

Life fails to be perfect
but
never fails to be beautiful.

Choose To Be a Better Me

November 2022

WELLNESS NEWSLETTER

Pampa Independent School District is committed to creating a culture of health and wellness for its employees.

A Wellness Program provides opportunities, tools and resources that empower personnel to make healthy lifestyle choices. PISD seeks to promote and support a healthy work environment, health awareness, individual responsibilities for a healthy lifestyle, decreased risk of illness and enhanced quality of life for all employees. Healthy employees are more productive, have more energy and better manage stress. A Wellness Program for district personnel can keep all employees healthy, decrease sick days, lower insurance costs, and increase employee retention and recruitment. We also understand that healthy adults serve as role models for children in both actions and behaviors.

Supporting the wellbeing of our employees will foster a culture of health among all staff in which healthy behaviors are supported and encouraged both at school and at home.

Fitness Opportunities for a New You!

Pampa Youth Center
1005 W. Harvester - 665-0748

www.pampafitness.com

PISD rates:

Entire Facility

Individual-\$300 or \$25-month

Husband/Wife-\$480yr or \$40month

Family-\$540yr or \$45month

Multipurpose(Basketball,Tennis,Pool)

Individual-\$240yr or \$20month

Husband/Wife-\$300yr or \$25month

Family-\$420yr or \$35month

Classes Fees Independent

Nonmember-\$6

Classes Offered: Classes are included in a membership. If not a member your first class is Free.

HIIT (High Intensity Interval Trng)

M/W/F-5:15am M/W/TH-6:30pm

SPIN CLASS

M/T/Th - 5:30pm-T/Th-5:30am and 12:15pm

CROSSFIT

M-6am/8am/5:30pm

T-5am/6am/8am/5:30pm

W-6am/8am/5:30pm

TH-5am/6am/8am/5:30pm

F-6am/5:30pm

YOGA/BARRE

T/TH - 9:30am

WATER AEROBICS

Mon/Wed/Fri 11:25am

Jazzercise Pampa

2211 Perryton Pkwy

663-2065

Monday thru Thursday

8:30am/4:30 & 5:30pm

Friday 8:30am and 4:30pm

Sat - 9:30am Sun - 4:30pm

Sun - 4:30pm

Anytime Fitness

211W.30th - 665-3333

www.anytimefitness.com Join for

\$1! Starting at \$38 a month.10%

Discount PISD employees.Video

Workouts Available Including (TKO, Kickboxing, Vibe Dance, Stomp Step, Fusion, Express, Kinetics, Definition, etc.)

New Life Wellness Center

701 N. Price Rd.665-7261

www.newlifewellnesscenter.org

Yoga Classes Mon. Tue & Thur.

7:30-8:30pm \$5-session (or 5

sessions for \$20) 20% Discount for

Healthcare supplies- Massage

Therapy

Workouts-FREE!!

Central Administration Office

Tuesday and Thursday at

4:45pm

YOGA-FREE!!

Central Administration Office

Wed at 4:45pm

If board room is available

Benchmark Functional Fitness

8681 Country Road 9

806-802-9054

Call for Schedule and Pricing



Crock Pot/Instant Pot White Chicken Chili

Ingredients

Ingredients

- 1 lb boneless, skinless chicken breasts
- 3 stalks celery, diced
- 1 yellow onion, diced
- 3 cloves fresh garlic, minced
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp coriander powder
- 1 tsp dried oregano
- 5 cups chicken broth, or bone broth
- 1.5 cups frozen organic corn
- 2 (15 ounce) cans Cannellini beans, drained
- 1-2 jalapeño peppers, thinly sliced for garnish
- a small bunch of cilantro, chopped for garnish

Instructions

1. Add all of the ingredients except for beans and corn in a slow cooker.
2. Cook for 4 hours on HIGH or 6 on LOW. I really prefer using the LOW setting if time allows.
3. Once cooked, shred the chicken, then return to the crock-pot together with the Cannellini beans and corn. Place the lid back on and

- cook for an additional 20-30 minutes.
4. Sprinkle with fresh chopped cilantro/parsley and jalapeno slices to serve.

To cook in the instant pot:

1. Place everything in your instant pot, seal, and press the soup button.
2. Cook for 30 minutes.
3. I let it sit at warming for 15 minutes after.
4. Remove chicken, shred with forks, then return to the pot.

