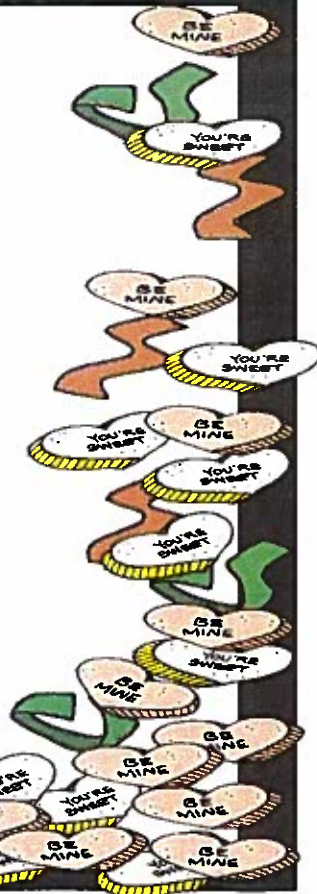


# Heart Month



February 2018



Sun      Mon      Tue      Wed      Thu      Fri      Sat

## Comprehensive Bloodwork

				1 	2 National Wear Red For Women Day	3
4	5 	6 Comprehensive Bloodwork LABC 6:30 a.m.	7 Comprehensive Bloodwork LHS 6:30 a.m.	8 Comprehensive Bloodwork LMS 6:30 a.m.	9 Comprehensive Bloodwork LIS 6:30 a.m.	10 
11	12	13 Comprehensive Bloodwork South 6:30 a.m.	14 Comprehensive Bloodwork Administration (Cactus, Trans, SPECO) 6:30 a.m. <i>Valentines Day</i>	15 	16 PLED Day	17
18 School Holiday	19	20 Wellness T-Shirt and Jeans Day	21 	22 Energy Fitness Dues	23 Breakfast Walk 6:30 a.m. Lobo Stadium or LMS	24 
25 Energy Fitness Membership Begins	26 	27	28			



# Healthy Quote



## Heart Health Take Action With Life's Simple 7

### 1. MANAGE BLOOD PRESSURE

High Blood Pressure is a major risk factor for Heart Disease and Stroke. When your Blood Pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys, which keeps you healthier longer.

### 2. CONTROL CHOLESTEROL

High Cholesterol contributes to plaque, which can clog arteries and lead to Heart Disease and Stroke. When you control your Cholesterol, you are giving your arteries their best chance to remain clear of blockages.

### 3. REDUCE BLOOD SUGAR

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Over time, high levels of Blood Sugar can damage your heart, kidneys, eyes and nerves.

### 4. GET ACTIVE

Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life.

### 5. EAT BETTER

A healthy diet is one of your best weapons for fighting Cardiovascular Disease. When you eat a heart-healthy diet, you improve your chances for feeling good and staying healthy - for life!

### 6. LOSE WEIGHT

When you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels and skeleton. You give yourself the gift of active living, you lower your Blood Pressure and you help yourself feel Better, too.

### 7. STOP SMOKING

Cigarette smokers have a higher risk of developing Cardiovascular Disease. If you smoke, quitting is the best thing you can do for your health.



# Healthy Recipe



## Healthy Turmeric Chicken Stew

### Ingredients

- 2 tablespoons olive oil
- 2 skinless, boneless chicken breasts, cubed
- 2 sweet potatoes, cubed
- 1/2 red onion, chopped
- 1 small eggplant, cubed
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger root
- 2 teaspoons ground turmeric
- 1/2 cup low-sodium chicken broth

### Preparation

1. Heat olive oil in a large skillet over medium-high heat. Add chicken; cook until browned and no longer pink in the center, about 5 minutes. Add sweet potatoes and onion; cook and stir until onion is translucent, 2 to 3 minutes. Add eggplant, garlic, ginger, and turmeric; cook until fragrant, about 1 minute more. Pour in broth and simmer stew until thickened, stirring occasionally, about 20 minutes.

Serves 6

Per Serving: Calories 183, 5.5g Fat, 24.1 Carbs., 9.9 g Protein, 20mg Cholesterol, 71mg Sodium



# Exercise Tip



## Three-Minute Plank Workout

Works Abs, Back, Arm

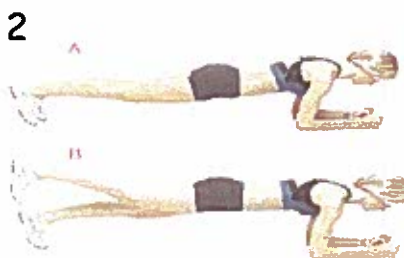
Step 1: Regular plank hold for 30 seconds

Step 2: From plank position alternate lifting right, then left leg straight up for 30 second.

