

# Choose To Be a Better Me

## December

WELLNESS NEWSLETTER



1/1/18-3/31/18  
 Full Marathon-\$110  
 Half Marathon-\$95  
 Relay-\$290  
 Memorial 5K-\$55  
 Kids-\$15

After April 1<sup>st</sup>  
 Full Marathon-\$135  
 Half Marathon-\$110  
 Relay-\$335  
 Memorial 5K-\$60  
 Kids-\$15

## Oklahoma City Memorial Marathon

### REGISTRATION IS

**OPEN!** Voted one of the 12 'must-run' marathons in the world by Runner's World magazine, the 26.2 miles of the Oklahoma City Memorial Marathon are packed with cheering supporters and the most beautiful neighborhoods in

Oklahoma City. Compete against some of the top runners in the region, and join more than 25,000 participants on the starting line running to remember the 168 people who were killed in the Alfred P. Murrah Federal Building bombing in 1995. This race serves as a testimony that good can overcome evil.

**Registration Rates:**  
**9/4/17-12/31/17**

Full Marathon-\$90  
 Half Marathon-\$85  
 Relay-\$250  
 Memorial 5K-\$50  
 Kids-\$15



Go to <http://okcmarathon.com/>

Join the Harvester Good Group at <https://www.facebook.com/groups/845153795523259/>

## Pampa Walking/Running Club:

Come out on Tuesday evenings at 5:45pm to walk or run a 1 to 3 mile route! Locations change weekly so check your email or the Facebook page at:

<https://www.facebook.com/groups/411291669243238/>

You can also search Pampa Walking Running Club on Facebook!

JOIN US ON  
TUESDAYS!!

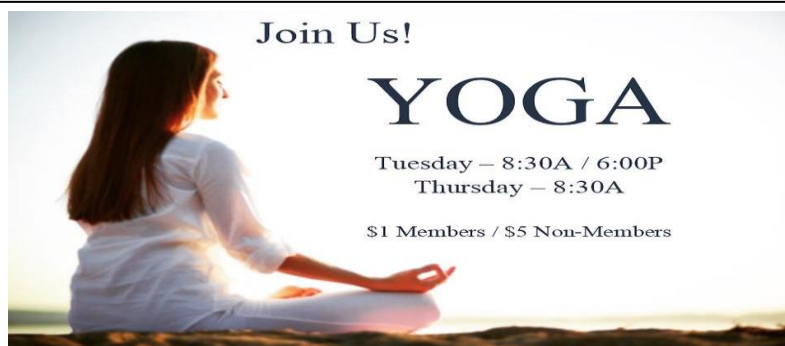


## WORKOUT!!

Interval Training Workouts (IT)  
Tuesdays and Thursdays at 4:45pm  
Central Administration Building

**FREE!!!**

We offer a workout class in the Board Room on Tuesdays and Thursdays at 4:45pm. This class is designed to get your blood pumping and your heart rate up so you can burn more calories! (Bring a mat and some hand weights 😊)



Pampa Youth Center



The 12 Days  
Health & Wellness

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

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

## Recreation Pick Up Basketball!!



Mondays at 7pm.

Wilson Elementary Gym

Enter through South Gym Doors

December 4<sup>th</sup>

December 11<sup>th</sup>

December 18<sup>th</sup>

# Fitness Opportunities

## Pampa Youth Center

For the Month of December through January 15 there are no sign up fees! Also, beginning in December, bring your ID badge and attend any fitness class up to 5 visits free! Including Jazzercise! Then you can decide which class is right for you!

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

PISD rates:

Entire Facility

Individual-\$246yr or \$23month

Husband/Wife-\$398yr or \$36month

Family-\$450yr or \$41month

Multipurpose(Basketball,Tennis,Pool)

Individual-\$147yr or \$14month

Husband/Wife-\$223yr or \$22month

Family-\$270yr or \$27month

Fitness Class Only

Individual-\$240yr or \$20month

Classes Fees Independent

Nonmember-\$5 a class Member-\$1

Classes Offered:

HIIT (High Intensity Interval Trng)

M/W/F-5:15am M/W/TH-6:15pm

Zumba-Toning&Insanity

Tue/Wed/Thur-7:30pm

Aqua Zumba-Mon-6:30pm-Wed-9am

Water Aerobics-

Mon/Wed/Fri 11:30am

Yoga-Tue&Thur 8am Tue 6pm

Jazzercise Fees (Unlimited)

December Promotion-

\$299 for the year. Gift Certificates available!

