



# Fremont Regional Health & Wellness Team Newsletter

## In Your School ...

**Penrose Elementary School** continues to have students wanting to eat healthy snacks and treats instead of cupcakes, cake and soda. It is cool seeing the kids getting on board and buying in. Our new saying is, "When it comes to the right eats, ditch the sweets!"

-Tony Royer  
physical education, co-leader

**Washington Elementary School's** 100 Mile Club and CES's running club got together on Dec. 4th to trek up Skyline Drive and returned for a hot chocolate treat. It was a lot of fun for students, staff and parents.

-Annette Nimmo  
technology, co-leader

**Florence Elementary School** has started our "Caught Being Healthy" tickets again. In January, we are going to start after school sports!

-Kim Wilson  
physical education, co-leader

**Cañon Exploratory School** recently sent home a parent survey on our behavior system/negotiation process with peer mediators. These systems fit with our School Health Improvement Plan. We had 64% of parents fill it out. Mrs. Wyatt's class won a smoothie party for the most participation!

-Carrie Hanenberg  
physical education, co-leader

**McKinley Elementary School's** Student Council is having a food drive for families in our building with a need for a holiday meal. The students will end the drive on Dec. 12 and will be delivered the next week. We have 15 families in need.

Sheila Tarnaski  
health tech, co-leader

**Cañon City High School** just finished our lunch time dodgeball tournament that had 40 students involved in one of their favorite activities! We are moving into after-school opportunities for students not involved in sports.

Jamie Boring  
Physical education, co-leader

## The Fremont Regional Health & Wellness Team has some exciting events planned for the coming weeks!

**FIT FOR THE FUTURE** – The Wellness Team is running the Fit For The Future program at McKinley Elementary School for the second year in a row. The fifth-grade program brings community professionals into the classroom to teach the students the comprehensive health standards.

Anna Gunsten, dietitian at St. Thomas More Hospital, taught students about "GO, SLOW, and WHOA" foods. STMH Chef Tim Ferrari taught about healthy grains and brought ingredients for each student make a healthy fruit parfait with quinoa.

**LOSE 2 GAIN** – We're getting ready to launch our second year of Lose 2 Gain where we partner with Cañon City Community Fitness to offer a heavily discounted rate to the gym's crossfit classes led by trained instructors. The turnout we had last year was tremendous! Our next installment of Lose 2 Gain will begin Wednesday, January 14<sup>th</sup>, 2015 and run through Friday, March 20th. You will be in great shape just in time for spring break! Watch for more information from Sarah Ley.

**FITNESS ASSESSMENTS** – Want to track your fitness progress? Sign up for a time slot from 3-5 p.m. Jan. 14. We'll measure body composition, cardiovascular endurance, flexibility, and muscular strength/endurance. We'll collect the data so you can see your progress when you do a follow-up! Your data will be kept private and confidential.

**WEIGH 'N WIN** – We're having wonderful participation in our Weigh 'N Win program. And lots of people signed up for the Holiday Challenge that promotes a steady weight through the holidays. Everyone who gains less than one pound (or loses weight) from late November to early January gets a \$15 Amazon gift card free!

Weigh 'N Win is a free program that offers cash for weight improvement and other prizes for participating. Track your weight with weigh-ins at the privacy kiosk at Cañon City Area Recreation and Park District. Or talk to your school's wellness team leaders about checking out the mobile kiosk for your school.

It only takes a few minutes to enroll at [WeighandWin.com](http://WeighandWin.com) or the kiosk, and – it's free! You must be 18 and over. For more info: [weighandwin.com](http://weighandwin.com), [facebook.com/weighandwin](https://facebook.com/weighandwin), or 303-694-8007.

## Strategies to Prevent the Holiday Bulge

**WORK OUT FOR A BIG MEAL** – Use those scrumptious holiday foods as recovery from a workout. Our metabolism is heightened after a hard effort, meaning we're more effective at burning those little "indulgences" that may otherwise pack on the unwanted weight.

**SLOW DOWN** – It takes at least 20 minutes for our brains to signal that we're full, which means a slow eater will consume less calories before feeling full than someone who races through their meal. Rather than attempting to finish your plate first, see if you can outlast the competition by being the last to finish.