Step 3: Back to hold regular plank for 30 seconds

Step 4: From plank position body in a straight line upon the right elbow. Extend left arm toward the ceiling. Hold for 30 seconds. Repeat on the left side.

Step 5: From plank position alternate bringing your knee to your elbow. Keeping body straight. Alternating for 30 seconds.

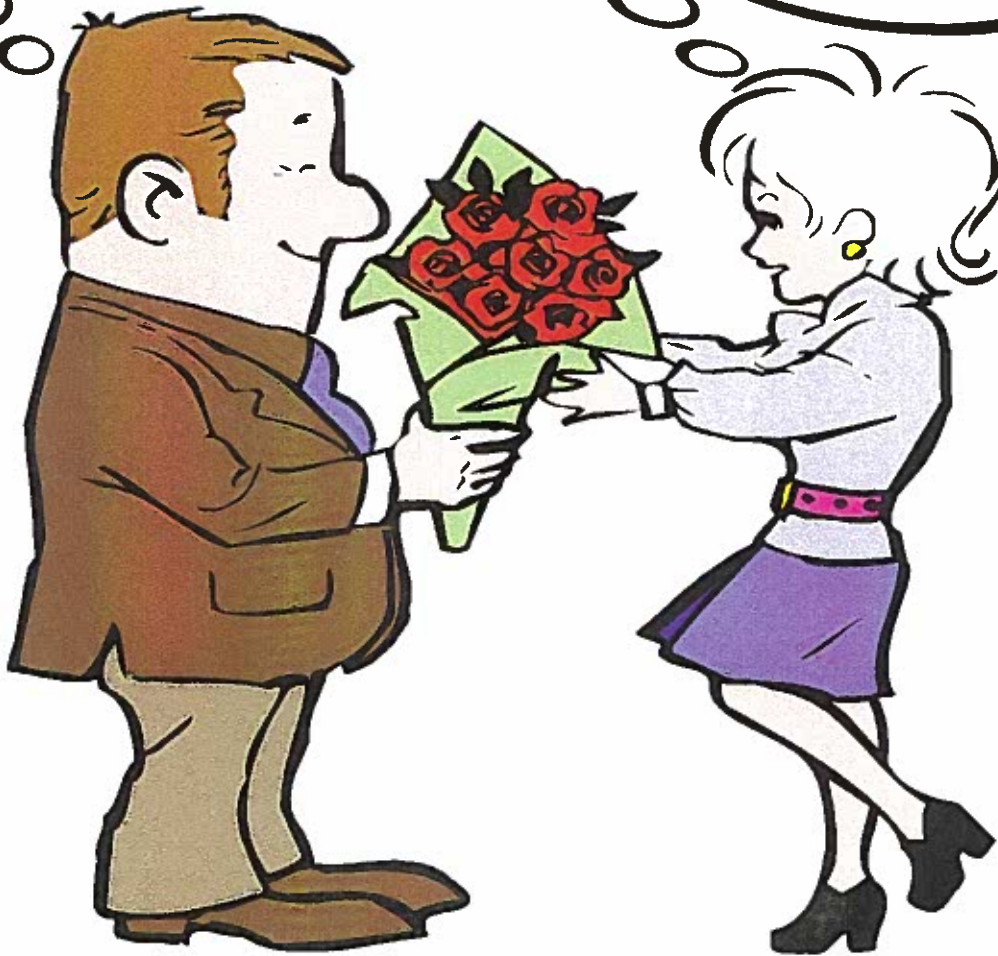




# Laugh Corner

I dusted these special  
for you

Oh ... plastic my Favorite




A way to a woman's heart.. FLOWERS!

