

# Choose To Be a Better Me

February

WELLNESS NEWSLETTER

## Ways You're Drinking Water Wrong

If you went several days without drinking water, you'd be in a bind.

In 1945, The Food and Nutrition Board of the National Academy of Sciences claimed that the body needed two-and-a-half liters of water a day (which is actually ten cups of water a day, even more than the widely-referenced eight). Most of this quantity is contained in prepared foods.

We're a culture obsessed with getting eight glasses of H<sub>2</sub>O a day. In 2016, bottled water sales exceeded soda sales for the first time in recorded history.

Ensuring that you're adequately hydrated is important. However you could be doing it wrong.

### Don't discount the water content of solid foods -

About 20 percent of our daily H<sub>2</sub>O intake comes from solid foods — fruits and vegetables in particular. Although it's good to be mindful of how much water your body asks for, you can also hydrate with fruits and veggies, most of which are largely water. A cucumber, is 96.7 percent water. Lettuce, celery, tomatoes, watermelon, grapefruit and green peppers are more than 90 percent water. These foods are also rich in a range of nutrients and vitamins. Eating a significant percentage of your water is an excellent way to achieve your health and fitness goals.

**Don't drinking more water than you need** —A vast majority of healthy people adequately meet their hydration needs by letting thirst be their guide. If you're forcing yourself to chug through gallons of water, you might be drinking too much. And yes, there is such thing as "too much," especially since there's no scientific proof that drinking *extra* water has any health benefits. Drinking too much can cause hyponatremia, which is also called "water intoxication", a condition in which the sodium levels in the blood become dangerously low and can result in swelling in the brain, seizures, and coma. Under normal conditions, you'd have to drink a huge amount of water to experience hypernatremia; however, if you're a serious runner or a particularly salty

sweater, you could harm yourself by downing water too quickly.

### **Don't avoid caffeine**

**unnecessarily**-You likely know that caffeine can boost your metabolism and help you focus, but there is one widely held belief about it that might be steering you in the wrong direction: coffee's diuretic qualities.

Caffeine doses between 250 and 300 milligrams—about two cups of coffee—will minimally increase urine output for about three hours after consuming it. In other words: the myth that drinking caffeine causes you to excessively pee is just hype. In fact, not only is coffee a great source of water, but it's also the most common source of inflammation-fighting antioxidants in the American diet.

### **Pair Your Water with**

**Lemon** -Not only does throwing in a couple slices of lemon to your water add some zing to your water, it may also help you lose weight. D-limonene, a powerful antioxidant found in lemon peels, stimulates liver enzymes to help flush toxins from the body. Not only does the lemon peel help rid your body of inflammatory toxins, but the extra bit of vitamin C from the juices that seep into the water will help your body curb cortisol levels; and that's good news since cortisol is the stress hormone that tells your body to store fat.

### **Don't Forget to Grab A**

**Glass Upon Waking** - If you aren't drinking water in the morning, your metabolism is

likely taking a hit. One of the easiest and cheapest ways to give your metabolism a jolt is to drink 20 to 32 ounces of water (2-3 cups) shortly after waking. Why? During sleep, your body's metabolic function slows, and your body just went around eight hours without fluids—which are essential to hundreds of metabolic processes. Rehydrate before stressing your body with any other food or drink. You will feel less bloating, more energy, and have a smaller appetite.

### **Down One Between**

**Alcoholic Drinks** -Alcohol decreases the body's production of anti-diuretic hormone (a compound that helps your body stay hydrated), so when you move onto that third round, your body becomes increasingly dehydrated. And when you're dehydrated, you can feel sluggish and bloated—two things that will act against you if you're trying to drop a few pounds. Make sure you have at least one or two glasses of water for each drink—and that you never drink on an empty stomach.

### **Realize Your Body Wants**

**Water—Not Food** -It's not just you. One reason why you are always hungry is you are not drinking enough water. People inappropriately respond to thirst over 60 percent of the time by eating instead of drinking. And that means you're eating more calories than you need to. So, next time you're hankering for a snack just after you finished a meal, try knocking back a cup of

water before diving into the snack drawer and wait 20 minutes. If you're still hungry, then you can eat something.