**BRING A HEALTHY DISH TO THE PARTY** – If you're concerned about unhealthy foods bound to be served at a party, ask if you can bring a healthy dish. Chances are, the host will be happy to have some help with the overwhelming task of pleasing a hungry crowd!

**THE LAW OF DIMINISHING RETURNS** – The first bite's always the best. When looking at the brain signaling "pleasure," scientists have found that we receive less pleasure the more we eat of a food. Instead of eating a full serving of each dessert, take a bite or two and get 90% of the pleasure and 10% the calories.

– Taken from *active.com*

## Stay Active with These Upcoming Runs

**RAPTOR RESOLUTION RUN** – 5-mile run or 2K walk, 10 a.m., Dec. 27, at Pueblo Nature and Raptor Center. For more info: [natureandraptor.org](http://natureandraptor.org)

**RESCUE RUN** – 5K/10K options, 10 a.m., Jan 1, Palmer Park, Colorado Springs. For more info: [rescuerun.org](http://rescuerun.org)

**VALENTINES TWOSOME** – 3.2-mile co-ed (or mother/daughter) relay, 9 a.m. Feb. 14, at Pueblo City Park. For more info: [jeffarnold194@gmail.com](mailto:jeffarnold194@gmail.com)

**PUEBLO CHIEFTAIN SPRING RUNOFF** – 10M, 10K, 5K run or 3M walk, 9 a.m., March 1, Dutch Clark Stadium in Pueblo. For more info: <http://bit.ly/1ytgB2a>

## Have a healthy idea for your school? Contact your co-leader.

**Cañon City High:** Brian VanIwarden, Jamie Boring  
**Cañon City Middle:** Kelly Cosper, Shannon Daly  
**Cañon Exploratory:** Carrie Hanenberg, Della Rieger  
**Cotopaxi K-12:** Lou Merrill, Sandy Robertson  
**McKinley Elementary:** Sheila Tarnaski, Toni Freehling  
**Lincoln School:** Tara Oliva, Toni Pierce  
**Mountain View:** Calley Till, Shana Thorson

**Harrison K-8:** Alicia Smith, Melissa Hollan  
**Florence High:** Christy Draper, Kip Christensen  
**Florence Elementary:** Kim Wilson, Sue Wood  
**Fremont Middle:** Deanna Padilione, Heidi Forward-Kraft  
**Penrose Elementary:** Tami Freeman, Tony Royer  
**Washington Elementary:** Annette Nimmo, Stacy Murphy

## Glazed Ham with Blackberry Sauce

*Make the perfect glaze using the spiciness of the Dijon mustard to complement the tartness of the blackberry jam. This tasty main course has one-tenth the sodium of a traditional cured ham.*

**Makes:** 16 servings  
**Serving Size:** 4 oz. ham, 3 tbs sauce  
**Active Time:** 20 minutes  
**Cook Time:** 2 hours, 30 minutes

### INGREDIENTS

#### Ham

- 2 tablespoons Dijon mustard
- 1 tablespoon brown sugar
- 2/3 cup seedless blackberry jam
- 1 teaspoon freshly ground black pepper
- 1 (8- to 9-pound) smoked, bone-in - ham shank, trimmed
- Cooking spray

#### Sauce

- 1 cup apple cider
- 1/2 cup dry white wine
- 1 cup seedless blackberry jam
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh lemon juice

### PREPARATION

1. Preheat oven to 350°.
2. To prepare ham, combine 2 tablespoons mustard, sugar, 2/3 cup jam, and pepper in a small bowl; spread half of jam mixture over ham. Place ham on a broiler pan coated with cooking spray; insert a thermometer into thickest portion of ham. Bake at 350° for 2 1/2 hours or until thermometer registers 160°, basting with remaining jam mixture occasionally.
3. To prepare the sauce, combine the cider and wine in a small saucepan over medium heat; bring to a boil. Stir in 1 cup jam and 1 tablespoon mustard. Reduce heat to low, and cook until jam dissolves, stirring frequently. Remove from heat, and stir in juice. Serve with ham.

– Recipe from *Health.com*