









May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
			1	2		3	4	
5	Turn In Final Scorecard Testing	6	7	8	9	10	11	
	12	13	14	 Wellness T-Shirt Day	15	16	17	18
19		20	21	22	23	24	25	
		Energy Fitness Due				Teacher Breakfast Work Day Graduation	Energy Fitness	
26	27	28	29	30	31			
								



99 Ways to Add Healthy Years To Your Life

Part 4



56. Drink Your Milk. A study in Cell Reports found that vitamin D3 helps to suppress a "molecular pathology of aging". Researchers suspect this may be the reason why D deficiency is linked to so many age-related diseases like cancer, Alzheimer's and Parkinson's.

57. Order the Guacamole.

A review of 129 previously published avocado studies found that eating the fruit--and eating it often--could ward off metabolic syndrome and belly fat.

58. Boost Your Lentil Health. One study of older Japanese, Australian, Greek and Swedish people found legumes to be the only food that lowered mortality risk- by 7.8 percent for every 20 grams consumed daily (1/2 cup of cooked beans is about 85 grams)

59. Book A Mediterranean Eating Tour. You've heard it before, but that's only because research has shown repeatedly, over decades now, that a Mediterranean-style diet rich in vegetables, fruit, fish and healthy oils is linked with heart, brain and telomere health-leading to a longer life.

60. Cut Meat, Add Beans. Many of the centenarians studied by BlueZones.com eat meat only about once a week. Those in the study who tended to live longest built their diet around, yes, beans.

61. Make Time for Tea. Increased tea consumption has been linked with lower inflammations levels, weight loss and reduced cancer risk in a number of studies.. Green tea has been shown to be more beneficial than black variety.

MANAGE YOUR TEAM

62. Throw a Party. And cherish the opportunity to hang out with your tribe. A review published in the Proceedings of the National Academy of Sciences found that strong social relationships had positive physiological effects, such as lower inflammation, while isolation had an even harsher negative effect on participants' blood pressure than diabetes.

63. Say Some Hard Goodbyes. A study found that people who are in positive close relationships may have a lower risk of heart disease than those who are entangled in negative ones.

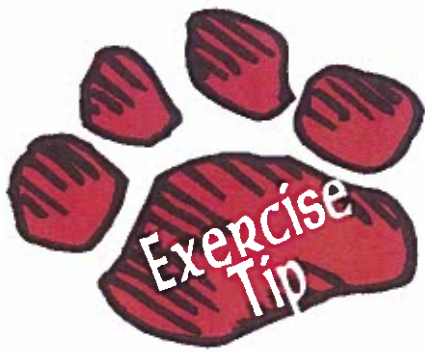
64. Be a Caregiver for Yourself. Older adults who provided care to loved ones and experienced regular bouts of "caregiver strain" had a 63 percent higher mortality risk than non-caregivers, according to a study in journal JAMA. If you're primarily responsible for the need of a parent or spouse, be sure to give yourself care, too.

65. Apply all of this Relationship Info to Social Media. A 2017 Pew Research Center survey found that more than a third of Americans 65 and older now use social media, which means you've probably discovered just how toxic it can be. Consider reducing your exposure and using it only to keep up with family.

66. Thank Your Spouse. Marriage has been linked to better health and longer life for a variety of reasons--not the least of which is, you lasted all these years without killing each other.

67. Make Time For Romance Between the Sheets. A 2017 study found that sexual intimacy in couples is associated with longer telomeres.





Major Workout Motivation Tips Part 5

Find Inspiration in Others

27. Follow the Fitness Pros

If you need an extra motivational push, head over the Snapchat to get a behind-the-scenes look at how some of the most inspiring **fitness fanatics** stay on top of their meal prep and training.

28. Take a Wanderlust Detour

The **breathtaking runspo pictures** from Instagram will not only inspire you to get out the door, but maybe some wanderlust, too!

29. Focus On Non-Scale Victories

Sure, watching the pounds drop on the scale is always rewarding, but there are other ways you can **measure success**. Whether it's glowing skin or feeling better in your jeans, these off-the-scale victories show you just how far you've come.

Tap Into Your Inner Warrior

30. Think Like a Marathoner

From hilly terrain to extreme cold or rising temps, you'll come up against a lot of challenges during a marathon. But persevering through 26.2 miles will make you feel stronger and prouder in the end. Here are the **best tips from marathoners** when you need a little sprint to the finish.

31. Repeat Positive Mantras

These uplifting and **empowering messages** give you a little tough love when you're thinking of sleeping in instead of hitting the gym. Save your favorites to your phone for those days when you just feel like giving up.

32. Step Back and Let the Universe Take the Lead

Need a lesson in manifesting? Take it from the mindfulness guru herself, Gabrielle Bernstein. Repeat the **positive mantras** every day to help you learn and accept what the universe has in store for you.

33. Keep Excuses in Check

We all know that having a swole mate and planning your workouts can help you stay accountable.





Baked Egg Pasta Florentine

Ingredients

1/2 LB Spaghetti
Spaghetti/Spaghetti cup sour cream
1/2 tsp salt
pinch of pepper
pinch of nutmeg
1/2 baby Spinach
4 oz Cooked Chorizo or Sausage
(drained)
4 Eggs
1/2 Lemon Juice

Preparation

1. Preheat oven to 325 degrees.
2. Cook spaghetti according to package directions; drain well, reserving 2 Tbsp of pasta water.
3. Return pasta to pot and stir in sour cream, reserve pasta water, salt, pepper and nutmeg.
4. Put pasta mixture in baking dish and stir in baby spinach.
5. Top with 2 oz. chorizo or sausage.
6. Make four indentations in pasta and crack an egg in each.
7. Top with additional 2 oz chorizo or sausage.
8. Sprinkle with salt, pepper and nutmeg.
9. Bake for 25 minutes, until eggs are just set. Squeeze lemon juice on pasta.

