



Choose To Be
a Better Me

September
2020

WELLNESS NEWSLETTER

Losing Big Team Contestants from last spring were unable to complete the contest due to COVID-19. They voted to donate their registration fees to Snak Pak 4 Kids. That amount totaled. \$1,680.00!!! Thank you for your donation!

Teams:

ATM, B.A.K. Phat!, Beauties with Booties, Cereal Killers, Dump Your Rump, Fat To Skinny Trio, Flakas Want 2B, Good Genes Are Hard To Find, Junk In My Trunk, Lean Queens, Less Of Us, Los Perdedores, Mission Slimpossible, New Direction, Pair-A-Thighs Lost, Quads of Fury, Saw 'Em Off!, Slim Perras, Tellie Tummies Be Gone, The Flab-u-Less 3, The Melting Bods, Thick n Thin, Tres Locas, Trimmin Da Edges, Unrepentant Thinner, Weight Watching Warriors, We're Not Gunna Bake It!, Win or Booze

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 waived 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

12:15pm Tue/Thur

6:00pm Tue

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 at
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



Chicken Club Lettuce Wrap Sandwich

Total Time: 10 minutes

Prep Time: 5 minutes

Cook Time: 5 minutes

Chicken Club Lettuce Wrap Sandwich, a low-carb (keto) lunch idea that replaces a wheat wrap for a lettuce wrap. Just 5 ingredients, and less than 10 minutes to make!

INGREDIENTS:

- 1 head iceberg lettuce, cored and outer leaves removed
- 1 tablespoon mayo (I love Sir Kensington) (check labels for W30)
- 3 ounces (about 6 slices) organic chicken or turkey breast
- 2 strips center cut bacon, cooked and cut in half (check labels for W30)

- 2 thin slices tomato
- 1 piece of parchment paper, about 14" x 14"

DIRECTIONS:

1. Place the parchment paper down on your work surface.
2. Layer 6 to 7 large leaves of lettuce in the middle of parchment paper so that you create a lettuce base about 9 inches by 10 inches.
3. Spread the mayo in the center of the lettuce wrap.
4. Layer with the chicken or turkey, bacon and tomato.
5. Starting with the end closest to you, roll the lettuce wraps jelly roll style using the parchment as your base as tight as possible.
6. Halfway through rolling, tuck the ends of the wraps towards the middle.
7. Continue to roll the lettuce wrap, keeping it as tight as possible and using the parchment paper to guide you.
8. When it is completely wrapped, roll the remainder of the parchment around the lettuce tightly.
9. Using a serrated knife, cut the lettuce wrap almost completely, leaving a small piece of the parchment intact to help hold it together.

RECIPE OF THE MONTH

NUTRITION INFORMATION

Yield: 1 serving, Serving Size: 1 wrap

- Amount Per Serving:
- Freestyle Points: 5
- Points +: 8
- Calories: 274 calories
- Total Fat: 17g
- Saturated Fat: 3.5g
- Cholesterol: 73mg
- Sodium: 375mg
- Carbohydrates: 4.5g
- Fiber: 1.5g
- Sugar: 2g
- Protein: 26g

Community Recreation Opportunities



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

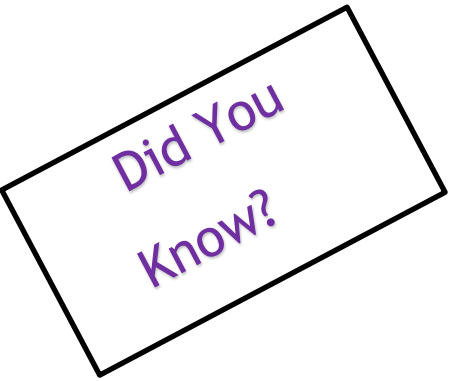
Check online for upcoming Tournaments and leagues.

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?

A pumpkin really is a fruit

The bigger the orange the sweeter it is

After you've eaten it takes approximately 12 hours for food to entirely digest

\$30 of raw popcorn translates into \$3,000 in sales at movie theaters

Broccoli contains twice the vitamin C of an orange

Apples are made of 25% air, which is why they float

Avocado has highest protein content of all fruit

Cabbage is 91% water

Cherries are a member of the rose family

Lemons contain more sugar than strawberries

Honey is the only edible food that never goes bad

Eggplants are fruits and classified as berries

Peanuts are legumes, not nuts

Ginger can reduce exercise-induced muscle pain by 25%

1% of Americans are vegetarians

Neither strawberries, blackberries nor raspberries are actual berries

There are close to 10,000 varieties of apples

Cranberries bounce like a rubber ball when ripe

Almonds are a member of the peach family

Cucumbers are 96% water

A bunch of bananas is called a hand

Fresh eggs sink in water and rotten eggs will float

Noodles were invented in China, not Italy

Apples are more effective than coffee at waking you up in the morning.

Bananas aren't the only fruits with potassium. Avocados have twice the amount of potassium as bananas and are rich in monounsaturated fat that is burned easily as energy. Green-tipped bananas are better for you than over-ripened bananas. Bananas contain a lot of sugar, if eaten with protein, the insulin levels are normalized.

Broccoli contains twice the amount of Vitamin C than an orange. It contains as much calcium as whole milk, and is more readily absorbed by our bodies.

Cilantro is good for digestion and also soothes many

common ailments such as headache, coughs and nausea.

Onions are great antioxidants, containing anti-allergy, antiviral, and anti-histamine properties. The sulfur compounds found in onions help in detoxifying the body and aid in cellular repair. Maximum health benefits are seen in raw or lightly-steamed onions.

Parsley is also great for use as a digestive aid. It is a natural breath freshener, anti-carcinogen, contains three times the amount of vitamin C as oranges, and twice the amount of iron as in spinach.

Sept 5-7 –Golf Tourn PCC

Sept 12-Baseball Team Golf
Scramble Hidden Hills

Sept 12 – Energy Transfer
Golf Tourn PCC

Sept 12-Get Fit’s Mayor’s
Half Relay and 5K Amarillo

Sept 19-Our Colors
Run Together 5K
Amarillo College

Sept – 26-27 Couples
Invite Gold Tourn PCC



PHS BASEBALL TEAM FUNDRAISER TOURNAMENT

“4 PERSON SCRAMBLE”

- Only 1 player with 8 or less handicap
- 2 flights with payout (top 3 teams in each flight)
- Tournament will be limited to first 22 teams
- \$85 per person/ \$340 per team
- 2 Mulligans Per Player Included
- Meal included

WHEN: Saturday, September 12th, 9:00 am

WHERE: Hidden Hills Golf Course

WHY: Support the Pampa High School Baseball Team

For entries or questions contact:
Brian Brauchi 669-5866

*All proceeds to benefit PHS Baseball Team

**A LITTLE MUD
NEVER HURTS!**



SATURDAY- OCTOBER 10TH

8:00 AM

RECREATION PARK

\$50 PER PERSON

FOR MORE INFORMATION CONTACT

URIEL DIAZ: 806-663-2844

BEN PONCE: 806-440-6612