### **Steep it With Green Tea** -

Water is still water even when you put a teabag in it. Green tea is particularly efficient at blasting flab thanks to its concentration of catechins: a group of anti oxidative compounds that fry adipose tissue by revving the metabolism, increasing the release of flab from fat cells (particularly in the belly), then speeding up the liver's fat-burning capacity.

### **Drink Brewed Tea NOT**

**Bottled**- You'd have to drink 20 bottles of store-bought tea to get the same amount of antioxidants present in just one home-brewed cup. Plus, the bulk of the bottles brews get their brown hue from caramel color (instead of actual tea) and are PACKED WITH SUGAR!!!

### **You don't need to Drink It**

**Ice-Cold**-Have you ever heard of the ayurvedic teaching that it's easier for the body to absorb warm water and that it's more soothing to the stomach? What about that ice-cold water kicks the body's metabolism into gear? Despite one 2003 study which found that people who drank ice water experienced a 30 percent increase in metabolism, there's no evidence to support that cold water will help increase your metabolism any more than warm water. And there's no evidence to suggest that the body absorbs

water any differently depending on the temperature. Drinking water, period, is more important to your health and well-being than the temperature at which it's served.

### **Don't be Fooled By 'Healthy' Bottled Waters -**

They may have "water" in their name, but these bottled beverages tend to be just as caloric—and sugar-laden—as a soda. In fact, most 20-ounce bottles of Vitaminwater contain 32 grams of sugar, or 65 percent of what the USDA recommends you consume in added sugar in an entire day. If you want to infuse some flavor and nutrients into your water, try adding a slice of lemon, strawberries, and mint to your water.

people adequately meet their hydration needs by letting thirst be their guide." If you feel hungry, your mouth feels dry, or your urine looks like apple juice, you're not drinking enough water.



### **Drink it When You're Tired -**

You don't always need coffee to stay awake. Not only should you drink plenty of water during the day to stay hydrated, but you should also reach for a glass when you start feeling groggy. In fact, even slight dehydration can significantly drain your energy levels. That's because your brain is made of 80 percent water, so your mental abilities and functions seriously depend on it. Sip on a glass, and mental flexibility automatically improves by 14 percent.

**Drink Enough** -Updated guidelines by the Institute of Medicine recommend 91 ounces of water per day for women and 120 for men. However, they note that "the vast majority of healthy

# New Year Fitness Opportunities for a New You!

**Pampa Youth Center**  
1005 W. Harvester - 665-0748

[www.pampafitness.com](http://www.pampafitness.com)

PISD rates:

Call for current rates.

## Classes Offered:

HIIT (High Intensity Interval Trng)  
M/W/F-5:15am and 12:15pm

M/W/TH-6:15pm

## SPIN CLASS

Mon-5pm, 6pm

Tue-5:30am, 12:15pm&6pm

Wed-6pm

Thur-5:30am, 12:15pm&5pm

Fri - 8:30am

## YOGA

Tue/Thur 9:30am

Wed - 7:15pm

## Jazzercise

Class Times:

M-T-Th Am-5:25am, 8:30  
pm: 4:30, 5:30, 6:30

Wed: am-5:25, 8:30, 4:30pm

Sat-8:30am

Sun-4:30pm

**Anytime Fitness**  
211W.30<sup>th</sup> - 665-3333

[www.anytimefitness.com](http://www.anytimefitness.com)

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](http://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

## HIIT Workouts Free!

Tuesdays and Thursdays-4:45pm at  
Central Administration.

Come Check it Out!!!

## CrossFit Pampa

1800 N. Hobart - 806-440-1992

[www.crossfitpampa.com](http://www.crossfitpampa.com)

PISD Employee \$50 a month!

For more info go to Pampa  
Crossfit Facebook page and send  
message or email  
[crossfitpampa@gmail.com](mailto:crossfitpampa@gmail.com) you  
can also text or call 806-440-1992

**Benchmark Functional Fitness**

1203 N. Hobart

806-664-6444

Your first month is free!

15% Couples Discount!

