










# Happy Spring Break

Enjoy family and friends!

Relax, refresh, and renew... get ready to end the year with a **BeANG!**

March 2019

Sun      Mon      Tue      Wed      Thu      Fri      Sat

						1	2
3	4	5	6	7	8	9	
	Turn In Scorecard		I  exercise.		Half Day 		
 Daylight Savings Time Begins 10	Spring Break 					15	16
 Happy St. Patrick's 17	18	19	20	21	22	23	
	Turn In Scorecard		3rd Hep-B Shot Cactus 3 p.m. to 4 p.m.  Wellness T-Shirt Day	School Board Meeting	Breakfast Walk Lobo Stadium 6:30 a.m.		
24	25	26	27	28	29	30	
	Turn In Scorecard				 Bad Weather Day		
31							

# Scorecard



# 99 Ways to Add Healthy Years To Your Life Part 2



**21. Snap a Selfie** Keep it on your phone. If you ever see something unusual in the mirror, take another picture--then show your doc.

**22-27 Understand these 6 Scientific Terms for Successful Aging.**

**Telomeres:** The capped ends of chromosome strands that shorten with age and cellular damage. Omega 3-rich seafood and folate-packed greens help keep telomere long.

**Inflammaging:** Chronic, low-grade inflammation associated with aging. Inflammation is linked to nearly every major health issue, from heart disease to type 2 diabetes to cancer. Lower inflammation with healthy fats like nuts and olive oil.

**Microbiota:** Bacteria in your digestive tract that, when unhealthy, can promote inflammation and weight gain. Studies of centerarians (age 100 plus) have shown healthy gut microbiota to be a key marker of longevity. Good gut health is boosted by high levels of dietary fiber.

**Immunosenescence:** Age-related weakening of the immune system that has been linked to chronic inflammation or inflammaging. Boost your immunity through vitamin-packed produce.

**Sarcopenia:** Age-related muscle loss. A 2018 study of Aging and Disease notes that maintaining muscle as we age helps lower our disease risk and may also combat chronic inflammation. Your goal: Stay strong with resistance exercises and lean protein.

**Osteopenia:** Loss of bone density that is not bad enough to be considered osteoporosis. Lower bone density - higher fracture risk. Resistance training and calcium help build thicker bones.



**28. Increase Your "Aging Advantage".** Regular physical activity can slow the aging process and prevent disease. A 2017 study in Preventive Medicine compared telomere length in sedentary and active adults and found that exercisers experience a nine-year again advantage.

**29. If You Exercise Already, Keep At It.** People age 80-plus who continue to exercise have a lower death rate than those who quit, says a 2016 study in the Journal of Sport and Health Science

**30. Do Something Anything.** A study of 334,000 Europeans found that the biggest beneficiaries of exercise--those who went from inactive to moderately inactive--had a 16 to 30 percent drop in death risk. See, even a little activity goes a long way.

**31-33. Measure Your Physical Vitality.**

**Get-Up Test:** From a seated position on the floor, stand up. If you can do so without help from your hands, furniture, a wall or other people, you're looking good. To improve: Do functional exercises like hiking hills.

**Grip Strength:** You can by a hand dynamometer, a device that measures grip strength, for \$30 or less. The test is weighted by age and sex, so you can see how you measure up to your peers. If your grip falls short, or if you just notice it getting harder to open jars, talk to you doctor about a strength-training program.

**Flexibility:** sit on the edge of a chair with one leg extended. Reach for the toes of the extended leg with both hands. The goal is less that 4 inches space between fingers and toes. To improve: Take a yoga class.



**34. Join A Team** An analysis of data collected from 1.2 million adults found that team sports offered the highest mental health benefits from exercise (through all types of activity are beneficial).

**35. Do Squats and Lunges.** They deliver lower-body strength, a top predictor of physical function in older adults.



# Major Workout Motivation Tips Part 3

## Focus on Small Goals

### 13. Let Go of Bad Habits

Want to turn your 3 p.m. diet coke addiction into a match a latte routine? Bad habits can diet hard with the right strategies in place. Follow these **expert tips** from Keri Glassman, MS, RDN, founder of Nutritious Life.

### 14. Become a Morning Person

Not to reprimand evening exercisers (squeezing in a workout anytime is awesome!), but being an a.m. fitness buff has its perks.

### 15. Enlist a Task-Master

It can be gratifying to win a bet, especially a healthy one! To help you stay accountable to your goals, **make a deal** with someone who will help you stick with it. For example, if you lose a certain amount of weight, you'll get a free facial or massage. Material motivators aren't a bad thing, especially if they work!

### 16. Reinforce Healthy Pursuits

Reminding yourself about the **rewards and health benefits** that come along with keeping up good habits will help you overcome obstacles and triggers. Follow this simple formula for success.

### 17. Make Your Workouts Mindful

As much as sports and exercise is about physical and technical training, 90 percent of it is actually mental. Visualizations, positive affirmations and mindfulness **meditation** can help strengthen your training regimen. Permission to get nerdy for a better physique.

