



August	2019
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3				
						
4	5	6	7	8 New Staff	9 New Staff	10
11	12 Convocation@LMS PD	13 PD	14 PD	15 PD	16 work Day	17
18	19 Work Day	20 Work Day	21 School Starts Energy Fitness Due	22	23	24
25	26	27	28	29	30	31

Exercise Tip

BAD POSTURE VS GOOD POSTURE

✘ HEALTH

Back pain, often caused by extended hours of poor posture, is becoming increasingly common because of the amount of time we spend hunched over smartphones and slouching in front of computers.

♥ FEEL

Slouching not only makes you look tired but it also makes you feel sluggish, fearful and self-conscious.

📢 COMMUNICATION

Poor posture communicates to those around you that you may be bored, nervous, fearful or self-conscious.

📷 APPEARANCE

Besides the obvious hunchback syndrome, slouching can make you look unhealthy, unattractive, and even a couple pounds heavier.



Did You Know?

Posture is the number 1 reason for doctor visits and missed work-days after the common cold.

✚ HEALTH

Practicing good posture engages your core, opens up your diaphragm to help you breathe better, and gives your organs the room they need to aid in digestion.

♥ FEEL

Straightening up and maintaining good posture can actually help increase energy, productivity, and even reduce stress.

📢 COMMUNICATION

Simply pulling your shoulders back, chin up and back straight communicates confidence, presence and openness and helps you own the room.

📷 APPEARANCE

Holding yourself upright and in good posture can help you look younger, more vibrant, and attractive.



Unlock Your Wellness

Back-to-School



It's time to get back to the books

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

BACKPACK
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BUS
CLASSROOM
FRIENDS
GRADES
HISTORY
HOMEWORK

LOCKERS
LUNCH
MATHEMATICS
NOTEBOOK
PAPER
PENCILS
READING
RECESS

SCHOOL
SCIENCE
SCISSORS
SOCIAL STUDIES
STUDENTS
TEACHERS
TEST

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Save \$5

Unlock Your Wellness

Early Sign Ups!!



Early sign ups for wellness program 2019-2020 Get your membership form from your building rep. Have your membership turned in no later than August 30, 2019

Send to Angie Mohon, Cactus or give to your building rep.

Early Sign Fee



- Professional - \$25.00
- Paraprofessional - \$20.00
- Spouse - \$20.00
- LISD Retiree - \$15.00

