

THANKFUL

November 2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

100 Mile Club Contest

| | | | | | | | |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----|---------------------------------------------------------------------------------------|
| | | | | | 1 | 2 | 3 |
| | | | | | | |  |
|  | 5 <i>Mammogram</i> Covenant 8 a.m. to 4 p.m. | 6 <i>Mammogram</i> Covenant 8 a.m. to 4 p.m. 5 p.m. - 7 p.m. | 7 <i>Mammogram</i> Covenant 8 a.m. to 4 p.m. | 8 <i>Mammogram</i> Covenant 8 a.m. to 4 p.m. | 9 <i>Mammogram</i> Covenant 8 a.m. to 4 p.m. | 10 | |
| 11 | 12 <i>Mammogram</i> Covenant 8 a.m. to 4 p.m. | 13 <i>Last Day</i> <i>Mammogram</i> Covenant 8 a.m. to 4 p.m. 5 p.m. - 7 p.m. | 14 Wellness T-Shirt Day | 15  | 16 ENERGY FITNESS BUS | 17 |  |
| 18 | 19  | 20 Half Day | 21 Thanksgiving Holiday | 22 A Thanksgiving Wish | 23 Thanksgiving Holiday | 24 | |
| 25 ENERGY FITNESS BEGINS | 26 | 27 | 28 | 29 | 30  | | |



Everyday Habits That Might Harm Your Health



- 1. Reaching for coffee first thing.** If you roll out of bed and head straight for the coffee pot, listen up!! "Your body wakes up in a state of dehydration, k as it has been naturally fasting from food and water for seven to eight hours while in bed. While coffee is a fluid, caffeine is a diuretic, which causes your body to lose water. Not properly hydrating before your first cup means you may start your day dehydrated. It is recommended to keep a glass of water on your nightstand and polishing off eight ounces before you switch to coffee.
- 2. Getting lazy with your toothbrush.** Toothbrushes harbor microorganisms, which could cause infections. Make sure to thoroughly rinse your brush after each use to remove debris, store in upright to dry and occasionally soak it in antibacterial mouthwash.
- 3. Consuming hidden sugars.** It's recommended that women ingest no more than 25 grams of sugar per day, but the average American eats 82 grams. Excessive sugar consumption is linked to anxiety, depression and a buildup of toxins in the liver. Try diligently reading labels, eating more whole foods and using fruit to sweeten dishes.
- 4. Too much Texting.** A prolonged head-forward posture can lead to "Tech Neck", increasing the pressure on your spine and pushing the ligaments beyond their limit. Discs can become compressed, causing pain and a change in the spine's overall pattern. Try looking down at your phone with your eyes and not your head.
- 5. Applying sunscreen too sparingly.** Its' not enough just to slather sunscreen onto exposed skin like your face and arms. Harmful UV rays can penetrate clothing, putting you at risk for skin cancer. A T-shirt is a SPF of 8 - way too low. Apply sunscreen under your wardrobe or invest in SPF-rated attire if you'll be outdoors for long chunks of time.
- 6. Eating lunch at your desk.** Dining with distractions makes it easy to exceed the point of hunger, upsetting digestion and causing you to overeat. Mindfully eating can facilitate weight loss, boost nutrient absorption, regulate blood sugar and reduce anxiety. Shut down your screens, chew slowly and focus on your meal.
- 7. Ignoring stress.** Stress is unavoidable, but not tackling it can catalyze hypertension, diabetes and cardiac disorders. A good model of stress management is to be troubled, do something about it and get beyond it. A bad model is to avoid it and let it accumulate. Make sure most evenings include rituals that actively help you unwind - like yoga or conversations with friends-rather than just tuning out your problems with TV.





Cheesy Lasagna Soup



Ingredients

- 1 (28 oz) can of whole tomatoes, Puree
- 1 lb. ground beef
- 1 tsp minced garlic
- 1 tbsp dried minced onion
- 1 (14 oz) can tomato sauce
- 3 cups low-sodium Chicken Broth
- 2 Tbsp brown sugar
- 2 tsp Italian seasoning
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 1/2 cups dry lasagna noodles
- 1 cup grated Parmesan Cheese
- Mozzarella Cheese

Preparation

1. Drain whole tomatoes and Puree.
2. Heat a large saucepan over medium-high; add ground beef, minced garlic and onion. Cook until meat is no longer pink; drain fat and return to heat.
3. Add pureed tomatoes to beef mixture, along with tomato sauce, chicken broth, brown sugar, Italian seasoning, salt and pepper. Stir to combine. Bring to a boil; reduce heat to medium and let simmer for 10 minutes.
4. Add dry lasagna noodles, broken into pieces and cook until tender, 10 to 12 minutes.
5. Stir in grated parmesan cheese.
6. Top with mozzarella cheese before serving.