### 18. Never Miss a Monday

Studies have shown that people think about and do healthy activities more on Mondays than any other day of the week. So hop on the bandwagon and make it happen! Here's why it will be all worth it.

### 19. Or a Friday

You know how you want to give into every craving **because it's Friday**? Well, it turns out a little sweat session can help you curve those rumblings and keep your weekend eating in check.







# Turkey Club Soup

## Ingredients

2 Tbsp Olive Oil  
1 Yellow Onion  
1/4 tsp Salt  
2 Minced Garlic Cloves  
2 Large Sliced Carrots  
2 Sliced Celery Stakes  
1.2 tsp Celery Seed  
1/4 tsp Pepper  
4 cups Low Sodium Chicken Broth  
2 to 2 1/2 lb. Turkey Legs  
(or bone-in Chicken Chicken Thighs)  
1/2 Lemon  
Fresh Dill

## Preparation

1. Heat Oil in a large pot over medium-high heat. Add minced onion, and salt. Cook, stirring until onion is soft, about 8 minutes
2. Add garlic, carrots, celery, celery seed and pepper; cook stirring until fragrant, about 1 minute.
3. Add chicken broth and turkey legs or chicken thighs. Increase heat to high, bring to a boil. Lower heat to maintain a simmer and cook until turkey or chicken is cooked through, 20 to 35 minutes.
4. Remove meat from pot and place on a cutting board to cool. Remove and discard the skin and bones, chop the meat and add it back to the pot.
5. Squeeze 1/2 lemon into soup and stir in a large handful of fresh dill.
6. Serve with shredded romaine lettuce, diced tomato and crisp crumbled bacon.

Serves 4

Per Serving: 380 Calories, 18g fat, 137mg cholesterol, 37g protein, 11g carbohydrates, 4g sugar, 3g fiber, 532mg sodium

Relish  
Jan/Feb 2019





Why is it when I  
decide to go on a  
diet the lettuce is  
bad!!!





*John Thacker - Spouse - March 1*

*Matthew Bruce - LIS - March 4*

*Lynn Hale - Retireed - March 5*

*Jessica Romo - South - March 6*

*Celinda Rejino - LMS - March 8*

*Zakarl Wadley - LHS - March 10*

*Karen Torres - LABC - March 11*

*Amanda Underwood - South - March 12*

*Diane DeLuna - LIS - March 14*

*Jessica Coronado - LHS - March 15*

*Mary Cardona - Cactus - March 15*

*Tracy Barker - LHS - March 17*

*Liz Pruitt - Capitol - March 27*

*Donna Pugh - Administration - March 30*

*Brisa Marquez - LIS - March 31*





# Hep-B Shots

Hep-B Shot Schedule

Third Shot - March 20

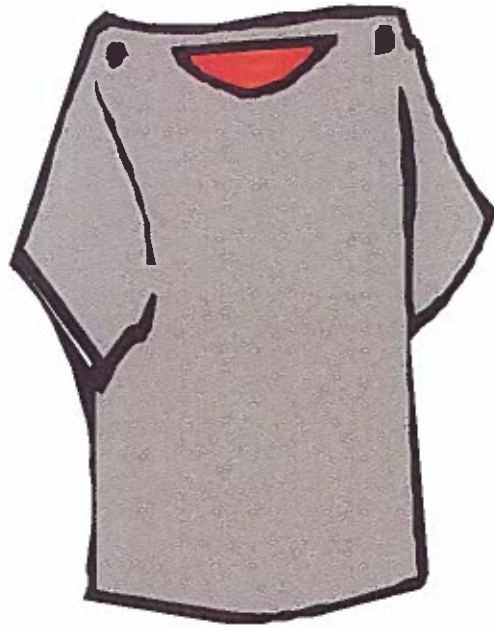


Each Session will be at  
Cavtus in Flair's Office  
3 p.m. to 4:30 p.m.



# Wellness T-Shirt Day

March 20, 2019





Name \_\_\_\_\_

Worksite \_\_\_\_\_

March

# March Madness Word Search

Basketball fans and athletes will love this sport word search on March Madness.

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

## Words List

ARENA  
BASKETBALL  
BAYLOR  
BRACKET  
CHAMPIONSHI  
CINCINATTI  
COLISEUM  
COLLEGE  
DRIBBLE  
DUKE  
DUNK  
FINALFOUR  
FLORIDA  
FOUL  
FREETHROW  
HOOPS  
INDIANA  
JUMBOTRON  
KENTUCKY  
LOUISIANA  
MARQUETTE  
MICHIGAN  
NCAA  
OHIO  
REFEREE  
SCORE  
SHOOT  
SHOTS  
SIDELINES  
STADIUM  
SUPERDOME  
SYRACUSE  
TECHNICAL  
WHISTLE  
WISCONSIN  
XAVIER







# Breakfast Walk



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

Come join us on March 22nd 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 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.**

**March 22, 2019**







# 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.





# Chair Massage Appointment Sheet

April 3rd

Cactus

9 a.m.

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9:15 a.m.

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9:30 a.m.

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9:45 a.m.

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10 a.m.

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10:15 a.m.

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10:30 a.m.

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10:45 a.m.

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11 a.m.

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