



### SPECIAL POINTS OF INTEREST:

- Walking Away from Instant Gratification
- Classroom Activity Breaks
- Healthy Hearts
- What's going on in Moscow this month

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## Message from the Wellness Committee

### National Cancer Prevention Month

"If your New Year's fervor to get healthy is already losing steam, February – National Cancer Prevention Month – is a great time to give yourself a second chance."



<http://preventcancer.aicr.org/>

### Fun, Unusual, and Forgotten Designations on Our Calendar

Feb. 4th - National Thank a Mailman/woman day - Trying writing a brief but heartfelt thank you on a postcard

Feb. 7th - National Send a Card to a Friend Day - there are numerous websites that offer free digital and printable cards online

Feb. 11 - National Clean Out Your Computer Day - Try tidying up your desktop, clearing your downloads or search history and remove unused programs

Feb. 17 - National Random Acts of Kindness Day - Say hello and smile to people you see throughout your day, throw away trash (even if it isn't yours), or pay for someone's coffee

Brought to you by [nationaldaycalendar.com](http://nationaldaycalendar.com)

## Letter from the Editors



Hello! My name is Sherry Croston and I am currently a Masters student in Physical Activity Pedagogy at the University of Idaho. I've been a personal trainer for 6 years and have been doing group fitness for over 10 years.

Hello! My name is Elisa Drake and I am a Ph.D. student in Physical Activity Pedagogy at the University of Idaho. I recently moved to Idaho this summer from Iowa after completing my Masters in Physical Education: Teaching and Coaching.



Sponsored through the support of Dr. Grace Goc Karp in the Dept. of Movement Sciences

# Walking Away from Instant Gratification



Lasting results don't happen over night. You have to consistently work at it. You can't put a band aid on health problems. It's daily choices, daily activity, and patience that produces real results.

No Bake Peanut Butter Energy Bites - also, try adding almonds or almond extract

How are you doing in the tug of war between working toward your long-term goals and the temptation of instant gratification? Anything that requires consistent effort over a long period of time is bound to leave us with a deeper sense of accomplishment. Focusing on how you need to exercise today rather than considering long-term outcome goals can be overwhelming. Instead, consider thinking in terms of near instant gratification (achievable short-term goals that contribute to a long-term goal) can make the idea of exercising become less overwhelming and more accessible. Adhering to lifelong exercise will make you feel better, make

you more confident, give you more energy, and make you feel more powerful. Incorporating exercise time into your daily routine that doesn't create a hardship for your schedule is more realistic. Exercising with friends makes working out more enjoyable and provides accountability for longer participation. You can take a group fitness class, hire a personal trainer, or take your dog for a walk. Incorporating activity into your daily routine and rewarding yourself for even small accomplishments are stepping stones toward long-term success.

## Recipe: No Bake Peanut Butter Energy Bites

Prep Time: 10 minutes  
 Total Time: 10 minutes  
 Yield: About 3 dozen bites  
 Ingredients:  
 1 cup (dry) oats  
 1/2 cup peanut butter  
 1/2 cup ground flaxseed  
 1/2 cup chocolate chips  
 1/3 cup honey  
 1 tsp. vanilla abstract  
 1 Tbsp chia seeds (optional)



These are gluten free and can be dairy free depending on what chocolate chips you buy. I think this would also be a great treat that kids could enjoy as well!

Cooking Directions:

- 1.) Combine all ingredients together in a bowl
- 2.) Roll into balls
- 3.) Refrigerate for about 10 minutes and they're ready to eat!

Serving size: 1 ball

Nutritional Information per serving:

Calories: 84, Carbs: 10g, Fat: 5g, Protein: 2g, Sugar: 6g, Fiber 1g

Note: Nutritional information may vary slightly based on personal ingredients

[Audreysapron.wordpress.com](http://Audreysapron.wordpress.com)

# Refocus, Reduce Stress and Refresh with Activity Breaks

Here are some simple activities you can incorporate to keep your students alert and focused.

**Task Master:** Have students stand up and push in their chairs. Explain that you are going to give them a series of tasks and the goal is to complete them as quickly as possible. Once students have completed the task, they should stop where they are and raise their hand. Example: for the first task have students touch 10 chairs not in a



row. For the next task have students touch elbows with 8 classmates. For the last task, touch toes with 6 classmates wearing 6 different colored shirts.

**Move and Groove:** Cupid Shuffle, Cha Cha Slide, the Macarena. Any of these can be found on YouTube. You can use your projector to play the song and students can learn the dance with your help. You can also try putting on music and letting them dance on their own, or with your identified movement patterns.

**Activity Bingo:** Provide a card with 9 simple movements (such as squat, jump, hop). Students must perform the activity called out by the teacher if it is on their card. The first student to get 3 activities in a row wins, but must perform all 3 activities first.

**Standing Rock Paper Scissors:** Traditional rules apply. Explain the following rules, then split students up into partners.

