



# Fremont Regional Health & Wellness Team Newsletter

## In Your School ...

**Mountain View Core Knowledge** is making the best of our delicious fruits and veggies for lunch! We just rewarded 2 classes who had the most tallies for fruits and veggies eaten at lunch with fruit trays donated from City Market.

We added "fit tickets" to our Core virtue drawings each week, and teachers are handing out tickets like crazy for fresh fruit and veggie snacks. We can really tell the difference with the quality of snacks! We are grateful to Bountiful Baskets, the fresh produce coop that uses our facility, because they have donated a few excess veggies and fruits to students for snacks!

In April we will host our first 5K Spirit Run, students will be working on meeting that 3-mile goal and families are excited to partner with the community to support our school!

-Shana Thorson  
teacher, co-leader

**Cañon Exploratory School** participated in the JAM 1 minute World Record by playing a music selection over the intercom for the entire school to stop and exercise! We were ROCKIN!

Two days so far, during our lunch recess, Paul and Michelle Pearson support our playground ladies with fun, active games for every grade! Kids are loving it!

-Carrie Hanenberg  
physical education, co-leader

**Florence High School** has incorporated a 15-minute physical activity period on Mondays and Fridays. All students and staff participate and they are doing activities such as: scavenger hunts around the school, walking, and playing games. It is helping our physical wellness and our mental wellness.

FHS is excited about our new garden and we are working on a bike trail.

-Christy Draper  
teacher, co-leader

**EDUCATIONAL THEATRE PROGRAM** – We have partnered with Kaiser Permanente for an exciting opportunity for our elementary programs. From April 6-8, KP will bring down its standards-based Educational Theatre Program to five elementary schools in Fremont County: Lincoln School of Science & Technology, Washington, McKinley, Cotopaxi and Penrose. The opportunity was offered to each elementary school and these five were quick to sign up.

The award-winning actors will present K-3 with "5210 Main Street" to provide children information to make responsible choices about food and physical activity. The actors will also present to 4-5 graders a play entitled "Choose Your Life" that will encourage a culture of caring by providing students with strategies to handle bullying situations.

**CREATING A CULTURE OF HONOR** – Washington Elementary School, Cañon Exploratory School, Cañon City Schools and Shorinkan Family Karate's Paul and Michelle Pearson are organizing a free community event for 6 p.m., April 21 in the Tiger Dome at Cañon City High School. "Creating a Culture of Honor in Fremont County" is aimed at building character and honor in each of the children's lives to make right decisions and creating honor for themselves and for others.

Former NFL football player Shawn Harper will speak about his difficult childhood and overcoming tremendous obstacles in his life. He inspires kids all over the country to follow their dreams and make something great of their life. The student leaders at Washington and Cañon Exploratory are running the entire event. It is an opportunity for these children to build leadership and influence their peers in a positive way. It will be a huge event for our entire community to help students have honor in their lives. We're expecting at least 1,000 people to attend.

**WEIGH 'N WIN** – The Weigh 'N Win program continues to be a major hit in Fremont County. In less than one year of existence, 327 community members have registered to use the machine and more than 900 pounds have been lost by Fremont County users!

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. You can also contact Sarah Ley at [leysaf@canoncityschools.org](mailto:leysaf@canoncityschools.org).

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 information: [weighandwin.com](http://weighandwin.com), [facebook.com/weighandwin](https://facebook.com/weighandwin), or 303-694-8007.

## Six 'Spring Training' Motivational Tips

### TAKE ADVANTAGE OF THE UPCOMING GOOD WEATHER

Go for a run, take a hike, strap on the rollerblades. Discover your favorite outdoor activity and make your fitness routine the best part of your day!

### MIX IT UP

Changes happen when your body is forced out of its comfort zone. Try a new strength-training routine, take a Pilates class or do yoga!

### SPRING-CLEAN YOUR DIET

Stick to the outside aisles of your favorite grocery store to help you eat clean. You will find healthy fruits, vegetables and your favorite proteins!

### STAY ALERT WITH ENERGY-BOOSTING SNACKS

Make fruit, nuts and seeds a healthy habit! These snacks are great sources of energy and vitamins. Green tea will also help fight an energy slump.

