

Get with the program to manage your stress

HealthMedia® Relax™ is a free online program that delivers an individually tailored plan for handling stress. Discover what causes your stress and find ways to help manage it when you log on to this interactive program. People who have completed the program have reported a 58-percent reduction in their stress.*

The Relax™ program teaches you skills to help you manage the symptoms and health issues related to stress, including:

- Headaches
- Irritability and depression

Empower Your Lunch Hour!

Lunch Strategies for Work
The Best Choices When You Don't Have Time to Pack

-- By Rebecca Pratt, Staff Writer
www.sparkpeople.com

When you're not able to brown-bag it, don't let that excuse derail your healthy diet! Instead, make smart choices:

If your only option is fast food, pick a broiled chicken breast sandwich, but skip the high-fat sauces. Or, try the salad bar, but keep portions of dressing, cheese, and high-fat meats (like pepperoni) under control. Limit mayonnaise salads, including coleslaw, potato, egg and chicken salads. Beware of all-you-can-eat "deals" that will sabotage your hard-won healthy choices.

Try to avoid vending machines. If it's your only option (or you're just tempted beyond belief), choose the healthier items: wheat crackers, pretzels, yogurt, string cheese, or dried fruit.

- Sleep problems
- Weight and nutrition
- Smoking

This program requires you to be registered and signed on to the Kaiser Permanente Web site. If you haven't done so, [register now](#).

Carron's Cuisine

In the kitchen with Nutrition Services Director Joella Carron

Plan a romantic dinner for two this Valentine's Day! All the love, none of the love handles!

Salmon and Asparagus

2 servings

Prep: 10 minutes

Bake: 12 minutes

Ingredients

1/2 pound fresh asparagus spears, cut into 2-inch pieces

3/4 teaspoons extra virgin olive oil

Course sea salt and freshly ground pepper to taste

1/2 pound fresh or frozen salmon fillets with skin

1/2 teaspoon finely shredded lemon peel

1/2 teaspoon snipped fresh parsley

Directions

1. Place two (1 large and 1 medium) cast-iron skillets or oven-safe heavy skillets in a cold oven; heat oven to 450 degrees F. In a medium bowl combine asparagus and 1/2 teaspoon olive oil; sprinkle with salt and pepper. Brush the remaining 1/2 teaspoon of olive oil on both sides of fish;

sprinkle lightly with salt and pepper.

2. Carefully remove hot skillets from oven. Place fish, skin side down, in the

large skillet. Place asparagus in medium skillet. Return skillets to oven.

Bake for 12 minutes, or until fish flakes easily when tested with a fork

and

asparagus is crisp-tender.

3. To serve, sprinkle fish with lemon peel and parsley.

Nutrition facts per serving:

Calories - 235

Total Fat (g) - 14

Saturated Fat (g) - 3

Monounsaturated Fat (g) - 6

Polyunsaturated Fat (g) - 5

Cholesterol (mg) - 67

Sodium (mg) - 168

Carbohydrate (g) - 2

Total Sugar (g) - 1

Fiber (g) - 1

Protein (g) - 24

Vitamin C (DV%) - 15

Calcium (DV%) - 3

Iron (DV%) - 10

Words of Wellness

For more words of wellness visit:

www.sparkpeople.com

www.kaiserpermanente.org

Comments? Questions? Wellness ideas?

Write the Wellness Committee!

mapletonwellness@mapleton.us

Mapleton's Movers, Shakers and Motivators

Q&A with Tiffany Skidmore, Mapleton teacher Finding a balance: your passion and your health

Q. Describe your wellness dilemma.

A. Teaching is a job that I can't do without pouring my life's blood into it. During the first few years it was so hard to draw personal boundaries and maintain a balance in my life. The nature of the job, for me, was so personal that I found myself in the following destructive life habits: not getting adequate rest, poor nutrition (frozen/quick meals, fast food, sugar treats at school and at home), too tired to exercise, vegging out with any extra time. I was constantly exhausted in every way and nearly always felt overwhelmed and drowning.

Q. How did you approach your lifestyle change? What research did you do?

A. I ended up joining a crossfit gym. Once I joined, I found a group of people that supported me and my fitness/wellness goals, educated and coached me toward them, and held me accountable when I felt like quitting. I felt so successful and reconnected with the part of me that loved physical activity and FUN! I started feeling stronger, physically as well as mentally, and started to take control of my life.

Q. How did you find a program that worked for you? What were your results?

A. I think it worked for me because I LOVED the intensity of the workouts and the challenge of it. The atmosphere of my gym was positive and supportive, no matter where I was at in my journey. I was able to dial in my nutrition and gained several strategies to avoid "the munchies", I found a sport that I loved and was able to compete in athletic events again. I was able to feel successful as I was able to keep my nutrition goals and gain in fitness "benchmarks". I lost some weight and gained muscle, but the biggest change was my mental state, my moods, and my energy level. These changed drastically for the better as I made MYSELF the priority. In the end I became a better teacher by taking care of myself!

Q. What advice would you offer other Mapleton employees thinking about a lifestyle change?

A. I would suggest seeking out something that you love and from there exploring new activity/wellness interests. I believe that support and a positive environment is also essential to making changes that stick! By making yourself a priority, you will be better and be able to give more to those around you! Above all be gentle with yourself and remind yourself you are making these changes because you love yourself and want to be healthier! If you mess up, remember it's just one slip up....and go on.

You are stronger than you think you are!

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