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MSD Pulse

VOLUME 4, ISSUE 4, JANUARY, 2014

Message from Wellness Committee

Welcome back to school and the New Year! Hopefully you were able to enjoy some time relaxing, visiting with family and friends and getting some of your to-do lists out of the way. Now that we are in the New Year, it is normal to look back and reflect on the past year and decide what you can do different this year to make it even better.

One thing that most of us consider is how to improve our health and wellness. An easy way to do this is by increasing the physical activity throughout the day and decrease the "seat" time. You will ultimately have more energy and burn more calories which will help you feel great. Of course, developing a fitness plan, that includes cardiovascular and strengthening exercises, is also very important. Don't get caught up in feeling like you have to go to the gym. A brisk walk, some calisthenics and some core work can do the trick.

I hope 2014 is a healthy & happy one.

Robin Barnes

Letter From the Editor

Welcome back Moscow School District! I hope everyone had an eventful Christmas break. I spent the holidays at home with my family, and it was exactly what I needed. While I was home, we took a trip to San Francisco and spent a week venturing through the city. For new years I flew to Seattle and

then played in a Co-Rec Volleyball tournament called the Sizzler in Spokane. As fun as it all was, I'm excited to get back to school and finish my last semester! I know you're all as anxious as I am to get back to work, and start your second semester off strong!



January Recipes

For more recipes visit: Skinnytaste.com

Acai Berry Smoothie

Ingredients:

- 1/2 cup V8-V-Fusion Acai Mixed Berry
- 1/2 cup Non-Fat Vanilla Yogurt
- 1/2 cup Frozen Berries
- 1 Peeled Banana

Directions:

In a blender combine 1/2 cup juice, 1/2 cup yogurt, 1/2 cup frozen berries and 1 peeled banana; blend on high speed until smooth, about 1 minute. CCP: Serve beverage chilled to below 40 °F.

[For more V-8 Smoothies visit:](http://www.campbellsfoodservice.com)

<http://campbellsfoodservice.com>



Ingredients:

- 8 chicken thighs, with the bone, skin removed
- 28 oz can crushed tomatoes
- 1/2 red bell pepper, sliced
- 1/2 green bell pepper, sliced
- 1/2 large onion, sliced
- 1 tsp dried oregano
- 1 bay leaf
- 1/4 cup fresh herbs such as basil

Directions:

Heat a large skillet over medium-high, lightly spray with oil and brown chicken on both sides a few minutes, season with salt and pepper. Add to the slow cooker. To the skillet, spray with a little more oil and add onions and peppers. Sauté until juices release and the vegetables become golden, a few minutes.

Add to the slow cooker. Pour tomatoes over the chicken and vegetables, add oregano, bay leaf, salt and pepper, give it a quick stir and cover. Set crock pot to LOW 8 hours or HIGH 4 hours. Remove bay leaf, adjust salt and pepper and enjoy!



www.skinnytaste.com/2012/06/crock-pot-chicken-cacciatore.html

Ingredients:

- 1 cup unsweetened almond/coconut milk beverage
- 3/4 cup fresh blueberries, blackberries and raspberries
- 2 tbsp chia seeds
- 5-6 drops Nu-Naturals liquid stevia (or sugar/honey to taste)

Directions:

Combine the Almond Breeze almond-coconut milk together with the chia seeds and fruit in a glass jar with a lid. Cover and shake well, set aside for 15 minutes. Give it another good shake then refrigerate overnight or at least 5-6 hours.

Divide into 2 bowls or glass serving dishes and serve. Enjoy!

Triple Berry Chia Pudding



<http://www.skinnytaste.com/2013/05/superfood-triple-berry-chia-pudding.html#more>

Brett Clevenger

Why Physical Activity is Important

This is Brett's first year as a high school administrator, but he has been in administration for eleven years. He started in elementary education, but has also taught multiple subjects in Middle School and coached at the High School level. He has been teaching and involved in education for eighteen years, and is excited about his position as Moscow High School's new Assistant Principle. Brett feels that Moscow High School is a great place to work, with a wonderful staff and great kids. Brett is married with three children, Addison 11, Emerson 9, and Dawson, 6.



Why is it important for you to live a healthy active lifestyle?

When I'm taking care of myself, working out, eating right and getting enough sleep I have the energy I need to meet the demands of my career and be engaged with my kids.

What is your favorite form of physical activity?

I love sports. As I've gotten older I can longer compete like I once did. So I try and find different ways of pushing myself in the gym. I enjoy lifting weights, riding my bike, snowboarding and at times running.

