



Choose To Be
a Better Me

May 2018

WELLNESS NEWSLETTER

Summer is Coming!!!!

Want to get summer ready?

Try these tips:

- Find a strength training program.
- Drink extra water.
- Increase your daily intake of natural diuretics.
- Cut back on processed, starchy carbohydrates.
- Reduce your alcohol intake.
- Eat your biggest calorie meal before 3pm
- Skip the fast food for taking your lunch.



PAMPA ISD SUMMER PROMOTIONAL

The Pampa Country Club is excited to offer a summer promotional membership to the hardworking employees of PISD. We would like to extend the following offer to all employees and their families for the Summer of 2018:

\$150.00 per month gets you and your family access to all that the Pampa Country Club has to offer. This deal is good for the months of May, June, July and August of 2018.

Please contact Adilene Montes in the Office at 669-3286 to obtain a membership application. Please refer to this offer when applying. You may also visit our website and fill out a membership application online at www.pampacountryclub.com.

Come out and enjoy all that the Pampa Country Club has to offer!

Fitness Opportunities for a New You!

Pampa Youth Center

1005 W. Harvester - 665-0748

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 6p

Jazzercise Fees (Unlimited)

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

Phoenix Fitness Pampa

912 W. Kentucky

806-440-4907

Mon-Fri 6am and 8am

Mon-Thur 5:30pm

Mon, Wed, Fri-5am

Interval Training Workouts-FREE!!

Central Administration Office

Tuesday and Thursday at

4:45pm

CrossFit Pampa

201 N. Wells - 806-440-1992

www.crossfitpampa.com

PISD Employee Special Rates!

For more info go to Pampa Crossfit Facebook page and send message or email

crossfitpampa@gmail.com you can also text or call 806-440-1992

Benchmark Functional Fitness

1203 N. Hobart

806-664-6444

New price list! Your first 3 days are 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)

\$74/month, 4 classes a week (approx. 16 classes/mth)

\$64/month, 3 classes a week (approx. 12 classes/mth)

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

15% off for couples

Losing Big Teams



Winning Team will be announced May 7-8th

Team Standings through April 20

1. Get Thin to Win
2. Flab-u-less Hangry Amigas
3. Gordas No Mas
4. Here We Go Again
5. Weapons of Mass Reduction
6. Use It And Lose It
7. Mission Slimpossible
8. Run Like The Winded
9. Flab Blasters
10. The Thinner Winners
11. Starvin Marvin's
12. Weight Warriors
13. Unpacking Our Trunks
14. Pound Punishers
15. Choosers Not Losers
16. The Incredible Shrinking Women
17. Sweet Cheeks
18. Creative Trio
19. Honey I Shrunk My Butt



• Great Greek Z'paghetti

- 1/2 of recipe (about 1 1/2 cups): 154 calories, 5.5g total fat (1.5g sat fat), 584mg sodium, 21g carbs, 6g fiber, 12.5g sugars, 6.5g protein

Freestyle SmartPoints value 3*

- Prep: 10 minutes
- Cook: 5 minutes
- Ingredients:
- 1 lb. (about 2 medium) zucchini
- 1/2 cup artichoke hearts packed in water, drained and chopped
- 1/4 cup bagged sun-dried tomatoes (not packed in oil), chopped
- 2 tbsp. sliced Kalamata or black olives
- 2 tbsp. light Italian dressing
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. dried oregano
- 2 tbsp. crumbled feta cheese
- Directions:
- Using a spiral vegetable slicer like the Veggetti, cut zucchini into spaghetti-

like noodles. (If you don't have a spiral veggie slicer, peel zucchini into super-thin strips, rotating the zucchini after each strip.) Roughly chop for shorter noodles.

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Cook and stir zucchini until hot and slightly softened, about 3 minutes.

Transfer to a strainer, and thoroughly drain.

Remove skillet from heat. Respray, and bring to medium heat. Add drained zucchini and all remaining ingredients *except* feta. Cook and stir until hot and well mixed, about 2 minutes.

Serve topped with feta.

- **MAKES 2 SERVINGS**

RECIPE OF
THE MONTH

Community Recreation Opportunities



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

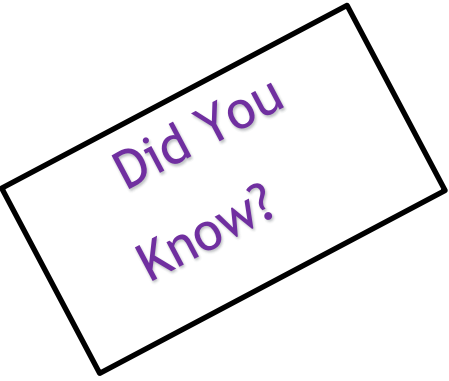
Check online for upcoming Tournaments

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



Did You Know?

Chicken drumsticks contain the least amount of meat on a chicken

Cooking or freezing does not reduce the heat (spiciness) of a Chile pepper

Arachibutyrophobia is fear of peanut butter sticking to the roof of your mouth

Dark green lettuce leaves are more nutritious than lighter ones

The average person consumes over a ton of food and drink each year

Cabbage is 91% water

The most valuable nutrients of a potato are its skin

Fresh apples float because they contain 25% air

Lettuce is the world's most popular green vegetable

The average Americans diet consists of 55% junk food

Canada has more doughnut shops per capita than any other country

Before beginning his movie career Keanu Reeves managed a pasta shop in Toronto Canada

80% of the world's food crops are pollinated by insects

10% of with world's food supply is consumed by insects

Onions are part of the lily family

The primary reason for growing rice in flooded paddies is to drown the weeds surrounding the young seedlings (rice can grow in well drained areas)

2/3 of the world's eggplants are grown in the US New Jersey

Bananas are a good source of vitamin C, potassium and fiber

Bananas contain no fat, cholesterol or sodium

May 5 – LULAC Cinco de Mayo Run Amarillo

May 5 – Lesly's Walk/Run Cactus

May 5 – Meals on Wheels 4 per scramble Hidden Hills

May 5-6 – Ryder Cup at PCC

May 12 – 10th Annual Brandy Lee Memorial Run Amarillo

May 12 – A Little Dirt Never Hurt Trail Run Amarillo

May 12-Dodge Ball Tournament PYCC

May 18 API-PCC

May 20 – Hope/Healing Half Marathon Amarillo

May 26 – Run For The Fallen Amarillo

May 28- Memorial Day Scramble PCC

Upcoming Events



Pampa Youth & Community Center is hosting their First ever DodgeBall Tournament. Invite your family and friends, and enjoy some ball dodging action. Double Elimination. Contact PYCC for more details. Try to Register your team by May 7th.

6 Man Teams-May 12th at 9am-\$5 per person at the door.