

# WELLNESS NEWS

*Wellness Colors the Future of SAD 22*

MSAD #22 HAMPDEN, NEWBURGH, WINTERPORT

JANUARY 2009

## Wellness Challenge



### Walk A Marathon

A Marathon is 26.2 miles long! The wellness team challenges you to walk the Boston Marathon as many times as you can from January 25 until the actual Boston Marathon on Patriots Day April 19th, 2010. You can walk anywhere. Outside. At home. At work. At the gym. We have provided a walking map of Weatherbee, HA, Smith & ReedsBrook to help you reach your goal (see attachment). Each time you walk a marathon (26.2 miles), your name will be placed into a prize drawing for a gift certificate to *Finish Line* in the Bangor Mall. You may also further challenge yourself by participating in the Heartbreak Hill challenge (See attachment). You will receive one additional entry into the drawing if you do so. So strap on those pedometers. Good luck!

Simply e-mail Kerrilyn each time you walk or run 26.2 miles or when you participate in the "heartbreak hill" challenge (e.g. [kmarzullo@sad22.us](mailto:kmarzullo@sad22.us), I walked 26.2 miles and participated in Heartbreak Hill. Thanks. Name. *This = 2 entries*).

### Teacher in the Spotlight

On December 8, 2009 Donna Dwyer organized the YoKids Assembly for the Newburgh kids. The program teaches kids and teachers about yoga. Everyone learned exercises such as the cat & cow, cobra, and plank. This is just one of the many programs that will be offered at Newburgh School to introduce kids to new physical activities. Thanks to MAHPERD for the grant that supports this effort. Tks. Donna Dwyer.



### Maintain Don't Gain or Lose if you Choose Holiday Challenge

Seventy-two people participated in the Holiday Challenge. The goal was to maintain or lose your pre-holiday weight. Those who participated received a 2010 Motivational Wall Calendar. Participants were entered into a prize drawing for a \$50 gift certificate. The winner of the \$50 gift certificate was Judy Gamble. Congrats to everyone! Good work. Congrats to Judy Gamble.

CHECK IT OUT!

## Upcoming Activities

National Wear **Red** Day  
Friday, February 5,  
2010

Go to [www.goredforwomen.org](http://www.goredforwomen.org) for your free Red Dress Pin

### Adult Ed Exercise Classes

#### Energy Fitness - ReedsBrook

Mondays 3:30 p.m. January 25, Feb. 1, 8, 22, March 1, 8, 15, 22.

#### Yoga Stretch - Smith School

**Cancelled.** Start again in the Spring.

#### Aerobic Exercise

Monday & Wed. McGraw 6 - 7 p.m

#### Men's Basket Ball

1st Class T Jan 12 8 - 9:30 p.m. RB Gym

#### Ballroom Dance

Beginner 1st Class W Jan 27 8 - 9:30 p RB

Intermediate 1st Class Jan 27 6:30 - 8 p RB

### Wellness Team Round UP

The Wellness Team needs YOU! We are looking for new members. If you are interested in wellness, notify Kerrilyn at [kmarzullo@sad22.us](mailto:kmarzullo@sad22.us).

# SAD 22 Wellness News

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## SAD #22 has a new Health Coach Sharon Tracy

Sharon Tracy is taking Sara Prebel's place as the new Health Coach for the SAD #22 Anthem BCBS Wellness Program. Sharon graduated from the University of Maine at Farmington with a Bachelor of Science degree in Community Health Education and a concentration in School Health. She started her career as a middle school health teacher, first in Canaan, NH and then in Gloucester, MA. After moving back to Maine in 2001, she spent five years teaching health at Hampden Academy and at Mt. View Junior and Senior High Schools in Thorndike. From 2006 to 2009, Sharon was a Family Life Education Consultant and Outreach Educator at Penquis [CAP] in Bangor. As a health educator, Sharon has always focused on the importance of prevention in regards to wellness.

For seven years Sharon coached field hockey at Husson University. She now enjoys her free time by being active, primarily by running and lifting weights. She has also been known to kayak and snowshoe. On

weekends she might be found trying to garden or chasing her dog around the yard. She is a die-hard Boston Celtics and Red Sox fan.

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## Wagner SWAT

Wagner Middle School will start a Student Wellness Action Team this year. SWAT is a leadership group that focuses on implementing wellness activities in school. One of their projects will be the Healthy After School Snack Cart. This 8 week program will introduce kids to fruits or vegetables and give kids a chance to have a healthy snack after school. Educational information about the fruit or vegetable will be on the cart. Both programs (SWAT and Snack Cart) are modeled after the successful programs at Reeds Brook Middle School. A big thanks goes to Julie Cashwell, Dale Williams and Sharon Baker for working hard on this project. The project will be funded by a Team Nutrition grant written by the School Health Coordinator.

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## Chris's Recipe Corner

### Three Bean crockpot chili

- Prep. time 15 minutes.
- Cook time 8 hours.
- 1 large onion, chopped
- 2 large carrots, diced
- 3/4 pound extra-lean ground beef
- 1 tbsp chili powder
- 2 tsp cumin powder
- 1 15 ounce can reduced-sodium kidney beans, dried and rinsed

- 1 15 ounce can reduced black beans, drained and rinsed
- 1 15 ounce can reduced sodium pinto beans, drained and rinsed
- 1 15 ounce diced jalapeno peppers, drained
- 1 28 ounce can crushed tomatoes

Coat the inside of a 4-5 quart crockpot with nonstick cooking spray. Place chopped onions and carrots at the bottom of the crockpot. Brown ground beef in a skillet sprayed with nonstick cooking spray. Sprinkle chili powder and cumin into skillet. Remove spiced ground beef with slotted spoon and place on top of vegetables in crockpot. Add kidney beans, black beans, and pinto beans, jalapeno peppers and crushed tomatoes. Cook on low for 6-8 hours.

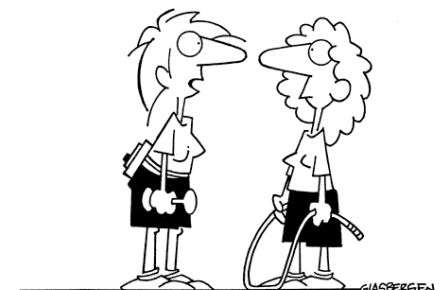
Serves 8

Per serving: 263 calories, calories from fat 30, total fat 3.4 (sat fat 1.3g), cholesterol 26 mg, sodium 476 mg, carbohydrate 38.7 g, fiber 11.7g, protein 19.6g.

**Chris's tip: Make it vegetarian by eliminating the beef. Add corn-bread and a fresh clementine for dessert. Check out the fiber!!!!**

*goodhousekeeping.com.*

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"I wear a smoke detector on my hips. It tells me if I'm exercising hard enough to burn fat!"