Rock – stand with both hands in fists in front of your face, like a boxer defending themselves

Paper – stand with legs together & arms straight up in the air, above your head – so you're 'flat' like a sheet of paper

Scissors – stand in a 'star' shape – legs spread out & arms held out straight at your sides, like an open pair of scissors

Once with a partner, together they will say, "Rock, Paper, Scissors, Shoot." For each word they should be jumping up and down. On "shoot" they jump into their chosen position. Best of 3 wins.

**5,4,3,2,1:** Students stand up and have to complete movements in a descending order. For example, you can have them do 5 jumping jacks, walk around their desk 4 times, hop on one foot 3 times, do 2 squats, and give their neighbor 1 high-five.

For more ideas you can visit:

[http:// school.fueluptopl ay60.com/tools/ view.php? id=15749467](http://school.fueluptopl ay60.com/tools/view.php?id=15749467)

## Movement and Learning

Want to effect cognition, attitude, academics, test scores and behavior in school children?

**Move during the school day**

Research has shown a positive association between 5-20 minute movement breaks in the classroom and cognitive skills, academic achievement, test scores, attitude and behavior.

**For Real?**

Yes, the Center for Disease Control and Prevention published a research review of 9 studies indicating the positive benefits of being physically active in the classroom.

**Positive Benefits of Physical Activity on the Brain**

<b>1</b> Cognitive skills including executive functioning, attention, memory and verbal comprehension	<b>3</b> Attitude changes in motivation and self concept
<b>2</b> Academic achievements on test scores	<b>4</b> Academic behaviors such as on task behaviors, organization, motor planning and impulse control

## CONCLUSION

**Get up and get learning!!!!**

Visit [www.YourTherapySource.com](http://www.YourTherapySource.com) for ideas to incorporate physical activity throughout the school day.

Reference: Centers for Disease Control and Prevention. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S.

Piktochart

# 8 Steps to a Healthier Heart



Healthy lifestyles start with one healthy choice. You don't have to incorporate all of these. Try one small change at a time for longer lasting results.

Omega-3s help to tune down the body's inflammation and may help prevent some chronic diseases.

## February is National Heart Health Awareness Month

Follow these eight easy tips to keep your heart strong and healthy:

- 1) **Choose Fruits and Vegetables** – You don't have to replace a meal or a snack to do this. Try adding extra veggies to soups, salads, sandwiches, eggs, or pasta dishes.
- 2) **Focus on Fiber** – Eating a diet high in fiber helps curb your appetite and keeps the body's digestive system in check. Try adding nuts to your salad or oats to some yogurt. Aim to get at least 25 grams of fiber each day.

3) **Learn to Love Low-Fat Dairy** – Reduce the amount of saturated fat and calories in your diet by replacing high fat dairy products (such as cheese, sour cream and cream cheese) with skim or 1% milk, low-fat yogurt, or Neufchâtel cream cheese.

4) **Help Yourself to Healthy Fats** – Cut back on saturated fats found in meats and full-fat dairy products. Try more healthy unsaturated fats from olive oil, nuts, avocados, and peanut butter.



5) **Shake Off Some Salt** – The daily recommendation for sodium is **2300 milligrams** a day for healthy adults (approx. 1 tsp). A lot of our sodium comes from processed food. Cooking fresh food at home can help cut sodium dramatically. Try using herbs and spices to boost flavor, choose low-sodium versions of canned foods, and remove salt from the table.

6) **Opt for Omega-3 Fats** – Research shows that omega-3 fats can help lower triglycerides (fat in the blood) and decreases the risk of heart attacks, blood clots, and strokes. Try introducing salmon, herring, flax seeds, or walnuts into your diet.



7) **Move More** – Extra pounds and inactivity puts stress on the heart and creates other health problems. Exercise is key, so aim for at least 30 minutes of moderate exercise a day. You can start small by introducing extra steps into your day and building from there. Try parking further from the grocery store door or walking further to a bathroom.

8) **Sip Some Wine** – Alcohol in wine (especially red wines) have been shown to protect the heart. You'll also find some antioxidants in both red and white wine. If you don't drink, there's no need to start, but if you do, keep the portions sensible. This means up to one drink per day for women and two for men.



<http://www.foodnetwork.com/healthy/photos/8-steps-to-a-healthier-heart.html>

# Local Teachers' Outlook on Fitness



## Kari Golightly

MMS— 7th Grade  
English & 8th Grade  
Performance Arts



## Stacy Albrecht

MMS— 6th Grade  
Math & Social Studies

### 1. How long have you been working out?

Tough question! I have worked out on and off since high school. Mostly running and swimming but I taught an aerobics class in college. I started training at NIAC around five years ago.

### 2. How many times a week do you work out?

Since last July I have worked out at least five or six days a week.

### 3. What are your goals for fitness?

My goal for fitness is to be healthy and active. I want to compete in some local races and events and be strong enough to finish.

### 4. What kind of results have seen in your physical, mental and emotional well-being since you've started working out?

