



Sun Mon Tue Wed Thu Fri Sat

	1 PLG/PO Day Turn In Scorecard	2 Chair Massage South 2 p.m. - 4 p.m.	3 Chair Massage Cactus 9 a.m. - 11 a.m. Trans 1 p.m. - 2 p.m.	4 Chair Massage Admin 9 a.m. to 12 p.m.	5 Chair Massage Capitol 2 p.m. - 4 p.m.	
	7 Testing Turn In Scorecard	8 Testing	9 Testing	10 	11 Testing	12 Testing
	14 Chair Massage LIS 2 p.m. - 4 p.m. Turn In Scorecard	15 Chair Massage LMS 2 p.m. - 4 p.m.	16 Chair Massage LABC 2 p.m. - 4 p.m. Wellness T-Shirt Day	17 Chair Massage LHS 2 p.m. - 4 p.m.	18 School Board Meeting	19 Half Day Breakfast Walk Lobo Stadium 6:30 a.m.
	22 Bad Weather Day	23 Turn In Scorecard	24 	25	26	27 
28 Turn In Scorecard	29	30  Say what? Humans, don't be mean dogs? Love animals	<h1>Chair Massage</h1>			



99 Ways to Add Healthy Years To Your Life

Part 3



36. And Practice Balance. In one study, women 60 and older who underwent a 12 week program of balancing exercises improved their strength, balance and power.

37-41. Enjoy These 5 Potential Benefits of High Intensity Interval Training (HIIT)

You can do HIIT even with a walking program; simply vary short bursts of fast walking with longer bouts of strolling at your regular pace. You'll help:

- > Lower Inflammation
- > Improve blood pressure and heart performance.
- > Slow aging and increase telomere length.
- > Improve insulin response and metabolic health.
- > Reduce the risk of many diseases, including some cancers.

42. Have Your Own Back. Strengthen your core and fortify your back as you age with plank-style exercises. A study of 4,400 people 70 and older found that staying free of chronic back pain can increase life expectancy by 13 percent.

43. Go Slow and Steady. Tai Chi is well-known for its mind-body benefits, but a five-year study of about 61,000 Chinese men ages 40 to 74 found the ancient practice may also fuel longevity.

44. Feed You Muscles. A study of women ages 65 to 70 found that a daily diet of more than 25grams of fiber, with a third of calories coming from healthy fats (via fish, nuts and olive oil), helped enhance "dynamic explosive strength."

45. Build Unbreakable Bones Weight-bearing exercises slow bones loss and can prevent fractures. So try some weight training, walking, hiking, jogging, stair climbing, tennis and dancing.

46. Eat Fiber, Cheat Death. A 2018 study found that, on average, for every 10 grams of fiber per 1,000 calories consumed daily, participants experienced an aging benefit of 5.4 years.

47. Eat Fruits and Vegetables.... An estimated 5.6 million premature deaths worldwide in 2013 could be attributed to people eating fewer than 800 grams of produce daily, or about 10 servings, according to a 2017 review of 95 studies.

48. And Nuts and Seeds... A 2017 study found that those eating just 5 percent of their daily calorie consumptions from nuts and seeds reduced cellular aging by 1 1/2 year.

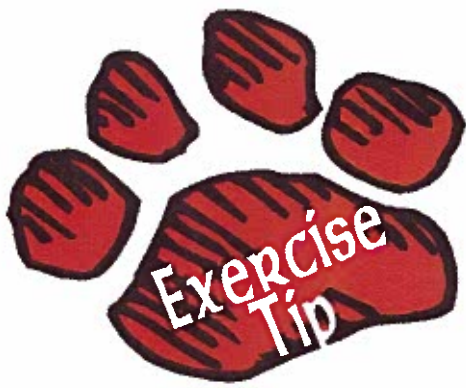
49. Or Maybe Just A Little Bit Healthier. A 2017 New England Journal of Medicine study of about 74,000 people found that those who made and stuck with even small dietary improvements over 12 years enjoyed a lower death risk, some as much as 17 percent lower.

50. Back Off on Calories. In a 2018 study, those who maintained a 15 percent reduction in daily calories for two years lost 17 pounds and enjoyed a marked reduction in oxidative stress on the body, which suggests slower, healthier aging.

51-55. Cut Down on These 5 Inflammation-Causing Foods.

- > Sugar
- > Refined Flour
- > Fried Foods
- > Omega-6 Fatty Acids (from foods fried in corn and vegetable oils) and saturated fats
- > Artificial sweeteners





Major Workout Motivation Tips Part 4

Give Yourself A Break

20. Practice Self-Care

We all value productivity in our everyday lives, but sometimes, we just need to Netflix and chill - alone. From coloring to taking a hot bath, here are other **some ways** you can unwind.

