

Wellness...Fall 2016 Update!



September: BEAT THE PACK! New this year: Tracking forms!! Pick up a tracking form at your school at Wellness visits or download on the Wellness Webpage. Beat the Pack begins with the September 18th Pack vs Vikings Game! Add up the total score of the game, multiply by 3, and exercise that many minutes that week—record it on the form. Submit your form at the end of the challenge in December. Beat the Pack 9 out of 11 weeks and earn 50 wellness activity points for next year!

October: Make the S. H. I. F. T. (Small Health Improvements For Total Wellness): Formerly known as Commit to be Fit! What small improvement can you make in your total wellness this year? Maybe it's finalizing your Will. Maybe it's meeting with a financial planner or adding more veggies to your diet! Whatever it is, commit to it, and check back in February—if you're doing it/completed it, you will receive 25 wellness points! *One small change for a better tomorrow.*

Flu Shots Begin September 28th! The flu shot schedule to be held at the schools is posted on the Wellness Webpage. It will also be on each School Wellness Bulletin Board. Walk in clinics at Interra Health have not been determined yet—watch for future emails!

Wellness Points Deadline October 31! All points have to be earned and submitted by October 31st-NO EXCEPTIONS! You need to earn 1250 points to earn the lowest insurance discount. If your spouse is on SASD insurance he/she also has to earn 1250 points to earn the lowest discount. Please don't procrastinate on this!

Exercise Classes! Check out the NEW early am Core Fusion Class at North High with Sarah in the Desotell Gym: Thursdays from 5:30-6:15 AM. Boot Camp & Yoga continue at South with Nikki! Zumba is another great option with Penny at Jackson (Wed) or at Longfellow (Rec Dept—Tues). Don't forget the SASD discount for Rec Dept classes too!

FREE Fitness Center Memberships! Pay \$35 yearly fee up front, sign the SASD binder, and when you have attended 80 times, notify Jeri or Sarah and you will receive your money back!

Jeri's favorite quote of the week:

Even if the path is a little blurry, keep walking. You'll focus in when you know what you want. Then the picture of your life will be crystal clear. Just don't ever give up and don't ever stop walking!