

What's Happening In January & February

January is bringing awareness to maintaining a healthy weight/lifestyle.

February is bringing awareness to Heart Health.

FREE Healthy Cooking Class January 27 (two sessions)

Are you tired of eating the same foods? Come to this hands on cooking class to learn how to put a creative and healthy spin on your salad. See Page 2 for details.

Wear Red To Support Heart Health February 5th

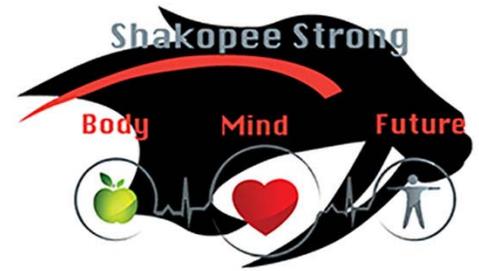
Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

National Wear Red Day will be held on Friday, February 5, 2016. On this day, men and women are encouraged to wear red as a symbol of their support of women's heart health.

At Shakopee Public Schools, we encourage all staff AND students to participate in this event and promote heart disease and stroke awareness. In addition to wearing red, we encourage all staff and students to wear comfortable clothes on this date and build a physical activity "break" into your day. Some ideas may include: 10 minute dance party with your students, a brisk walk around your building or jumping rope. Be creative and GO RED! Be sure and post any photos from Wear Red Day to the district's Facebook page. The most "liked" photo will win a Fitbit!

Healthy Potluck

Each building wellness representative will be organizing a healthy potluck either in January or February, watch your email for a date!



Vision Statement –To promote an educational setting that supports healthy lifestyle choices by valuing Individual health and creating a supportive community.

Lets Get Appy!

App Name: Lose it

Cost: *Free*

Consolidate your w.o. journal and food diary into one (or start keeping them) with this handy tracker. Inputting data can get tedious but the food library is extensive and includes name-brands plus generic categories like fruit, coffee and chicken (broiled, oven roasted, etc.). Each foodtype includes accurate calorie, carb, fiber, fat, sodium and protein values, which you can track on a separate page. Add in your daily exercises – including the intensity and hours spent – and it calculates how many calories you ate, how many you burned and how much more you can eat that day.

App Name: GoodFoodNearYou

Cost: *Free*

Perfect for frequent travelers, this app recommends healthy food options based on your location, which is tracked by GPS. It targets popular casual dining restaurants, fast-food restaurants, grocery stores and convenience stores nearby. Tap one of the suggestions and a lengthy list of healthy menu items appears, complete with calorie, fat and carb totals. Once you decide on a place, simply let the built-in map guide you to gastro-satisfaction.

*9 Tips to help your
New Years Resolution be a Success:*

Happy New Year

2016

- Focus on one resolution, rather several and set realistic, specific goals. Losing weight is not a specific goal. Losing 10 pounds in 90 days would be.
- Don't wait till New Year's eve to make resolutions. Make it a year long process, every day.
- Take small steps. Many people quit because the goal is too big requiring too much effort and action all at once.
- Have an accountability buddy, someone close to you to whom you have to report.
- Celebrate your success between milestones. Don't wait the goal to be finally completed.
- Focus your thinking on new behaviors and thought patterns. You have to create new neural pathways in your brain to change habits.
- Focus on the present. What's the one thing you can do today, right now, towards your goal?
- Be mindful. Become physically, emotionally and mentally aware of your inner state as each external event happens, moment-by-moment, rather than living in the past or future.
- And finally, don't take yourself so seriously. Have fun and laugh at yourself when you slip, but don't let the slip hold you back from working at your goal.

Facebook Happenings:



facebook.com/shakowellness

Take pictures on the Wear Red Day on February 5, 2016 and upload them to the wellness facebook page. The picture with the most likes wins a Fitbit!

5 SUPER FOODS FOR YOUR HEART

Not all foods are created equally. Consider a head of iceberg lettuce vs. a sweet potato. Superfoods are those that are packed with essential vitamins, minerals, essential fatty acids and antioxidants. And one thing they all have in common: Every Superfood is going to be a "real" (unprocessed) food.

In honor of February being heart health month, we focus on the top five Superfoods for your heart (according to WebMD). Try incorporating these into the healthy potluck at your building!

1. Blueberries
2. Salmon
3. Soy Protein
4. Oatmeal
5. Spinach

FREE! Healthy Cooking Class

Join Jill Holter, Lakewinds Food Co-op Events & Community Relations Coordinator, organic gardener, food blogger and freelance writer for a healthy cooking class here at Shakopee West Jr. High in the Foods Lab. Jill will lead the class in a hands on demonstration of salads in a jar with a healthy and fresh salad dressing. There will be two sessions: first session 3:30-4:30 pm second session 4:30-5:30 pm. RSVP to your wellness representative by January 25. Participants should bring 2 jars to class.