How do you stay physically active with your work schedule?

Finding time is the most difficult part of staying active. I go through phases of working out in the mornings before school. Right now I'm not. It has been too easy to stay in bed when it is so cold out. So I work out when my kids are at their activities and on the weekends.

Do you try and incorporate physical activity into family activities?

If so, how? Yes. My wife teaches Yoga and enjoys cross-fit. I work out with her. My son and 2nd daughter like going to Bear Den with me. We do little work outs together and then play different games. They enjoy it. My oldest daughter is a dancer and is constantly stretching and practicing.

What is your greatest physical activity related accomplishment so far?

I can get through Cross-fit workouts without throwing up.

Do you have any tips to help others achieve more physical activity?

Get started doing something that makes you feel good. Go for a walk. Take a group fitness or yoga class. Once you make it a part of your routine it becomes easier.

What is your favorite healthy meal?

A tabouli salad that my wife makes.

1- Single Leg Dead-Lift:

Slowly hinge your upper body forward at your hips, letting your weighted hands hang down and raising your free leg behind you in line with your torso. Reverse the motion, slowly hinging back up to stand using the strength of the standing leg. 10 reps each



2- Planking Single-Arm Row:

Row: Shift your weight to the non-dumbbell hand, and slowly pick up the two weights, such that your elbow grazes your side. Don't let your body twist up, though—keep your shoulders as even as possible. 10 reps each arm.



3- Double Duty Arm Raises:

With your palms facing each other, slowly raise your arms straight out in front of you, bringing them parallel to the floor. Lower your arms back to the start, then raise them again, this time widening your arms so that you can just see your hands in your peripheral vision.



4- Shin Savers: Lift the front of your feet off the ground, so you're rocked back on your heels (B). Lower feet down, and repeat 10 times.



<http://www.womenshealthmag.com/fitness/strength-training-for-runners>

7 Day Fat Torching Circuit Workout

Perform all exercises in sequence without resting.

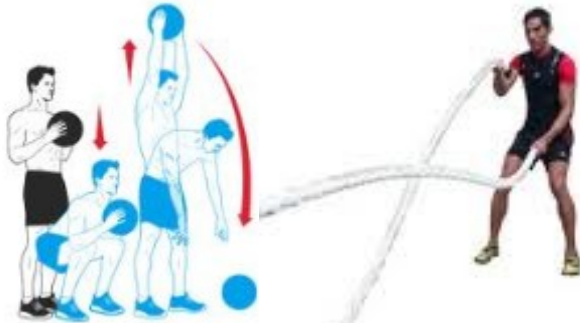
1. Pull-Up - 10 reps
2. Standing DB Shoulder Press - 10 reps
3. BB Bent-Over Row - 10 reps
4. Push-Ups - 10 reps
5. Med Ball Slams - 40 seconds
6. Battle Rope Alternating Underhand Wave - 40 seconds

Rest three minutes before repeating circuit.

Repeat for five circuits.

Med Ball Slams

Alternating Battle Rope



SINGAPORE
Men's Health

<http://www.mensfitness.com/training/lose-weight/lose-weight-in-a-week?page=2>



4 Simple Ways to Release Self-Doubt

1. Embrace moments of doubt.

There will be stretches when it's tough to present a self-assured you, but those times aren't always negative. If you're not certain about something, it might mean you should reach out to a person you trust for advice. When you have doubts, embrace and investigate them, and then move forward.

2. See beyond the setback.

When faced with an obstacle or uncertainty in your abilities, use it as an opportunity to grow your talents. Try to shift your thinking from being scared ("I can't do this") to being enthusiastic ("I can figure this out").

3. Find a mentor.

Mentors build confidence! The key is spotting someone with magnetic leadership qualities and an aptitude for helping those who are following in their footsteps.

4. Never aim for perfect.

That will guarantee failure almost every time. Be the best you can be, but acknowledge that you will make mistakes, and then know which errors to let go of. Cut yourself some slack and, more important, reward yourself for small victories along the way.

<http://www.womenshealthmag.com/life/overcoming-self-doubt>

4 Simple Yoga Moves that Boost Energy

1. Modified Down Dog Split

Start in a pushup position, lift your hips, and move into downward-facing dog. Take five breaths. Raise your right heel toward the ceiling as high as you can, then slowly lower your left forearm to the floor. Keep both palms flat on the floor.



2. Warrior 3

Straighten your left arm and put your right foot between your hands. Shift your weight onto your right foot as you raise your left leg. At the same time, raise your torso until it is parallel to the floor and reach your arms forward.