RECIPE OF
THE MONTH

Community Recreation Opportunities



Go to www.cityofpampa.org or find information or on the Facebook by searching Pampa Recreation

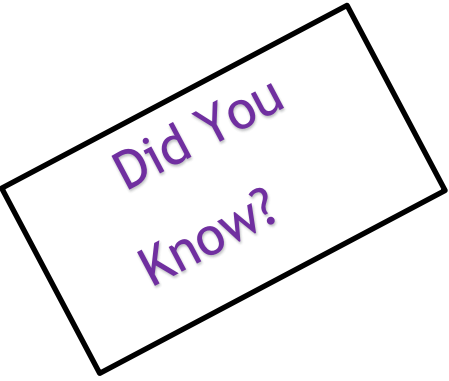
Check online for upcoming Tournaments and leagues. Call Collin Killgo for more information. 806-662-1369

Hidden Hills Golf Course - www.hiddenhillsgolfclub.com

Visit the PISD Wellness Page for Up To Date Information and
Calendar Of Events

https://pampaisd.net/534775_3

If you know of anyone who would like information posted in the newsletter or on the calendar have them email: sandee.stokes@pampaisd.net



Did You Know?

- The fingernail of a healthy person takes four to six months to grow out completely.
- One in every 1000 babies is born with a tooth.
- A person will die from lack of sleep sooner than they will from starvation, which usually takes a few weeks.
- Eighty percent of people infected with the Ebola virus, will die from this disease.
- Humans have 46 chromosomes, peas have 14 and crayfish have 200.
- There are approximately 96,000 km of blood vessels in the human body.
- If the lining of mucus were to disappear from your stomach, your stomach would digest itself.
- Each person sheds 22 kilograms of skin in his or her lifetime.
- More germs are transferred shaking hands than kissing.
- Your heart beats 100,000 times a day.
- A fetus only acquires fingerprints at the age of three months.
- Guys are more likely than girls (by a ratio of 3-to-2) to have bad acne.
- We share 98.4% of our DNA with a chimp - and 70% with a slug.
- Human fetuses react to loud rock music by kicking.
- At just 12 weeks the human fetus can scowl and squint.
- If you remove the minerals from a bone by soaking it overnight in a six percent solution of hydrochloric acid, it will become so soft, you could tie it in a knot.
- One person in 20 has an extra rib, and they are most often men.
- When you were born, you had 300 bones. Now you have 206, if you are an adult. The rest of the bones have not disappeared – they have merely fused together.
- The female egg cell is the largest cell in the human body. It is about 175,000 times heavier than the smallest cell, the male sperm cell.
- The average person has about 100 000 scalp hairs.
- When you look at an object, the image of that object appears upside down on your retina. However, your brain automatically corrects for this, allowing you to perceive the object the right side up.
- Enamel, found on our teeth, is the hardest substance in the human body.
- Aspirin and alcohol can be absorbed directly into the bloodstream through the stomach lining.
- The soles of your feet contain more sweat glands and more pressure-sensitive nerve endings per square inch than any other part of your body.
- Like fingerprints, every person has a unique tongue print.
- The kidneys filter your blood up to 300 times per day.
- During the first six weeks of life, there is no difference between the male and female embryo.
- Human fingers stretch and bend about 25 million times in a normal lifetime.
- The human body contains 30, 000 billion red blood cells.
- Tooth decay has led to 60 percent of adult Americans losing their upper right, middle molar

Nov 25 – Jingle Bell Run

City of Pampa's CELEBRATION OF LIGHTS
JINGLE BELL
FUN RUN/WALK

Runners/Walkers be the first to get a sneak peek at this year's Celebration of Lights on Friday, November 25th. Official opening of the park will be on Saturday, November 26th.

The Run/Walk will be held at Recreation Park starting at 6:00 pm. Everyone will need to meet at The Armory for instructions and their shirts starting at 5:30 pm. There will be no cars driving through the park this night. ALL parking needs to be at The Armory Building.

The Park will be open for the Run/Walk from 6:00–7:00 pm. Please feel free to Run/Walk as many times as you like around the park. A 5K Route will be marked for those wanting to participate in the 5K Run. Come dressed for Holiday Fun. Come as Santa or come as an Elf, just come in the Christmas Spirit!! Cost is \$30 per person which includes a long sleeve T-Shirt. We want to encourage families to participate (even your dogs, if on a leash).

To guarantee shirt size we need registration by Monday, November 27th at 5:00 pm, to Dustin Miller at City Hall, Room 205. Shirts will be available to those who miss the registration deadline, but sizes will be limited.

Name: _____ Shirt Size: (Adult/Youth) _____
 Phone # _____

****Put additional names and sizes on back of this form.**

Want to still support Celebration of Lights but can't be here or it's just not your thing? Fill out the name and size on the form, donate \$30 and get a "Celebration of Lights" T-Shirt.

Release of Liability

I realize there are risks associated with competing in this event, and I accept full responsibility for any injury or accident to myself. I also waive any and all claims for myself against all persons, sponsors, organizations, and the City of Pampa who are involved in this run/walk.

X _____
 Signature (Parent or Guardian if under 18) _____ Date _____

****The Celebration of Lights is 100% funded by donations****

Upcoming
Events