Serves 6

Per Serving: 384 Calories, 13 g fat, 71mg cholesterol, 27g protein, 41g carbohydrates, 10g sugar, 5g fiber, 939mg sodium



Exercise
Tip

Shoulder Pass Through

1. Hold an Elastic band or broom handle with your hands wider than your shoulder and raise arms above your head.
 1. Keeping arms straight, lower hands to waist level then back overhead, reaching backwards as far as is comfortable to release shoulder muscles.
 3. Lower back to your waist that's one rep.
Complete 10 reps



SPRY Living
August 2018



Alan Simmons - LMS - November 1
Anita Parson - LHS - November 9
Heidi Blair - Administration - November 13
Janie Fryar - LMS - November 19
Carol Dyess - South - November 23
Marcella Prieto - South - November 24
Emma Morales - Capitol - November 27
Christie Rendon - LHS - November 29
Kip Grant - Spouse - November 30



November

Thanksgiving Challenge

Find the words in the list hidden in the puzzle grid below.

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

Autumn
 Blessings
 Bounty
 Celebrate
 Cider
 Cornucopia
 Dessert
 Diet

Dinner
 Dressing
 Drumstick
 Family
 Feast
 Football
 Friends
 Giblets

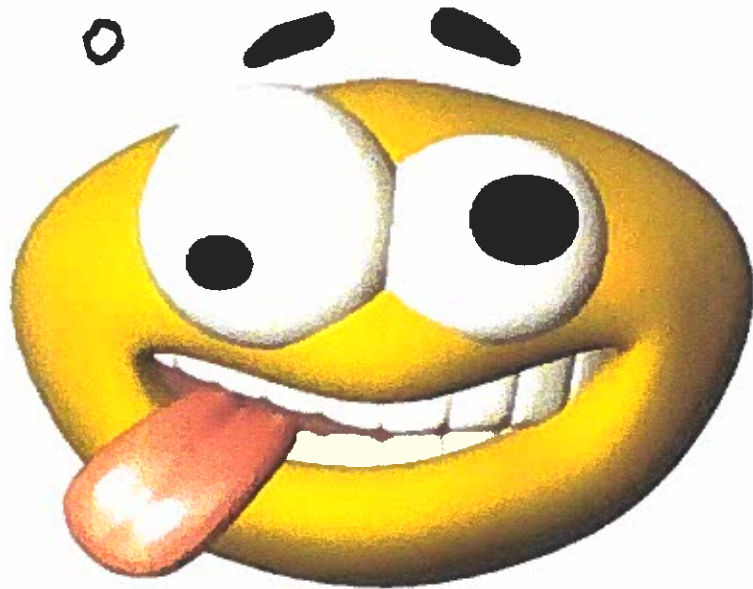
Gobble
 Gratitude
 Harvest
 Holiday
 Indians
 Leftovers
 Mayflower
 November

Parade
 Pilgrims
 Plymouth
 Prayer
 Pumpkin
 Puritans
 Separatists
 Squanto

Stuffing
 Thanksgiving
 Thursday
 Tofurkey
 Tradition
 Turkey
 Wampanoag
 Wishbone



I wasn't born crazy
So I must have caught
It From One of YOU!!





100 Mile Club

Join today!!

October 8th through December 16th

* \$5.00 Participation Fee

* Track your minutes of physical activity using the log sheet.

*The goal per week is **100 MINUTES**.

At the end of the contest you need to take your minutes and convert them to miles using the conversion chart. If you have reached **100 MILES** of physical activity submit your log sheets to receive your 100 Mile Club t-Shirt.

*Turn your scorecard in monthly.

*Turn your scorecard in monthly to Flair, wellness rep or via email to flair@levellandisd.net. If you reach 100 minutes of physical activity each week for a month, you will receive a movie pass. If you reach 100 minutes two weeks in one month you will receive a jeans pass.

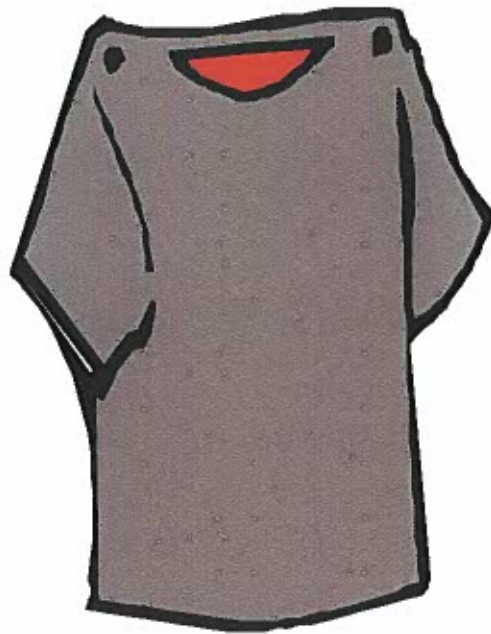
* Activity at work **can not be counted**. Minutes have to be before/ after the school day or exercise completed during your conference time or lunch break..

A decorative border at the top of the page consisting of several pairs of black paw prints, each with a red heart in the center.

Wellness T-Shirt Day

A pair of black paw prints with red hearts in the center, positioned to the left of the main text.

November 14th

A pair of black paw prints with red hearts in the center, positioned to the right of the main text.

The page is decorated with numerous paw prints, each with a red heart in the center, scattered around the text. The paw prints are black with white outlines and are arranged in a circular pattern around the central text.

Energy Fitness

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

DATE FOR ENERGY FITNESS Center

November 16, 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.