I feel better. I am more focused at my job and feel that I manage stress better. I have lost weight and have more sustained energy throughout the day.

### 5. What drives/motivates you to work out?

All of the above motivates me to keep going. I also have a younger sister who lost over a hundred pounds and we challenge each other. She is a runner and has completed several half marathons. We run together when she visits or when I go to see her. I have a friend, Kari, that comes to the gym with me every day and that helps me get there. Having a work out buddy is the best motivator there is!

### 6. How often do you change how you work out?

Every few months I change or add something new to my workouts to keep them challenging and to keep from being bored.

### 1. How long have you been working out?

I've been working out consistently since last spring but, Stacy and I have been working out in the morning since the beginning of summer. We were trying to come up with a routine that would work for us once the school year started. So far, so good!

### 2. How many times a week do you work out?

Right now, I am working out 7 days a week. We started a challenge in January called "streaking." You run at least one mile every single day-- in addition to your regular workout. Most days I run more than that. But, the challenge is for at least one mile every day.

### 3. What are your goals for fitness?

Getting stronger, getting into shape, losing weight, increased energy, stress-management

### 4. What kind of results have seen in your physical, mental and emotional well-being since you've started working out?

Probably the biggest change I've seen is just a change in perspective. If I have a rough day of work, rather than go home and do nothing to unwind-- I might go back to the gym or go outside and run. Or, I might try a W.O.D. at home (there's a really cool website called Bodeefit that emails you a cross-fit type workout every single day). Also, after 90+ minutes of working out in the morning before work, I feel like I'm happier, more energetic, and ready to take on the day.

### 5. What drives/motivates you to work out?

Every day I work out, I like to think I'm a little stronger and a little better. I'm moving in the right direction. And, it's always fun when I try something new or something I didn't think I could do!

## Change Simple Actions for Life

Try a simple action to get easy exercise, improve nutrition and portions, and increase personal wellness for lifelong benefits:

- ★ Stock your kitchen with 10-inch plates add tall, narrow glasses
- ★ Grow your own garden
- ★ Add one new healthy food to your grocery list, and incorporate it into your meals
- ★ Establish family dinner nights
- ★ Make your home and vehicle a smoke-free zone
- ★ Volunteer at least once this month
- ★ Try a new hobby
- ★ Recruit a workout buddy or join a workout class
- ★ Place sweets in a container in the cupboards out of sight



For more ideas visit  
[www.bluezonesproject.com](http://www.bluezonesproject.com)

## Calendar Details

**The Co-op Mamas and Papas:** Program for expecting parents and parents of newborns. Meetings are every second Tuesday of the month from 5:30-6:30 at Book People of Moscow (521 South Main Street). Classes are free and refreshments and childcare assistance are provided.

**University of Idaho Lionel Hampton Jazz Festival:** Concerts are February 19 - 22 at the University of Idaho. For time, location and individual ticket prices please visit <http://www.uidaho.edu/jazzfest/about>. Tickets are available at the University Ticket Office in the Kibbie Dome. Phone: 208-885-7212

**The XXII Olympic Winter Games (Sochi):** Taking place in Sochi, Russia. Begins Friday, February 7th and ends on Sunday, February 23rd. Eighty-eight nations will come together for 7 sports (15 disciplines) including alpine skiing, bobsleigh, cross-country skiing, figure skating, and ice hockey.. For a schedule please visit <http://www.sochi2014.com/en>

# February 2013 National Heart Health Awareness Month!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 <i>1st Super Bowl played on Groundhog Day</i> 	3	4 <i>Moscow City Council Meeting</i>	5 <i>Polar Walk Safe Routes to School</i>	6 <i>Irish Music Session One World Café 8 pm</i>	7 <i>Olympics opening ceremony!</i> 	8
9 <i>Ode to Music—Palouse Choral Society</i>	10 <i>Co-op Mamas + Papas - 5:30-6:30</i>	11 <i>Co-op Tuesday Night Music Series</i>	12	13 <i>Community Health &amp; Wellness Fair—Latah County Fair Grounds</i>	14 <i>Valentine's Day—Make a date with your heart!</i> 	15 <i>Muscle Shoals Kenworthy Performing Arts Centre</i>
16 <i>Do a Grouch a Favor Day</i> 	17 <i>President's Day—No School</i>	18 <i>Co-op's Tuesday Night Music Series</i>	19 <i>Jazzfest (UI) Feb 19-23</i> 	20 <i>Swing Devils Weekly Swing Night CJ's Night Club 8p</i>	21 <i>Nebraska—Kenworthy Performing Arts 8pm</i>	22 <i>Intermediate Watercolor Workshop 1912 Center 9am-3pm</i>
23	24	25 <i>Co-op's Tuesday Night Music Series</i>	26 <i>Blood Drive—Gritman</i> 	27 <i>Swing Devils Weekly Swing Night CJ's Night Club 8p</i>	28	

HOW MUCH  
IS YOUR

HEART  
WORTH?