

"Maybe Christmas," he thought, "doesn't come from a store. Maybe Christmas...perhaps... means a little bit more!"



Choose To Be
a Better Me

December
2020

WELLNESS NEWSLETTER

Pampa Independent School District is committed to creating a culture of health and wellness for its employees.

A Wellness Program provides opportunities, tools and resources that empower personnel to make healthy lifestyle choices. PISD seeks to promote and support a healthy work environment, health awareness, individual responsibilities for a healthy lifestyle, decreased risk of illness and enhanced quality of life for all employees. Healthy employees are more productive, have more energy and better manage stress. A Wellness Program for district personnel can keep all employees healthy, decrease sick days, lower insurance costs, and increase employee retention and recruitment. We also understand that healthy adults serve as role models for children in both actions and behaviors.

Supporting the wellbeing of our employees will foster a culture of health among all staff in which healthy behaviors are supported and encouraged both at school and at home.

Fitness Opportunities for a New You!

Pampa Youth Center

1005 W. Harvester - 665-0748

www.pampafitness.com

PISD rates:

Call for current rates:

Enrollment fee waved for PISD staff for month of September

Classes Offered:

HIIT (High Intensity Interval Trng)

M/W/F-5:15am and 12:15pm

M/W/TH-6:15pm

SPIN CLASSES

5:30 pm Mon/Thur

5:30am Tue/Thur

5:30pm Beginner Spin

12:15pm Tue/Thur

6:00pm Tue

YOGA

Tue and Thur 7am

Crossfit

Mon: 6am, 8am, 5:30pm

Tue: 5am, 6am, 8am, 5:30pm

Wed: 6am, 8am, 5:30pm

Thur: 5am, 6am, 8am, 5:30pm

Fri: 6am, 5:30pm

Jazzercise

Class Times:

8:30am Monday - Friday (childcare)

4:30pm Sunday & Thursday

5:30pm Monday, Tuesday, Thursday, Friday (Childcare Mon-Thurs)

7:00pm Tuesday & Thursday

9:30am Saturday

Anytime Fitness

211W.30th - 665-3333

www.anytimefitness.com Join for

\$1! Starting at \$38 a month. 10% Discount PISD employees. Video Workouts Available Including (TKO, Kickboxing, Vibe Dance, Stomp Step, Fusion, Express, Kinetics, Definition, etc.)

New Life Wellness Center

701 N. Price Rd. 665-7261

www.newlifewellnesscenter.org

Yoga Classes Mon.

Tue & Thur. 7:30-8:30pm

\$5-session (or 5 sessions

for \$20) 20% Discount for

Healthcare supplies-

Massage Therapy

Interval Training Workouts-

FREE!!

Central Administration Office

Tuesday and Thursday-4:45pm

Benchmark Functional Fitness

1203 N. Hobart

806-802-9054

Your Month is free!

Monday-Friday, 5:00 am, 6:00 am, 5:30 pm and 6:30 pm.

Pricelist of packages is:

\$85/month, unlimited (any class, all day, all week)

\$75/month, 4 classes a week (approx. 16 classes/mth)

\$65/month, 3 classes a week (approx. 12 classes/mth)

\$55/month, 2 classes a week (approx. 8 classes/mth)

15% off for couples

Slow Cooker Creamy Green Chile Chicken

Enchilada Soup



Prep Time 15 minutes

Cook Time 4 hours

Total Time 4 hours 15 minutes

Ingredients

- 1 teaspoon olive oil
- 3/4 cup diced yellow onion
- 2 cloves of garlic, grated
- 1 pound boneless skinless chicken breasts
- 1 tablespoon ground cumin
- 1 tablespoon chili powder, green chile powder if you can find it
- 1/2 teaspoon smoked paprika
- Kosher salt and fresh ground black pepper to taste
- 8 ounces diced green chiles
- 2 cups green enchilada sauce
- 4 cups low sodium chicken broth
- 2 (15 ounce) cans cannellini beans, rinsed and drained
- 1 cup frozen corn, defrosted
- 4 ounces low fat cream cheese, room temperature
- 1 cup plain non-fat Greek yogurt, 2% or full fat may also be used
- Shredded Monterey Jack cheese, cilantro and lime wedges for serving

Instructions

1. Heat the oil in a small skillet over medium-high heat. Sauté

- the onions for 3 minutes then add in the grated garlic and sauté another minute. Add them into to the slow cooker.
2. Add the ingredients through the cannellini beans into the slow cooker, stir, cover with the lid and set on low for approximately 6 hours, medium for 4 hours or high for 3 hours.
3. When the time is up remove the chicken breasts and let them cool for several minutes before shredding. Add the corn into the slow cooker.
4. While the chicken cools, whisk together the cream cheese and yogurt in a medium sized bowl until combined. Ladle some of the broth into the bowl and whisk until the yogurt/cream cheese mixture warms and thins out. Essentially what you are doing is tempering it so it doesn't curdle when added into the slow cooker.
5. Once the yogurt/cream cheese mixture is warm, pour it into the slow cooker and whisk everything together.
6. Add the shredded chicken back into the slow cooker and stir everything together. Serve immediately topped with cheese, cilantro and a squeeze of lime juice.

RECIPE OF
THE MONTH

Community Recreation Opportunities



Go to www.cityofpampa.org or find information or on the Facebook by searching Pampa Recreation

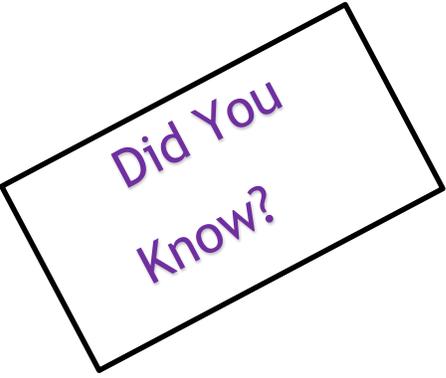
Check online for upcoming Tournaments and leagues.

Hidden Hills Golf Course - www.hiddenhillsgolfclub.com

Visit the PISD Wellness Page for Up To Date Information and
Calendar Of Events

<http://www.pampaisd.net/page/HR%20WellnessProgram>

If you know of anyone who would like information posted in the newsletter or
on the calendar have them email: sandee.stokes@pampaisd.net



Did You Know?

- Laughing is good for the heart and can increase blood flow by 20 percent.
- Your skin works hard. Not only is it the largest organ in the body, but it defends against disease and infection, regulates your temperature and aids in vitamin production.
- Always look on the bright side: being an optimist can help you live longer.
- Exercise will give you more energy, even when you're tired.
- Sitting and sleeping are great in moderation, but too much can increase your chances of an early death.
- A lack of exercise now causes as many deaths as smoking.
- Nearly 30% of the world's population is obese.
- Between 2000 and 2015, the average global life expectancy increased by five years.
- Less than 1% of Americans ride their bike to work, while 50% of Copenhagen residents bike to work or school.
- The US spends almost three times more on healthcare than any other country in the world, but ranks last in life expectancy among the 12 wealthiest industrialized countries.

Upcoming Events



	2 <i>Turtle Doves</i>	3 <i>French Hens</i>	4 <i>Calling Birds</i>	5 <i>Gold Rings</i>
6 <i>Geese a-Laying</i>	<i>The 12 Days of Christmas</i>			7 <i>Swans a-Swimming</i>
8 <i>Maids a-Milking</i>	9 <i>Ladies Dancing</i>	10 <i>Lords a-Leaping</i>	11 <i>Pipers Piping</i>	12 <i>Drummers Drumming</i>

Watch your email daily for the 12 days of Christmas Health and Wellness Challenge.