Serves 4

Per Serving: 425 Calories, 18g fat, 230mg cholesterol, 20g protein, 48g carbohydrates, 5g sugar, 3g fiber, 604mg sodium

Relish
March 2019





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**I have gotten
out of bed 365
days a year
for 45
years. That
is 16,425 sit
ups and not
one ab to
show for it!**

aunty acid

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Kim Hill - LHS - May 2

Rose Ibara - South - May 6

Brittany Dagely - LABC - May 9

Margarett Lockett - LHS - May 10

Laurie Jones - LMS - May 12

Lyndi Nicholson - LABC - May 12

Nancy Swain - Retiree - May 13

Robert Burns - Spouse - May 15

Sandra Parrish - LIS - May 17

Priscilla Lopez - LMS - May 18

Deena Gibson - LMS - May 20

Tammie McDaniel - Administration - May 20

Shannon Warren - LABC - May 26

Olivia Ochoa - Cactus - May 28

Ruby Lopez - Capitol - May 29

Carlo Wade - LHS - May 30

Eimy Oillarreal - South - May 31



Summer Birthdays

June

- Trevia Potter - Retiree - June 1
- Georgia Brackens - LMS - June 5
- Laura Northern - LHS - June 5
- Jennifer Quintero - LHS - June 9
- Rosie Samarron - Admin - June 11
- Margarita Ramirez - Cactus - June 15
- Ana Trejo - LHS - June 16
- Leslie Hounshell - LABC - June 16
- My linda Graves - LABC - June 16
- Anita Pompa - LMS - June 19
- Blanca Reyes - Admin - June 20
- Kathy Gonzales - LABC - June 21
- Rebecca Gonzalez - Cactus - June 22
- Juana Soliz - LIS - June 24
- Dicky Wilkins - LMS - June 24
- Angie Marquez - LIS - June 25
- Frank Barker - Retiree - June 25
- Susanna Ramirez - LHS - June 25
- Dalia Barrera - South - June 26
- Daniel Chaves Reys - Spouse - June 27
- Jason Torres - Spouse - June 27
- Melody Turner - LIS - June 28
- Shirley Mendoza - South - June 29
- Norma Lara - Retiree - June 30

July

- Molly Hasting - Admin - July 6
- Roberta Munoz - LABC - July 8
- James Nicholson - Transportation - July 15
- Estela Denegas - LHS - July 15
- Laura Bustos - LHS - July 17
- Jana Dowell - Admin - July 18
- Rochelle Rombokas - Retiree - July 19
- April Berry - Capitol - July 20
- Delpha Regalado - LHS - July 20
- Monica Price - LHS - July 20
- Liana Mireles - LABC - July 22
- Robin Baccus - Admin - July 25
- Sue Ann Kimberling - South - July 26

August

- Nidia Padilla - Admin - Aug. 1
- Terri White - LIS - Aug. 1
- Beatrice Haynes - Retiree - Aug. 4
- Randi Bullard - Trans - Aug. 5
- Sandra Cristan - LHS - Aug. 7
- Lou Lou Pendleton - Retiree - Aug. 8
- Florinda Pena - Trans - Aug. 10
- Brenda Ashburn - South - Aug. 11
- Cynthia Miller - LMS - Aug. 12
- Shellane King - LABC - Aug. 14
- Sandy Darnell - LIS - Aug. 20
- Jeff Northern - Admin - Aug. 22
- Patty Billingsley - Retiree - Aug. 22
- Stacey Waddill - LHS - Aug. 22
- Maria Gomez - LHS - Aug. 24
- Mary Galindo - Trans - Aug. 25
- Mary Bara - South - Aug. 26
- Charlotte Worley - Capitol - Aug. 29
- Kaylene Burns - LHS - Aug. 29
- Lee Ann Jackson - LMS - Aug. 30





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Name: _____ Date: _____

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Vocabulary

- | | | |
|-----------|-----------|------------|
| palm tree | ball | lotion |
| summer | ice cream | tent |
| beach | June | camping |
| swimming | fan | sun |
| hot | swimsuit | sunglasses |
| park | sandals | sunburn |





Turn In Last Scorecard May 6, 2019

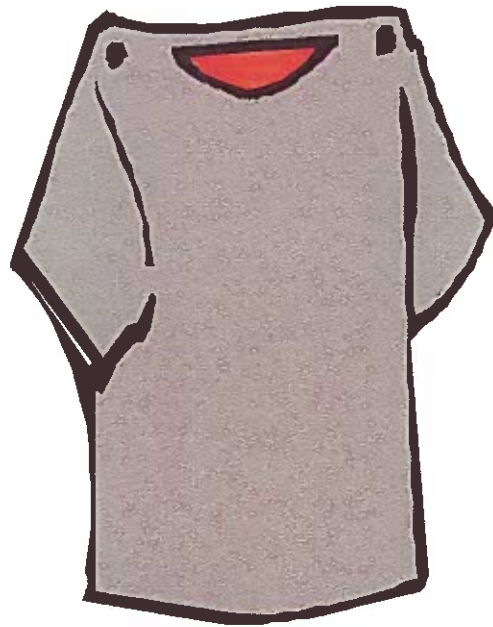
It is very important to get your last scorecard to Flair no LATER than May 10, 2019. This will allow me enough time to total scores and deliver the last scorecard prizes.





Last Wellness T-Shirt Day

May 15, 2019






Energy Fitness



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



DATE FOR ENERGY FITNESS Center
May 21, 2019



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