### KEEP A SPARE WORKOUT BAG

When you find yourself with extra time, you'll be prepared for spur-of-the-moment movement. Even 10 minutes is beneficial!

### FIND A WORKOUT BUDDY

Working out with someone will help keep you accountable. When you're supposed to meet someone, it's not as easy to skip the workout.

## Stay Active with These Upcoming Runs

**SALIDA RUN THROUGH TIME** – Marathon, half marathon, 2-mile fun run, 8 a.m., March 14, meet at Salida SteamPlant. More info: [bit.ly/SalidaRun](http://bit.ly/SalidaRun)

**BLUESKY BLIZZARD RUN** – 5K run/2M walk, 10 a.m., March 21, State Fair Grounds. Benefits developmentally disabled. More info: [bit.ly/BlueRun](http://bit.ly/BlueRun)

**SPANK BLASING RUN** – 5K or 10K, 8:30 a.m., April 18, CSU-Pueblo. More info: [bit.ly/blasing](http://bit.ly/blasing)

**RUNBLOSSOM** – 5k, 5-mile, half marathon, Kids' Fun Run and Toddler Trot. 7:30 a.m., May 2, Centennial Park. Proceeds go to outdoor rec in Fremont County. More info: [runblossom.org](http://runblossom.org)

## Stay Safe with These Keyboard Cautions

If you use a computer, you spend a lot of time keyboarding. Protect your hands and wrists with these tips.

**ARRANGE** your keyboard so that your elbows form 90-degree angles. Your forearms are parallel to the floor, and your wrists are in a neutral position.

**DON'T** use excessive force when typing.

**POSITION** your mouse to be on the same level as, and as close as possible to, the keyboard.

**CLEAN** your hands and keyboard often – especially in a shared facility. Researchers have found that keyboards can harbor bacteria. Tip: Unplug your keyboard before cleaning it.

## Have a healthy idea? 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

**Fremont Regional Health & Wellness Team**  
Kristi Elliott  
Brandon Hopper  
Sarah Ley

**February 2015**  
Regional Wellness Coordinator  
Assistant Regional Wellness Coordinator  
Assistant Regional Wellness Coordinator

## Grilled Chicken with Spicy Rhubarb-BQ Sauce

*Barbecue sauce is hardly an expected place to find rhubarb, and that's part of what we love about this addictive, tangy-sweet sauce tinged with smoky chipotle heat. Extra sauce can be refrigerated for 1 month. Also try it on pork and burgers.*

**Makes:** 4 servings

**Serving Size:** 2 chicken thighs

**Total Time:** About 1 hour

### INGREDIENTS

#### CHICKEN

- 1 tablespoon canola oil
- 8 bone-in chicken thighs, skinned (about 2 ½ pounds)
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon salt
- Cooking spray

#### SAUCE

- 1 tablespoon butter
- 1/2 cup finely chopped onion
- 1 garlic clove, minced
- 2 1/4 cups (1/2-inch) slices rhubarb
- 1/2 cup water
- 1/3 cup sugar
- 1/4 cup ketchup
- 2 tablespoons white vinegar
- 1/2 teaspoon chipotle Chile powder
- 1 teaspoon Dijon mustard
- 1/8 teaspoon salt

### PREPARATION

1. Melt butter in large saucepan over medium heat. Add onion, garlic; cook 5 minutes or until is tender, stir occasionally. Add rhubarb; cook 3 minutes or until rhubarb is translucent, stir occasionally. Add water, sugar, ketchup, vinegar, chipotle; bring to boil. Reduce heat; simmer 6 minutes or until rhubarb is tender.
2. Place half mixture in blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend mixture until smooth. Pour into large bowl. Repeat with remaining mixture.
3. Return mixture to saucepan. Bring to simmer; cook 1 minute or until hot. Stir in mustard and salt.
4. Preheat grill to high heat. Combine oil and chicken; toss to coat. Sprinkle chicken with salt, pepper. Place chicken on grill rack coated with cooking spray, and grill 6 minutes or until well-marked. Place 1 cup sauce in large bowl. Add chicken to bowl, tossing to coat chicken. Return chicken to grill; cook, turning and brushing with sauce from the bowl until glossy and caramelized, about 12 minutes.

– Recipe from Cooking Light

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