

LOOK

Out for Your Health

it starts with

YOU

September 2018

Sun Mon Tue Wed Thu Fri Sat

Lunch & Learn

2	3	4	5	6	7	8
 Labor DAY School Holiday						
9	10	11	12	13	14	15
				School Board Meeting		
16	17	18	19	20	21	22
			First Hep B Shot Cactus Flair's Office 3 p.m. - 4:30 p.m.			
23	24	25	26	27	28	
	PLC/PD DAY Student Holiday	LABC Lunch & Learn Noon	CHS Lunch & Learn Noon	LHS Lunch & Learn Noon	Administration Lunch & Learn 12:30 p.m. (Cactus, SPECO, Trans)	
30						

Join Wellness Today!!!



New Energy Source



Gel water is a substance that scientists are just starting to learn about. Also called structured water, this liquid is found in and around plant and animal cells. Because most of the water in our cells is in this form, it is believed our bodies absorb it quite efficiently. The means gel water, which we can get from plants like aloe, melons, greens, and chia seeds, offers an extremely effective way to stay hydrated, energized and healthy. Below are three easy ways to increase your intake of this superhydrator--boosting your health and drive.



1. Drink a green smoothie every day

Start your mornings with a healthy shake made with greens, chia seeds, lemon, berries, cucumber, and apple or a pear, and a little ginger. Dr. Cohen says, "Chia soaked in water is extremely high in gel water and is rich in healthy omega-3 fatty acids, which help move water into the cells. Cucumbers and pears are also loaded with gel water, plus fibrous tissue, which helps your body absorb the water.



2. Add a pinch of salt.

Stir 1/16 teaspoon of table salt into every eight ounces of regular water you drink. This boosts the osmolality just enough to make your small intestines absorb it. Sprinkle salt on your salad or fruit plate too. "The best thing for you on a hot summer day is some lightly salted cold melon or tomato" Sims say. "These foods have a high water content and a bit of glucose. That plus the salt will help your body take in the fluid", she says.

3. Exercise a little More

It sounds counterintuitive, but the right moves can actually optimize your hydration levels, says Gina Bria. Research has shown that the fascia, the thin sheath of fibrous tissue around our muscles and organs, transports water molecules throughout the body, and certain activities help that process along. "Twisting movements are especially good for hydration", Bria says. Spend a few minutes doing yoga or some stretching three or four times a day to keep the water flowing. Strength-building exercises may also help your body hydrate. "Muscle is about 70% water" says Dr. Murad. Bulking up lets your body hold on to more water to prevent dehydration.





Star Spangled Salad

Ingredients

- 6 to 8 cups loosely packed torn lettuce
- 12 oz. strawberries, halved (2 cups)
- 6 oz. blueberries
- 1/2 cucumber, sliced 1/4 inch thick
- 1/2 cup unseasoned croutons
- 1/2 cup chopped walnuts
- 1/2 cup crumbled feta cheese
- 1/2 cup lemon vinaigrette (like Newman's Own)

Preparation

1. Toss all ingredients except dressing in a large bowl.
2. Pour on 1/4 cup dressing and toss well.
3. Serve extra dressing on the side.

Serves 4





Laugh
Corner

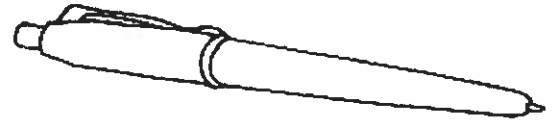
I'm Not short,
I'm just more down
to earth than
other people!





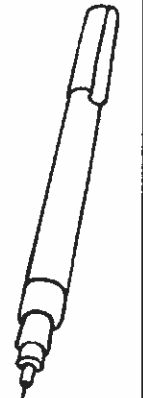
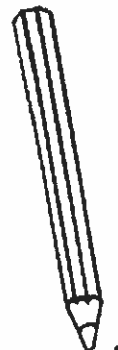
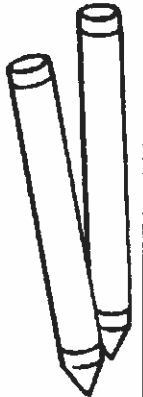
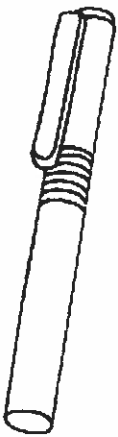
Dicky Idlenfeldt - LABC - September 1
Angie Mohon - Cactus - September 3
Estella Quilantan - LMS - September 5
Clare Flores - Administration - September 15
Christy Barnett - LIS - September 15
Joan Smith - Transportation - September 18
Cindy Albright - LMS - September 19
Jennifer Salley - LHS - September 19
Linda Hernandez - Capitol - September 20
Nick Williams - Retiree - September 20
Jason Torres - Spouse - September 21
Lynette Majors - Retiree - September 22
Linda Gonzales - LIS - September 24

September

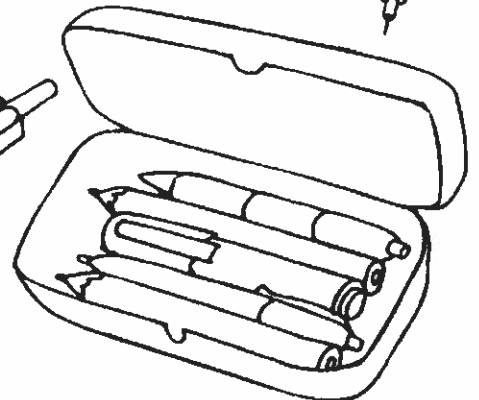
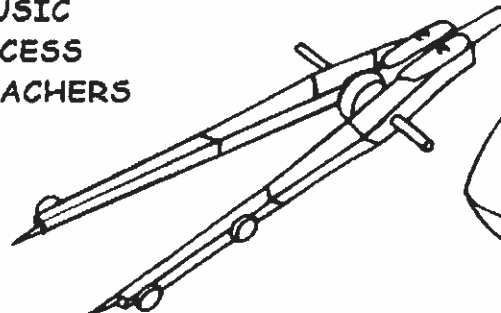


September

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BUS GRADES
 LUNCH MUSIC
 PENCILS RECESS
 SPORTS TEACHERS
 ART
 HOMEWORK
 PAPER
 SCHOOL



Hep-B Shots

Hep-B Shot Schedule

First Shot - Sept. 19



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



Lunch and Learn

Important Lunch & Learn DON'T Miss

Come join us for our September Lunch and Learn. The wellness program will be furnishing lunch for all wellness members and will be at your work site on the following dates. The wellness program will be serving lunch for every scheduled lunch period. It is very important that you join us for lunch and learn how to sign up for your upcoming contest. The sign up sheet to attend the lunch will be on your wellness bulletin board.

Schedule

September 26th - LABC

September 27th - LMS

September 28th - LHS

September 29th - Administration 12:30 p.m.

(Carver, SPECO, Transportation)

October 2nd - Capitol

October 4th - South

October 5th - LIS

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 red hearts.

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@esc17.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 or after the school day.



100 Mile Club

Registration Form

Name _____

Address _____

City/Zip _____

Phone _____

Email _____

T-Shirt Size:

Small _____

Large _____

XXLarge _____

Medium _____

XLarge _____

XXXLarge _____

Participation Fee \$5.00

Cash _____

Check _____