## Zumba-Dance Academy

Pampa Coronado Center

663-6514 [January Promo](#)

PISD Employee Rates

PISD Employee Rates

1<sup>st</sup> class free - \$5 drop in

\$25/10 classes

\$40 monthly unlimited

## Anytime Fitness

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

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

Yoga Classes Mon.-

Wed. 7:30pm-8:30pm \$5-

session (or 5 sessions for

\$20) 20% Discount for

Healthcare supplies-

Massage Therapy

## Phoenix Fitness Pampa

912 W. Kentucky

806-440-4907

**Phoenix Fitness January deal is pay \$89 and bring a friend for free!**

Mon-Fri 6am and 8am

Mon-Thur 5:30pm

Mon, Wed, Fri-5am



**PISD EMPLOYEE ONLY**  
**STARTER CLASS BEGINNING**  
**IN JANUARY!!!**

## CrossFit Pampa

201 N. Wells - 806-440-1992

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

PISD Employee Only Starter Classes Mon-Fri at 5:15pm beginning the month of January. HUGE Discount when sign up in Dec and Jan for this class and lock in this price for life! 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



## Turkey Stew

### Nutrition:

- Calories: 215
- Fat: 4 g
- Carbs: 20g
- Protein: 21g
- Cholesterol: 37mg
- Sodium: 242mg

### Ingredients:

- 12 ounces turkey tenderloin cut into bite size pieces
- 2 tsp cooking oil
- 1 large onion, cut into wedges
- 2 cloves garlic
- 1 cup reduced-sodium chicken broth
- ¾ cup water
- 1 16 ounce bag frozen zucchini, carrots, cauliflower, lima beans & Italian beans
- 1 8 ounce can low-sodium tomato sauce
- 2 tsp dried Italian Seasoning
- ¼ tsp pepper
- 2 TBS all-purpose flour
- ¼ cup dry white wine, reduced-sodium chicken broth or water
- ¼ cup snipped fresh parsley

### Directions:

In a large kettle or Dutch Oven cook turkey in oil until browned. Remove from pan. In pan drippings cook onion and garlic for 3 minutes. Return turkey to

pan. Add broth, water, vegetables, tomato sauce, Italian seasoning, and pepper. Bring to boiling: reduce heat. Simmer, covered, for 15 minutes.

Stir flour into wine, reduced-sodium chicken broth, or water. Stir into stew. Cook and stir till thickened and bubbly. Cook for 1 minute more. Sprinkle with parsley. Makes 4 main-dish servings.

RECIPE OF  
THE MONTH

# Pampa Recreation Winter League Opportunities



Mixed 4x4 Recreation and Competitive Volleyball League

Mens and Womens 4x4 Volleyball

Doubles Cornhole League

Sign Ups are December 26<sup>th</sup> – Jan 2<sup>nd</sup>

Contact Autumn Massey for more Information 806-664-3015

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)

Americans spend \$10 million a day on potato chips

The average person will consume 100 tons of food and 45,424 liters (12,000 gallons) of water in their lifetime

Most of the Vitamin C found in fruits is in the skin

You can buy square watermelons in Japan (developed to stack better in supermarkets)

Avocados have the most calories of any other fruit

Americans eat 18 billion hot dogs a year

Japan is the largest exporter of frog legs

The shell is 12% of an egg's weight

The average American eats 263 eggs a year

There is no rice in rice paper

A blue whale can go up to 6 months without eating

Only 4 out of 20,000 species of bees produce honey

The most eaten fruit in America is the banana

The ancient Greeks first grew carrots as a form of medicine and not a food

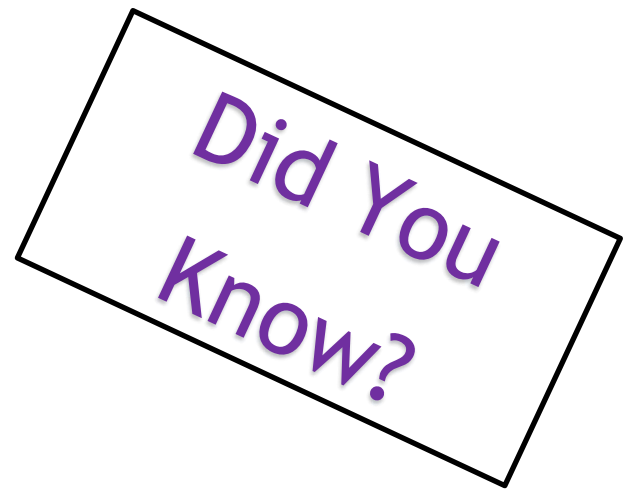
A third of all pineapples come from Hawaii

Frozen foods were first introduced in the 1920s.

The color of a chili pepper is no indication of its heat (usually the smaller the hotter)

John Kellogg invented corn flakes

There are over 15,000 different kinds of rice



- Dec 9 –LSRC Frosty Four at Thompson Park 9am
- Dec 9 – Run, Run Rudolph 6pm Stratford
- Dec 15 – Jingle Bell Run at Colonies Amarillo-7pm
- Dec 26-Jan 2 – Pampa Recreation Winter Volleyball and Cornhole League Registration

**Upcoming  
Events**



**Lone Star Runners Club**  
**Friday, December 15th**  
**JINGLE BELL RUN**



Colonies Church of Christ • 45th & Wesley

**Packet Pickup at 6:00 P.M. • Race Starts at 7:00 P.M.**

**HOODIES ARE BACK!**  
**REGISTER EARLY TO RESERVE YOUR HOODIE!**

This is a non timed 4 mile course to enjoy the Christmas lights of the Colonies residency!

- \$25 entry fee \$20 for LSRC members----Walkers and Runners invited
- Awards, door prizes, and hot chocolate following the run
- LSRC hoodies! **ONLY THOSE REGISTERED BY DEC 1st ARE GUARANTEED A HOODIE!**

**PRIZES FOR THE FOLLOWING CONTESTS!!**  
**Biggest Group • Best Costume • Cutest Couple • Youngest Participant**