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

## Chicken Marsala Fettuccine



**Prep Time** 10 minutes

**Cook Time** 20 minutes

**Total Time** 30 minutes

### Ingredients

- 1 pound (1 package) Just BARE Organic Boneless Skinless Chicken Thighs, cut into bite size pieces
- 4 teaspoons olive oil, divided
- 4 teaspoons all-purpose flour, divided
- 1 shallot, minced (approximately 3 tablespoons)
- 1 teaspoon grated garlic
- 16 ounces cremini mushrooms, sliced
- Kosher Salt and fresh ground black pepper to taste
- 1/2 cup marsala wine
- 1/2 cup low sodium chicken broth
- 1 teaspoon fresh thyme leaves
- 1/4 cup half and half
- 1/2 pound fettuccine
- Shredded Parmesan cheese, chopped parsley and thyme leaves for toppings

### Instructions

1. In a large pot cook the fettuccine according to package instructions.
2. In a large skillet heat 1 tablespoon of olive oil over medium-high heat. Season the chicken thighs with salt, pepper and 1 tablespoon of flour. Add to the skillet and sauté for 6-8 minutes or until fully cooked. Remove from the skillet onto a plate.
3. Add the remaining teaspoon of olive oil to the skillet along with the chopped shallot, garlic and mushrooms. Sauté for 4-5 minutes or until the mushrooms are golden brown. Season with salt and pepper. Deglaze the skillet with the Marsala wine then add chicken stock and thyme leaves.
4. Turn the heat down to medium-low and let the sauce simmer and reduce for several minutes. Sprinkle in the remaining teaspoon of flour and stir everything together. Return the chicken to the skillet and add in the half and half, stir and bring everything back to a simmer. Taste for seasoning.
5. Serve over fettuccine topped with shredded Parmesan cheese, chopped parsley and thyme leaves.

RECIPE OF  
THE MONTH

### Nutrition Information:

**Amount Per Serving:** Calories: 400 Total Fat: 16g Saturated Fat: 5g Trans Fat: 0g Unsaturated Fat: 11g Cholesterol: 145mg Sodium: 580mg Carbohydrates: 30g Fiber: 2g Sugar: 5g Protein: 36g

# Community Recreation Opportunities



Go to [www.cityofpampa.org](http://www.cityofpampa.org) or find information or on the Facebook by searching Pampa Recreation

Check online for upcoming Tournaments and leagues.

Contact Uriel Diaz for more Information 806-663-2844

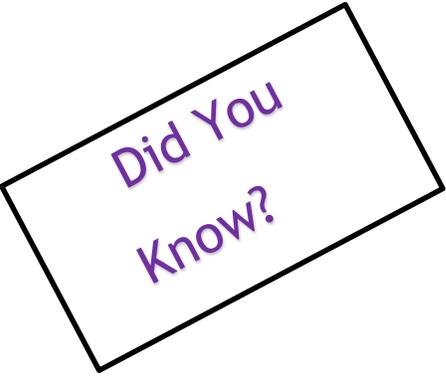
Hidden Hills Golf Course - [www.hiddenhillsgolfclub.com](http://www.hiddenhillsgolfclub.com)

Fees - \$9-\$14 During The Week, \$11-\$17 Weekends Depends on Jr.s, Sr.s or Adults

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](mailto:sandee.stokes@pampaisd.net)



Did You Know?

**Music improves workout performance**

Listening to music while exercising can improve work out performance by 15%.

**Exercising improves brain performance**

Cardiovascular exercise helps create new brain cells. This improves brain power and brain activity.

**Working out sharpens your memory**

Exercising increases the production of cells that are responsible for learning and memory

**Running burns calories!**

If you run at a 10 minute per mile pace you can burn 104.3 calories per mile.

**More muscle mass = burning more fat while resting**

The more muscle mass you have, the more fat your body burns while resting.

**Exercise prevents signs of aging**

If you exercise 3 times a week for 45 minutes you can help prevent signs of aging.

**A pound of muscle burns 3 times more calories than a pound of fat**

Having more muscle than fat means you can consume more calories.

**You get sick less often**

Exercising on a regular basis helps boost your immune system. This means you'll get sick less often than people who don't exercise.

**Increases productivity**

Exercising increases the amount of endorphins that are released into your body and increases productivity.

**Workouts can improve the look of your skin**

Sweat releases dirt through your pores which reduces acne and breakouts.

Workouts improve the overall look of your skin.

**Exercising boosts self-confidence**

Exercising can help ease your mind and rejuvenate your body. Working out will make you feel great and boost your confidence.

**Working out helps you sleep better**

**Upcoming  
Events**