3. Modified Half Moon Arch

Place hands on the floor beneath your shoulders. Rotate your hips to the left and raise your left arm toward the ceiling. Bend your left knee back, and reach your left hand behind you to hold your foot.



4. Tree

From half-moon arch, turn your hips and shoulders back toward the floor, then use your core muscles to roll your body up to standing. Place the sole of your left foot on your right inner thigh. Lift your arms straight up above your shoulders.



Steel Cut Oats > Ready to Eat Breakfast Cereal

- Cereal is too high in sugar, 4g= 1 teaspoon of extra sugar in every bowl.

Pistachios > Pretzels

- Pretzels lack healthy fat, protein, and fiber.

Green Beans > Canned Corn

- Canned corn has too much starch, try green beans (filled with Vitamin A, iron, and calcium) instead.

Spicy Marinara Sauce > Plain Pasta Sauce

- Less sodium is generally needed when sauce contains seasonings like chili pepper.

Almond Milk/Coconut Milk > Coffee Creamer

- Coffee Creamer has empty calories such as sugar, salt, and fat.

Air-Popped Popcorn > Movie Theatre Style Popcorn

- Air-popped popcorn can be a healthy snack loaded with fiber without the excessive butter and trans-fat.



<http://www.mensfitness.com/nutrition/what-to-eat/14-foods-to-kick-out-of-the-kitchen-forever?page=2>

Safe Routes 2 School Announcement

Polar Walk - Wednesday (before school), Feb. 5th 2014!

We invite all teachers and staff to join in this healthy and fun school event on Feb. 5th. Students are encouraged to walk with adults to school despite the cold weather! Little polar bears will be hidden for students to find along their routes to school at most schools. Hot chocolate will be served to all participants when they arrive at school by U of I volunteers. Find ways *you* can be a part of this fun event:

January 2014

Sun Mon Tues Wed Thurs Fri Sat

			1	2	3	4
				Children's Story Time, 521 S. Main Street, Moscow 11 am U of I Men's Bball vs. Kansas St. 7 pm	WSU Women's Bball vs. Arizona State 7 pm	U of I Men's Bball vs. Chicago St. 7 pm
5	6	7	8	9	10	11
WSU Women's Bball vs. Arizona 12 pm		Co-Op Kids, Moscow Food Co-Op 9-10 am WSU Women's Bball vs. UW 7 pm	Motherhood Connections, 510 W. Palouse, 12-1:30	Children's Story Time, 521 S. Main St, 11 am U of I Women's Bball vs. Texas Pan Am 6 pm		Slow Jams, The Attic. 1-3 pm U of I Women's Bball vs. New Mexico State 2 pm
12	13	14	15	16	17	18
WSU Men's Bball vs. Utah 4 pm	Old Man Markey Bluegrass, John's aAley, 9.30 pm	Co-Op Kids, Moscow Food Co-Op 9-10 am Co-Op Music Night Series 5-6:30 pm	Motherhood Connections, 510 W. Palouse, 12-1:30	Children's Story Time, 521 S. Main St, 11 am U of I Men's Bball vs. Utah Valley 7 pm	WSU Women's Bball vs. Colorado 7 pm WSU Swim and Dive vs. UCLA 5 pm	U of I Men's Bball vs. Bakersfield 7 pm WSU Swim and Dive vs. UCLA 5 pm
19	20	21	22	23	24	25
WSU Women's Bball vs. Utah 12 pm	Idaho Watercolor Traveling show, third Street Gallery, 8-5.00 pm	Co-Op Kids, Moscow Food Co-Op 9-10 am	WSU Men's Bball vs. Oregon State 7 pm	U of I Women's Bball vs. Grand Canyon 6 pm	Beyond Miles, Jazz Northwest, 8.00 pm Kimbrough Hall, Pullman	U of I Swim and Dive SENIOR NIGHT vs. Oregon State, UI Swim Center
26	27	28	29	30	31	
Badluck Way Reading and Signing, 421 S. Main St. 4-6pm WSU Men's Bball vs. Oregon 4 pm	Bill Bolick Jazz night, Kimbrough Hall, Pullman, 8.00 pm	Co-Op Kids, Moscow Food Co-Op 9-10 am Co-Op Music Night Series 5-6:30 pm	Local Radio Resources Workshop, Moscow City Hall, 4:30-6 pm	Children's Story Time, 11 am Chiara String Quartet, UI Ad. Bldg, 7.30 pm		