



Choose To Be  
a Better Me

October

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.



## Fall Bucket List Challenge!

Below is a list of things for the PISD Wellness Fall Bucket List Challenge. This will help to keep you active and healthy during the Fall Season. Record your progress by taking a selfie, video or photo and post it to Facebook using the hashtag #pampaproud #wellness. Each campus will conduct their own competition to win prizes and bragging rights. Your campus representative will be sending out information and rules for your campus. The challenge will start October 1<sup>st</sup> and end November 30<sup>th</sup>. Join in the fun and competition!!

### Fall Bucket List:

Rake Leaves

Carve a Pumpkin

Go to a Sporting Event-Park farthest spot away

Go for a bike ride

Go to a Pumpkin Patch, Corn Maze or Haunted House

Attend a Fitness Class

Go on a Fall Foliage walk or run

Make a healthy Fall meal

Model a Fall Workout Outfit or Gear

Download a Fitness App(Zombie Run, Achievemint,stepbet,dietbet,Nike Trainer,Runkeeper etc)

Invest in a Fitness Tracker (Fitbit, Garmin, Misfit,etc)

Share a Healthy Thanksgiving Recipe

Clean out a Room in Your house

# Pampa Walking/Running Club!

Come out on Tuesday evenings at 6:15pm 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 5pm  
Central Administration Building

FREE!!!

We offer a workout class in the Board Room on Tuesdays and Thursdays at 5pm. 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 😊)

# Fitness Opportunities

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

Mon/Wed/Fri 5:15am & 12:15pm

Mon/Wed/Thurs-6:15pm

Zumba-Toning&Insanity

Tue/Wed/Thur-7:30pm

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

Water Aerobics-

Mon/Wed/Fri 11:30am

Jazzercise Fees (Unlimited)

PISD employees (No registration fee)  
\$35mo. nonmembers/\$30mo. Members  
Class Times:Mon-Thur 5:25am,8:30, 12  
Mon/Tue/Thur/Fri-4:15pm, 5:15  
Mon/Tue/Thur -6:15pm  
Sat-8:30am

**Zumba&Zumba Strong Dance**  
**Academy of Pampa Coronado**  
**Center 663-6514**

PISD Employee Rates

Mon&Wed-7:30pm/Thur-8:15

Regular 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)

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-  
PISD employees

Massage Therapy

**Phoenix Fitness Pampa**

912 W. Kentucky

806-440-4907

**\$89 (Regular rate)month**

**auto draft**

Mon-Fri 6am and 8am

Mon-Thur 5:30pm

Mon, Wed, Fri 5am

Class times 5am, 6am, 8am,  
5:30pm

**CrossFit Pampa**

201 N. Wells - 662-1264

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

Early Morning Classes and  
Evening Classes Available.  
\$100mo

PISD Employees receive 10%  
Discount.

IT (Interval Training) CLASSES  
Central Administration

Tuesdays & Thursdays-5pm

**Pampa Walk/Run Club**

Every Tue at 6:15

Location TBD

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



## Orecchiette Pasta with Chicken Sausage and Broccoli

### Ingredients:

- 14 oz package Italian chicken sausage, casing removed
- 12 oz uncooked pasta (or brown rice or quinoa pasta for gluten-free)
- 6 1/2 cups fresh broccoli florets, no stems (16 oz)
- 5 cloves garlic, smashed and chopped
- 1/4 cup grated Pecorino Romano or Parmesan cheese
- 2 tbsp olive oil, divided
- kosher salt and fresh cracked pepper

### Directions:

1. Bring a large pot of salted water to a boil.
2. Meanwhile heat a large nonstick skillet and brown the sausage over medium-high, breaking it up as it cooks with a wooden spoon until browned, 5 to 7 minutes; remove from heat.
3. When the water boils, add the pasta and bring back to a boil, when the water

is boiling, add broccoli and cook according to pasta instructions for al dente.

4. When pasta is almost done cooking, reserve about 1 cup of the pasta water and set aside. Drain pasta and broccoli.
5. Return the pot to the stove and set heat to high; add 1 tbsp olive oil, when hot, add garlic. Cook until golden, about 1 minute, reduce flame to low and add pasta back to the pot with the sausage.
6. Mix well, add remaining olive oil, grated cheese, salt and pepper to taste mixing well and smashing any large pieces of broccoli to break up.
7. Add 1/2 cup of reserved pasta water and mix well adding more if needed.
8. Serve in pasta bowls with additional grated cheese on the side, if desired.

