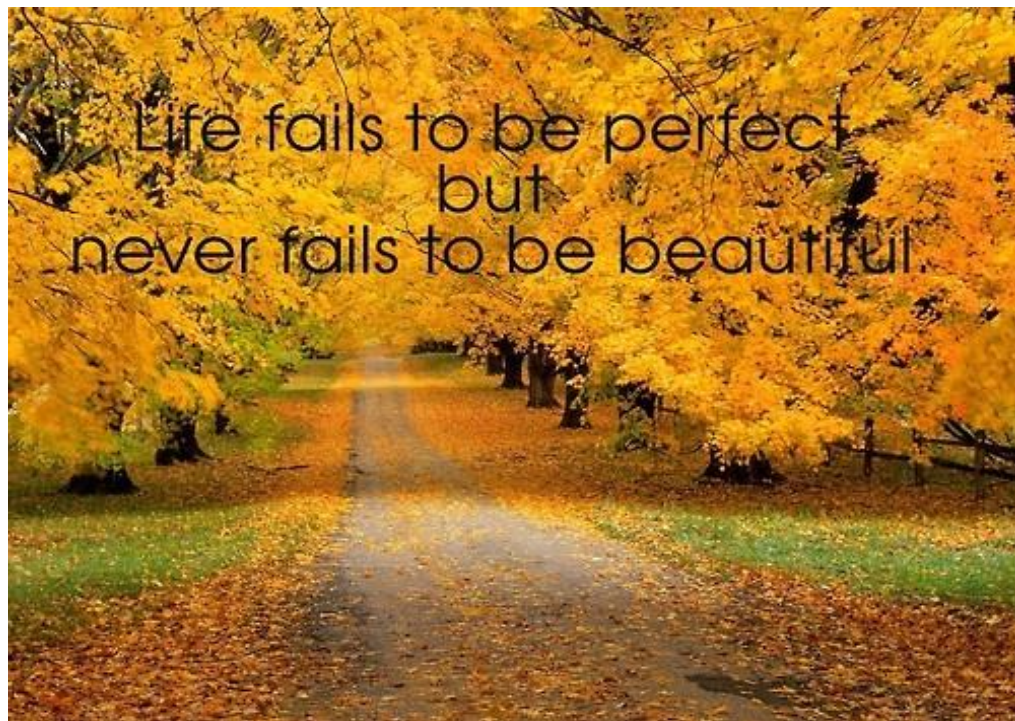




Life fails to be perfect
but
never fails to be beautiful.

Choose To Be a Better Me

October 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



Slow Cooker Italian Turkey Chili

PREP TIME 20 minutes

COOK TIME 4 hours

TOTAL TIME 4 hours 20 minutes

Ingredients

- 1 tablespoon olive oil
- 1 cup diced onion
- 3 cloves of garlic
- 1 bell pepper, diced
- 1 pound lean ground turkey, I used 90/10%
- 1/2 pound Italian turkey sausage, casing removed
- Kosher salt and fresh ground black pepper to taste
- 2 cans (15 ounces) cannellini beans, drained and rinsed
- 5 ounces baby spinach
- 1 tablespoon Italian seasoning
- 1/2 teaspoon crushed red pepper flakes
- 1 bay leaf
- 1 tablespoon balsamic vinegar
- 28 ounces crushed tomatoes
- 24 ounces marinara sauce
- 1 1/2 cups water
- Ricotta cheese, shredded mozzarella cheese, chopped flat leaf parsley and basil for toppings.

Instructions

1. Add the olive oil to a large skillet and heat over medium-high. Swirl the oil around the bottom of the skillet then sauté the onion and bell pepper for 2-3 minutes. Season with salt and pepper and add in the garlic and sauté another 30 seconds. Add in the ground turkey and turkey sausage and season with a little more salt and pepper. Crumble the turkey and cook until it's browned and mostly cooked through. Pour the mixture into the slow cooker.
2. Add the remaining ingredients to the slow cooker and stir everything together. Cover with the lid and cook for 3-4 hours on high or 6-7 hours on low. When the chili is done, remove the parmesan cheese rind and discard. Serve the chili topped with shredded mozzarella cheese, ricotta cheese and chopped flat leaf parsley or basil.

RECIPE OF
THE MONTH

Notes

- If you can't find cannellini beans replace with great northern beans
- To get the ricotta smooth and creamy like I did in the photos, stick it in a food processor or high speed blender with a splash of milk and purée until smooth.
- Toppings not included in nutritional information.

Nutrition Information:

YIELD: 8

SERVING SIZE: 1

Amount Per Serving: CALORIES: 355 TOTAL

FAT: 9g SATURATED FAT: 2g TRANS

FAT: 0g UNSATURATED

FAT: 5g CHOLESTEROL: 68mg SODIUM: 861m

g CARBOHYDRATES: 37g NET

CARBOHYDRATES: 0g FIBER: 11g SUGAR: 12g

SUGAR ALCOHOLS: 0g PROTEIN: 35g

Community Recreation Opportunities



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

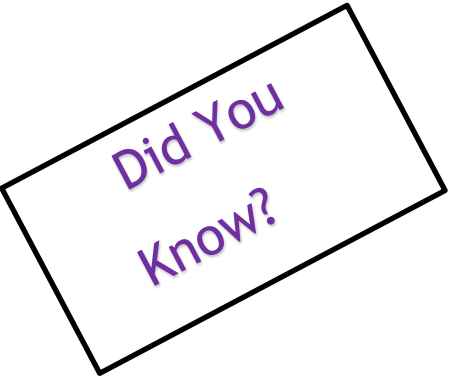
Check online for upcoming Tournaments and leagues. Call Collin Killgo for more information. 806-662-1369

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 German chocolate cake is named after a guy named Sam German, not the country.

Almost as many people were killed by guillotine in Nazi Germany as in the French Revolution.

The creature that kills the most people every year isn't snakes, sharks, or even other humans — it's the mosquito.

Chainsaws, the horror-movie murder weapon of choice, were invented for aid in childbirth.

There's an island in Japan you can visit that's inhabited only by friendly bunnies.

There are actually more public libraries in the US than McDonald's.

Before the invention of color TV, 75% of people said they dreamed in black and white. Today, only 12% do.

Popcorn wasn't always a beloved movie snack — in fact, prior to the Great Depression, movie theaters hated popcorn.

Paper bags aren't any better for the environment than plastic ones.

A can of Mountain Dew can dissolve a mouse .

Laughing is good for the heart and can increase blood flow by 20 percent

Between 2000 and 2015, the average global life expectancy increased by five years.

Oct 2 – Mudtober Rec Park



4th Annual Mudtober
October 1, 2022

Mudtober is a challenging 5k walk/run obstacle course around Recreation Park.
Be prepared to work, sweat, get muddy but most importantly...have a great time!
Can be done individually, pairs or groups. All ages welcome!

\$35 per person/\$100 per family of 4
Check in begins at 7:15a.m. and will start at 8a.m.

For more information contact:
Collin Killgo: 806-662-1369



Upcoming
Events