21. Take a Rest Day When You Need To

Some muscle soreness is totally normal after an intense workout, but if you're feeling stiff all the time and are constantly in a bad mood. (FYI, exercise is supposed to make you feel good), it might be time to take a **rest day** or two. Here are the signs you're due.

22. Take a Mental Health Day, Too

Have you been feeling extremely stressed or overwhelmed? It's no different than fighting the flu or food poisoning. Here's why it's just as important to take **a day for yourself** if you need to.

23. Pay Attention to Workout Burnout

A workout routine that you can stick with is the best kind. But if it's taking away from your **quality of life** (like always choosing to hit the gym versus meeting a friend), then is it really working out for you?

Find Inspiration in Others

24. Get Instant Blogger Inspo

It might be hard to imagine, but despite their very public, high-profile lives, **Fitness bloggers** are just like us. They have bad days when they'll eat French fries and a burger for dinner (and you guessed it, that's OK!!) Follow their health journey to help you along yours.

25. Learn From Others' Missteps

It isn't easy to realize your own weaknesses, and that's true for these men and women who desperately needed a lifestyle makeover. Reading their **"wake-up calls"** might just inspire you to make changes in your own routine.

26. Know That Success Can Happen

Whether you're looking to drop 10 pant sizes or two these **weight loss success stories** will inspire you take the first step in your journey to better health. After incorporating Daily Burn workouts and a clean eating routine into their lifestyles, they reached their goals (and then some!).





Baked Chicken Parmesan with Zucchini Noodles



Ingredients

- 1 large egg
- 1 Cup breadcrumbs
- 1/2 cup grated Parmesan Cheese
- 1/4 tsp salt
- 1/4 tsp Italian seasoning
- 1 lb Chicken Cutlets
- Mozzarella Cheese
- 1 1/2 cup Marinara sauce
- 4 cups Zucchini Noodles
- Chopped Fresh Parsley

Preparation

1. Preheat oven to 400 degrees. Line baking sheet with parchment paper.
2. In a small bowl, whisk egg until foamy.
3. On a large platter, combine breadcrumbs, Parmesan cheese, salt and Italian seasoning.
4. Dip chicken into egg, then dredge through breadcrumb mixture, making sure to coat each piece thoroughly. Place coated chicken on prepared baking sheet.
5. Bake 15 to 18 minutes, until breadcrumbs are lightly browned and chicken is cooked through.
6. Top chicken with shredded Mozzarella cheese and return to oven for 1 to 2 minutes, until cheese is melted.
7. While chicken is baking, warm Marinara sauce.
8. Just before ready to serve, steam Zucchini noodles 2 to 3 minutes.
9. Top zucchini noodles with marinara, chicken and chopped fresh parsley.

Serves 4

Per Serving: 412 Calories, 12g fat, 145mg cholesterol, 40g protein, 36g carbohydrates, 11g sugar, 5g fiber, 986mg sodium

Relish
Jan/Feb 2019





Debra Salley - LHS - April 1

Lauire Villanueva - LIS - April 2

Laurie Williams - LIS - April 2

Jamie Mendez - LMS - April 5

Shannon Copeland - Cactus - April 6

Clay Barnett - LHS - April 8

April Austin - LIS - April 10

Jennifer Grant - Capitol - April 10

Missy Patton - Administration - April 10

Zana Gibson - LMS - April 11

Melissa Brown - LIS - April 12

Blanca Abuilera-Tavarez - LABC - April 14

Chanda Tidwell - LIS - April 16

Annette Bautista - LIS - April 18

Thomas Darnell - Cactus - April 20

DaQuita Mitchell - LIS - April 20

Terry Reynolds - Retiree - April 20

Jane Ann Matlock - LMS - April 24

Cynthia Tijerina - Capitol - April 29



*I might as well
exercise.*



*I'm in a bad
mood anyway.*

April

WORD SEARCH!

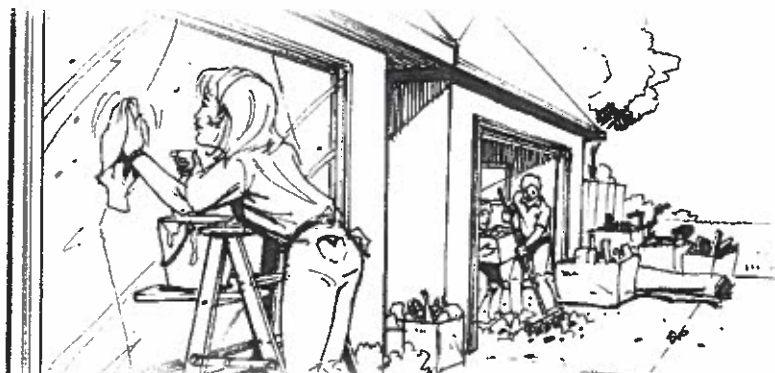
SPRING CLEANING

FIND AND CIRCLE THE WORDS ON THE LIST...WORDS MAY BE FOUND ACROSS, DOWN, OR DIAGONALLY
--FORWARDS, BACKWARDS, AND SOMETIMES OVERLAPPING. HAVE FUN!