RECIPE OF  
THE MONTH

- Protein: 17g

### Nutrition Information

Yield: 8 servings, Serving Size: 1 1/2 cups

- **Amount Per Serving:**
- Smart Points: 8
- Points +: 8
- Calories: 284
- Total Fat: 9g
- Saturated Fat: g
- Cholesterol: 2mg
- Sodium: 321mg
- Carbohydrates: 37g
- Fiber: 4g
- Sugar: 2g

# Community Recreation Sports Opportunities



## Corn Hole, Mixed Volleyball-Pampa Recreation Dept.

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

(Mens, Womens, Mixed and Mixed Church Leagues are available)

Registration for 2017 Fall Leagues starts October 9-17, 2017. We will offer the following leagues:

\*Corn Hole

\*Mixed Volleyball

For more info call Autumn at 806-669-1044 or 806-664-3015

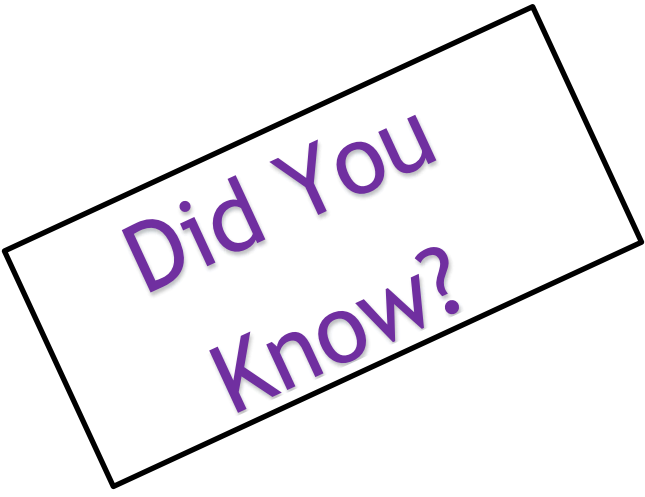
Hidden Hills Golf Course - [www.hiddenhillsgolfclub.com](http://www.hiddenhillsgolfclub.com)

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/education/staff/staff.php?sectionid=1210>

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?

Unless food is mixed with saliva you can't taste it

Lemons contain more sugar than strawberries

Rabbits like licorice

Reindeer like bananas

Switzerland eats the most chocolate equating to 10 kilos per person per year

Macadamia nuts are toxic to dogs

Honey is the only natural food which never spoils

M&M's chocolate stands for the initials for its inventors Mars and Murrie

You burn more calories eating celery than it contains (the more you eat the thinner you become)

Coca-Cola originally contained cocaine

The fortune cookie was invented in San Francisco

The first Burger King was opened in Miami Florida in 1954

The croissant was invented in Austria

In eastern Africa you can buy beer brewed from bananas

Popcorn was invented by the Aztec Indians

French fries are originally from Belgium

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

Grapes explode when you put them in the microwave

Rice is the staple food for 50% of the world's population

Hard boiled eggs spin (uncooked or soft boiled don't)

- Oct 7 – Purpose Run 1 mile, 5K, 10K at Dalhart
- Oct 7 – Oktoberfest 5K at Thompson Park
- Oct 7 - Route 66 Patriot 5K Run Amarillo
- Oct 14– Run The Cops are Here! 5K in Canyon
- Oct 14– 6<sup>th</sup> Annual Brawt Trot 1 mile, 5K in Dalhart
- Oct 28– Panhandle Cancer Cure 1 mile, 5K Amarillo

Upcoming  
Events



## **2017 6v6 Volleyball**

*(Ages 14 & up)*

**Team Entry Fee: \$100 / \$15 per player**

*(Mixed Recreational, Mixed Competitive)*

## **2017 Cornhole**

*(Ages young to old)*

**Team Entry Fee: \$25 per player**

*(Singles & Doubles)*

**Registration: Oct. 9<sup>th</sup> – 17<sup>th</sup>, 2017**

**For more info contact: Autumn Massey**

**806-669-1044 or [pamparecreation@gmail.com](mailto:pamparecreation@gmail.com)**

***\*Volleyball games will be played at the PHS  
Cav Gym & Cornhole will be played at the  
Armory building.***



\$50 gets you unlimited classes Oct 1-Nov 19th, no contract!



Are you up for a **CHALLENGE?! #jazzercisepampa** wants YOU to be a part of **45N50!**

Sign an attendance tracker in class to get started! Attend **45 classes in 50 days**, no holds barred (Oct. 1<sup>st</sup> – Nov. 19<sup>th</sup>)! Then celebrate your achievement with family and friends at our annual *Shake Your Tail Feathers!* Thanksgiving class (11/19)!