... psst ....real ones





# February Birthdays

- 
- Brian Luna - LMS - Feb. 1  
Cande Jackson - LIS - Feb. 2  
Scott Rombokas - Retiree - Feb. 3  
Diane Martinez - LHS - Feb. 5  
Allison Randolph - Admin - Feb. 6  
Rita Huerta - Trans - Feb. 7  
Georgina Rodriguez - LIS - Feb. 7  
Leo Cardona - Spouse - Feb. 8  
Vickie Harrison - LHS - Feb. 9  
Mary Donnell - LMS - Feb. 10  
Windmera Rodriguez - LIS - Feb. 13  
Sandy Bridges - Retiree - Feb. 14  
Wanda Stanley - Retiree - Feb. 14  
Ana Montalio - Transportation - Feb. 15  
Sherry Barsch - Retiree - Feb. 16  
Emily Mantooth - LABC - Feb. 16  
Joanna Moore - Trans - Feb. 17  
Blane Dyess - Spouse - Feb. 26  
Tammie Hill - LHS - Feb. 22  
Melissa Young - LMS - Feb. 25  
Hortencia Bryant - LABC - Feb. 27  
Valerie Dent - Capitol - Feb. 27  
Kasey Halbrooks - Admin - Feb. 28  
Paulena Kidd - LHS - 28

February

# Valentine's Day Word Search

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

**Arrow****Be Mine****Candy****Card****Chocolate****Couples****Cupid****Date****Diamond****February****Feelings****Flowers****Friendship****Gift****Hand holding****Heart****Hugs****Kisses****Love****Lovers****Romance****Roses****Stroll****Suitors****Valentine**



# Comprehensive Blood Screens

Covenant Wellness will be at your school in February to offering comprehensive blood screenings and Cardiac EKG for LISD wellness members. These important screenings will include a comprehensive blood screening which will measure for levels of triglycerides, cholesterol, HDL, LDL, glucose electrolytes, liver functions kidney functions, proteins in the blood, and test for anemia. A health risk analysis will also be included. This analysis gives a personalized wellness report of your current medical history and an appraisal of certain health factors including stress, blood pressure, coronary risk, cancer risk, body composition, nutrition, exercise recommendations and more.

You will need to register for an appointment and answer health question online. You can sign up for the blood screening and the cardiac EKG. So you will make two appointments if you are planning on participating in the blood work and the cardiac EKG. This is to be completed **no later than January 29th.**

In order for the cardiac bus to come to your campus we need at least 15 individuals signed up for an appointment. If we have fewer than 10 participants for bloodwork we will have to send you to another campus for testing. You have to complete both test on the same day, you can not have you bloodwork completed at one site and then try to complete the cardiac EKG at another. So all you need to do is fast and bring a copy of your insurance card front and back (copy on same side of paper) and your check book to pay for additional test.

If you are **NOT** a wellness member you will not be able to get the testing done at your worksite. This will have to be done at your doctors office. Thus you will have to pay a co-pay to visit the doctor. With this test and other test available through your wellness program, at no charge, it is to your advantage to be a wellness member.

## Testing Schedule

February 6th - LABC - 6:30 a.m.  
February 7th - LHS - 6:30 a.m.  
February 8th - LMS - 6:30 a.m.  
February 9th - LIS - 6:30 a.m.  
February 13th - South - 6:30 a.m.  
February 14th - Admin - 6:30 a.m.  
(Carver, SPECO, Trans)

## Your Cost

**WELLNESS MEMBERS - ON SCHOOL INSURANCE**  
No Cost for basic screening.

**WELLNESS MEMBERS - NOT ON SCHOOL INSURANCE**  
Covenant will file on your insurance and if there is a remaining fee you will be responsible for that amount.

Members on Medicare are not covered for this test.  
Covenant Wellness will not take Medicare

## Things to Remember

Copy front/back of insurance card and bring it with you to appointment

Drink plenty of water for two to three day before testing plus the morning of the test.





# Energy Fitness

Energy Fitness of Levelland will be offering a \$50.00 three month membership to LISD Wellness members.

**DATE FOR ENERGY FITNESS Center**  
February 22, 2018

Please send check or cash to Flair at Carver by the deadline above date. All checks are to be payable to LISD Wellness. Membership always begin on the 25th of the month.






# Breakfast Walk

Levelland ISD Wellness Program will be hosting a breakfast walk several times during the year.

Come join us on February 23rd 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. Wellness will be provide the breakfast. Make sure and sign up to participate. Sign up sheet well be on your Wellness bulletin board.



**Breakfast Walk**  
**6:30 a.m.**  
**Lobo Stadium**  
**Breakfast**  
**7 a.m.**

**February 23, 2018**