WORD LIST

ATTIC
BACK YARD
BASEMENT
BOXES
BUCKET
CAR
CEILING
CLEAN
DRYER
FRONT YARD
GARAGE
GARBAGE
GLOVES
GUTTERS
LADDER
LAUNDRY
LAWNMOWER
MIRRORS
MOP
ORGANIZE
PAINTBRUSH
RAKE
SHED
SORT
SPONGE
VACUUM
WATER
WALLS
WASH MACHINE
WINDOW CLEANER

M	G	A	R	A	G	E	G	N	O	P	S
V	Z	B	W	D	R	A	Y	K	C	A	B
C	E	N	I	H	C	A	M	H	S	A	W
F	R	O	N	T	Y	A	R	D	G	R	H
U	L	A	D	D	E	R	Z	Y	E	B	S
N	B	W	O	R	A	K	E	T	G	L	U
R	A	U	W	S	L	L	A	W	A	A	R
E	S	E	C	Y	Q	W	G	W	B	U	B
Y	E	Z	L	K	P	X	N	C	R	N	T
R	M	I	E	C	E	M	I	S	A	D	N
D	E	N	A	Z	O	T	L	R	G	R	I
P	N	A	N	W	T	R	I	E	X	Y	A
O	T	G	E	A	P	O	E	T	R	Y	P
M	I	R	R	O	R	S	C	T	Z	R	Q
G	L	O	V	E	S	M	U	U	C	A	V
B	O	X	E	S	H	E	D	G	E	C	S



Chair Massage

(Wellness Members Only)

April 16th thru April 18th
April 23rd thru April 26th

We are excited to have Vicki Corrales, from Adore Salon coming to your work site for Chair Massages scheduled for April. Vicki has been a massage therapist for 7+ years. The fee will be \$10.00 per 10 minutes. You may sign up for one or more appointments, but please allow all wellness members an opportunity to sign up for an appointment before you make a second appointment. You will need to bring cash, check or credit card to your appointment to pay Vicki at the time of service. The appointment sheet will be posted on your Wellness Bulletin Board. The schedule below is for the month of April. Let's fill every appointment time!!! Make it worthwhile for her to donate her time.

Schedule

April 2nd - South - 2 p.m. - 4 p.m.

April 3rd - Cactus - 9 a.m - 11 a.m.

Transportation - 1 p.m. - 2 p.m.

April 4th - Administration - 9 a.m. - 12 p.m.

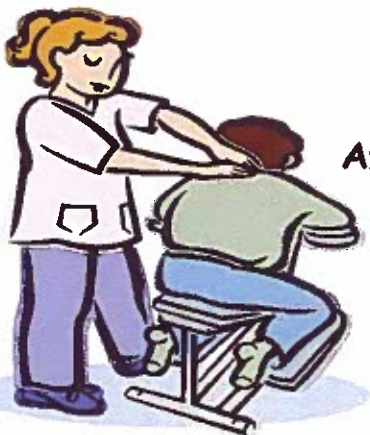
April 5th - Capitol - 2 p.m.

April 15th - LIS - 2 p.m. - 4 p.m.

April 16th - LMS - 2 p.m. to 4 p.m.

April 17th - LABC - 2 p.m. - 4 p.m.

April 18th - LHS - 2 p.m. to 4 p.m.



First Wellness T-Shirt Days

April 17, 2019

You will need to be a wellness member for 2018-19 to be able to wear your Wellness t-shirt. You will not be able to wear previous wellness t-shirts.



Breakfast Walk

Levelland ISD Wellness Program will be hosting a breakfast walk several times during the year. Come join us on April 19th at Lobo Stadium for a morning walk. (If weather doesn't permit outside walking we will walk inside LMS in gym.) We will begin to walk at 6:30 a.m. and finish at 7 a.m. After which we will adjourn to the LMS for breakfast and prizes. Always fun to walk and be ready for the day. LISD Wellness Program will be provide the breakfast. Make sure and sign up to participate. Sign up sheet will be on your Wellness bulletin board.

Breakfast Walk

6:30 a.m.

Lobo Stadium

Breakfast

7 a.m.

April 19, 2019



Prevent poisonings, abuse and misuse. Protect the Environment

Bring unused, expired or no longer needed medications



Drive Through at:

Covenant Hospital Levelland

1900 College Ave, Levelland, TX

Saturday, April 27, 2019

10:00am to 12:00pm



VOICES
OF THE SOUTH PLAINS COMMUNITY COALITION

