

Fremont Regional Health & Wellness Team Newsletter

In Your School

Washington Elementary School has a large increase in participation with parents, staff and students in the 100 Mile Club. Many staff members began fitness programs such as the 21 Day Fix, Weigh and Win or Weight Watchers. Many staff members have added fit sticks or brain breaks to their day.

Cañon Exploratory School has started a Running Club for kids 3rd-7th grades on Tuesdays and Thursdays after school! The 4th-6th graders participate in Before School Sports on Tuesdays and Thursday. CES has almost finished the paintings around the school from the Colorado Active Learning Project grant!

Penrose Elementary School provides a Healthy Snack/Celebration Alternative for each grade level. PE teacher Tony Royer and health tech Tami Freeman provide a 3-inch subway sandwich and a build-your-own fruit parfait station for each student. The students are taught the importance of healthy snacks.

Upcoming Runs

Rim to Rim Royal Gorge

Oct. 4 – At the Royal Gorge, 8:30 a.m., 5K, 10K options. More info: bit.ly/oct4race

Not On Our Watch

Suicide Prevention 5K

Oct. 11 – A costume race! Dress as a hero, be a hero! More info: bit.ly/oct11race

Monster Dash 5K

Oct. 18 – At 9 a.m., DiSanti Farms in Pueblo. More info: bit.ly/oct18race

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

Weigh and Win – We are excited to launch a new program called “Weigh and Win.” It is a free program that rewards you for being healthy! Earn cash for weight improvement or other prizes just for participating.

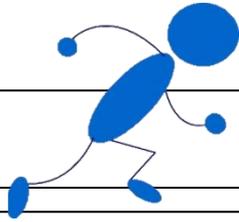
Track your progress through quarterly photographed weigh-ins at the privacy kiosk at Cañon City Area Recreation and Park District, 575 Ash Street. Or talk to your school’s health team leaders about checking out our mobile kiosk for your school.

It only takes a few minutes to enroll at WeighandWin.com or the kiosk, and remember – it’s free! You must be age 18 and over. For more info: weighandwin.com, facebook.com/weighandwin, or 303-694-8007.

Book ‘N Boogie – The wellness team will be making rounds to all kindergarten classrooms in Fremont County this month to do a fun activity with the classes. This will be the second year we’ve done the activities and had amazing results last year!

Fire Up Your Feet – Track the activities that your students are already doing and earn free money for your school! It really is that easy! For more info, visit fireupyourfeet.org or email leysaf@ccsre1.org.

Fitness Assessments – Want to track your fitness progress? Sign up for a time slot on Oct. 21. Slots will be available from 5-7 a.m. and 3-5 p.m. and we’ll measure body composition, cardiovascular endurance, flexibility, muscular strength/endurance. We’ll collect the data so you can see your progress when you do a follow-up!



Fall Exercise Tips

Take advantage of the beautiful weather

Temperatures are nice now, but they'll be dropping soon. Enjoy the outdoors before it's too late.

Make exercise a part of your everyday life

Walk around the park while your kids are at practice. Have walking meetings. Find good music or a motivational talk, listen and move.

Remember the 30-day rule

If you stick with something for a month, it becomes a habit. Make the habit now before the holiday rush gets here.

Think outside the box

Dance, jump rope, take a boxing class. Start something you've always wanted to but have never gotten around to.

Move while watching TV

Run/walk on the treadmill while watching your favorite show. Do squats during the first set of commercials and lunges during next set of commercials. Or plank through two commercials.

Rejuvenate yourself

A massage is a nice treat. Pray, meditate or sign up and take an art class.

Healthy Halloween Party

One of our goals is to get kids healthy because healthier kids learn better. One unhealthy Halloween party might not make a long-lasting impact on the students' health, but it is an opportunity to show them that healthy activities can be fun even though they don't involve sugary sweets! Here are a few ideas:

Clementine Jack 'o Lanterns: Use a black permanent marker to draw a face.

Banana Ghosts: Freeze the bananas on the stick. Coat bananas with vanilla Greek yogurt. It'll take about 1 ounce of Greek yogurt for every banana.

Bat cheese on full moon crackers: Use a bat cookie cutter (bit.ly/batcutter) to make cheese slices look like bats. Place them on healthy whole wheat crackers.

Ideas taken from: bit.ly/halloweenideas2

White Turkey Chili

Makes: 6 servings

Serving Size: about 1 1/2 cups each

Active Time: 40 minutes

Total Time: 1 1/2 hours

INGREDIENTS

- 3 tablespoons extra-virgin olive oil or canola oil
- 1 pound 93%-lean ground turkey
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 medium zucchini, diced (about 3 1/2 cups)
- 1/2 cup bulgur
- 2 tablespoons dried oregano
- 4 teaspoons ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon white pepper
- 1/4 teaspoon salt
- 2 15-ounce cans no-salt-added white beans, rinsed
- 2 4-ounce cans green chiles, mild or hot
- 4 cups reduced-sodium chicken broth

PREPARATION

Heat oil in a Dutch oven over medium-high heat. Add ground turkey, onion and garlic. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes. Add zucchini and cook, stirring occasionally, until the zucchini is starting to soften, 5 to 7 minutes.

Add bulgur, oregano, cumin, coriander, white pepper and salt and cook, stirring, until aromatic, 30 seconds to 1 minute. Stir in white beans and chiles, then pour in broth; bring to a boil.

Reduce heat to a simmer, partially cover the pot and cook, stirring occasionally, until the liquid is reduced and thickened and the bulgur is tender, about 50 minutes.