Wellness Wednesdays

What is Wellness Wednesday?

Each Wednesday staff are allowed to wear active wear and encourage other staff and students to get moving!



Yoga is a great way to teach children how to be calm, while gaining an awareness of their bodies, self-control and discipline.

6 Heart Health Tips From a Top Cardiologist

By Tony Rehagen

As you go about your day, you probably don't think much about the organ that makes it all possible: your heart. It pumps for you all day long, and it's your hardest working muscle. You can help keep it going for years to come with these six must-do steps. "It's some of the best medicine," says Atlanta cardiologist David E. Montgomery, MD.

1. Exercise

Does this mean we all have to start training for the Ironman? No. You can do anything physical that keeps your heart rate up for 30 minutes -- or 20 minutes if it's high intensity -- 5 days a week.

2. Stay active throughout the day

A workout at the gym is a good start. But what's going on for the rest of your day? "If you're sitting at a desk all day -- even if you hit the elliptical [cardio machine] that morning -- you're still at risk for heart disease," Montgomery says.

When you're at work, build in breaks from being still. Get up and get your limbs moving and your blood pumping. Montgomery suggests you take a conference call and answer emails while standing at your desk. You can also swap your regular chair with a balance ball, which keeps your core muscles engaged as you work. If you check social media on your phone when you're on a break, get up and pace around the room at the same time. You get the idea: Keep moving.

3. Go old-school with food

"The way to eat optimally for your heart hasn't changed in hundreds of years," Montgomery says. The tried-and-true classics are still your best choices:

- ◆ Fruits and vegetables
- ◆ Whole grains, like brown rice and other unrefined carbs
- ◆ Nuts, seeds, and legumes, such as chickpeas and lima beans

What about meat? You can still have some, but limit how much and avoid fatty cuts.

"We don't have solid evidence that vegans live longer than vegetarians, or that vegetarians live longer than meat-eaters," Montgomery says. "But we do know that eating low levels of red meat and high levels of lean meats and fish is a way to optimize your heart health."

4. Stop smoking... everything

You probably know that smoking tobacco makes you more likely to get heart disease. What may surprise you is that smoking marijuana is also bad for your heart. "We can't say that it's equally bad," Montgomery says. "But it's worse than people probably realize."

5. Learn the fine art of chilling out

Stress happens! As Montgomery points out, the problem is not the circumstances that cause stress as much as how we respond. When we're under pressure, our body ramps up adrenaline, which can overwork our hearts. One way to help is to hop on the treadmill or roll out your yoga mat. Exercise trains your body how to handle stress, Montgomery says.

6. Shut down

Sleep is when our body reboots and recovers. That's important for all aspects of our health, not just the heart. "You can't feel good if you're not restoring yourself," Montgomery says. When you're asleep, your heart rate and blood pressure go down. That gives your heart a much-needed break. Without it, you're stressed and you'll crave fuel from high-calorie foods -- which, let's face it, are not heart-healthy. So make it a priority to be well-rested. You'll be ready to face whatever the day may bring.

Heart Healthy Recipe

Grilled Pork Fajitas

Ingredients

1 tablespoon chili powder
1/2 teaspoon oregano
1/2 teaspoon paprika
1/4 teaspoon ground coriander
1/4 teaspoon garlic powder
1 pound pork tenderloin, cut into strips 1/2 inch wide and 2 inches long
1 small onion, sliced
8 whole-wheat flour tortillas, about 8 inches in diameter, warmed in the microwave
1/2 cup shredded sharp cheddar cheese
4 medium tomatoes, diced
4 cups shredded lettuce
1 cup salsa

Directions

Prepare a gas grill or broiler to medium-high or 400 F.

In a small bowl, stir together the chili powder, oregano, paprika, coriander and garlic powder. Dredge the pork pieces in the seasonings, coating completely.

Place the pork strips and onions in a cast-iron pan or grill basket. Grill or broil at medium-high heat, turning several times, until browned on all sides, about 5 minutes.

To serve, spread an equal amount of pork strips and onions on each tortilla. Top each with 1 tablespoon cheese, about 2 tablespoons tomatoes, 1/2 cup shredded lettuce and 2 tablespoons salsa. Fold in both sides of each tortilla up over the filling, then roll to close.

Nutrition Information

Serving size :1 fajita
Total fat 6 g
Calories 250
Protein 20 g
Cholesterol 45 mg
Total carbohydrate 29 g
Dietary fiber 10 g
Monounsaturated fat 1.5 g
Saturated fat 2 g
Sugars 5 g
Sodium 535 mg