



SPECIAL POINTS OF INTEREST:

- National Hobby Month
- Candy Corn Fruit Pops
- 6 Steps to staying fit this New Year
- Stay in Shape in the Classroom
- What's going on in Moscow this month

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Message from the Wellness Committee

The Holiday Season is Winding to a Close

January wraps up the holiday season and we would like to say welcome back to the second half of the school year. With the end of the holiday season and the start of the new year brings new year resolutions to take on this January.

Here are a few inspiring quotes from around the web, compiled to help you maintain the dedication to keep your resolution.



Motivational Quotes

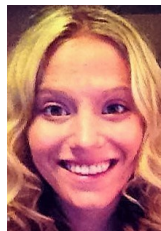
“Failure will never overtake me if my determination to succeed is strong enough.”
-Og Mandino

“The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.”
-Vince Lombardi

“I've always found that anything worth achieving will always have obstacles in the way and you've got to have that drive and determination to overcome those obstacles on route to whatever it is that you want to accomplish.”
-Chuck Norris

“A dream doesn't become reality through magic; it takes sweat, determination and hard work.”
-Colin Powell

Letter from the Editors



Hello my name is Savannah Slichter. I am an undergraduate at the University of Idaho. My major is Early Childhood Development and Education. I enjoy hanging out with my family and friends, being in the sun, and reading. I love exercising and staying in shape.



Hello my name is Garrett Leahy. I am an undergraduate at the University of Idaho. I am an Education major. I enjoy playing basketball and reading in my spare time. This winter break I have been spending time watching my brothers play high school basketball.

Happy New Year!

Hobbies are a great way to create a New Year's resolution. It gives you an activity that you will come to love and help you de-stress.

This is a great way to make sure you get a couple servings of fruit in your diet each day.

National Hobby Month

Looking to do something different this year? Do you want to try something fun that you have never done before or maybe you want to pick up an activity instead of follow a New Year's resolution. Well with January being National Hobby month you are in luck. If you want to find a new hobby here are the steps you need to achieve it:

Step 1. Figure out what your current hobby is whether it is a sport or activity that you do for fun.

Step 2. Write a list of related hobbies to your activity; this will help you find a hobby worth keeping because it will be similar to one you already have.

Step 3. Do an online search for ideas. This will help you find others that share in the interest that you are thinking about picking up or give you ideas of other hobbies to possibly pick.

Step 4. Ask around find others in your community that share in the same interest that you do. This will help you create the support group to keep your hobby.

Step 5. Commit to your new hobby. Try to do it as much as possible so it becomes a habit or at least you give it a test run.

Step 6. Find someone who enjoys the same hobby as you do to stick with it. When one has a partner to help them they will be much more likely to stick with the hobby than if they have to do it all by themselves.

Step 7. Take up a class. This will help you improve quickly at your new hobby or activity to gain interest and find out if you do in fact like your new hobby or not.

Step 8. Evaluate on if you enjoy or are satisfied with your hobby. Ask the question if you like your new hobby enough to keep it or not. If you do not you can always find a new hobby to choose from.

Step 9. Try to make some money out of your hobby. If you have an activity that you like and that peaks your interest you might as well try to make some money on the side. If it is a hobby that does not bring in money. As long as it brings happiness to your life it will be worth it.

How to Celebrate National Hobby Month. (n.d.). Retrieved December 3, 2015, from <http://www.wikihow.com/Celebrate-National-Hobby-Month>

Recipe: Candy Corn Fruit Pops

Ingredients:

- 1 cup – coconut milk, full fat
- 1/4 cup – agave nectar
- 1/2 cup – Greek yogurt, plain
- 1 medium – banana
- 1 cup – pineapple
- 2 medium – orange
- 1/2 cup pieces – mango

Directions

For White Layer:

In a blender, combine coconut milk, yogurt, and agave until smooth.

Pour about an inch of the mixture into popsicle molds. I made 10 popsicles and still had some liquid leftover.



Save it for the next layer.

For Orange Layer:

Use 1/2 of whatever is left from the white layer, adding oranges and mango. Blend well, pour in a glass and set aside.

For Yellow Layer:

Use remaining half of white later, adding banana and pineapple.

To Assemble the rest of the pops:

Once the first layer is slushy (don't freeze completely or you won't be able to get the popsicle stick in at the end!), pour the orange layer into the molds until there is a little more than an inch left for the yellow layer.

Freeze again for another 30 minutes, until the orange layer is slushy.

Top with yellow layer. Then place the popsicle sticks in and freeze for until completely frozen.

<http://www.superhealthykids.com/candy-corn-fruit-pops/>

6 Things To Help Stay Fit This New Year

1. They don't diet: Have you ever known someone in really great shape who was constantly trying out every new fad diet? Yeah, I didn't think so.

Because for the most part, fit people don't diet—they make healthy eating a part of their lifestyle: Do not be one of those people that tries out every new fad diet. The way to stay fit is to eat healthy this does mean that you will have to plan out your meals in advance to create a healthier lifestyle. Watch how changing your diet to making more healthier choices gives you more energy throughout the day.



2. They find a way to enjoy exercise: If you're one of those people who absolutely dreads every minute of your workout then find a different workout that interests you and you actually look forward to; this can even be a sport.

Because more often than not, fit people find a way to actually enjoy—and even look forward to—their workouts: Find what you like and use that as your workout. Another add on to making your workouts more beneficial is to listen to music as you workout if possible. Spotify, Pandora, and 8tracks all have playlists specifically made for working out find one you like and get out there and exercise. A couple options are HIIT, sports, boot camps, [CrossFit](#), or something else entirely—and start looking forward to your workouts, not dreading them.



3. They prioritize their health and fitness: Make it a habit once exercise becomes a habit it is harder to quit at times it may not be on the top of your to do list but once you go out and exercise you will feel better and be more productive in your other day to day tasks.

4. They don't eat perfect 100% of the time: You do not always have to eat healthy. Have a cheat day or meal so that you do not get sick of your diet. Eating healthy is beneficial, but it can be hard and if you are not trying to keep it then you will fall back to your old habits.

5. They get a lot of sleep: Sleep affects your whole day so aim for 7-8 hrs. of sleep each night. Getting enough sleep each night gives you the energy you need for your daily life and will help strengthen your immune system while giving you energy to workout.

6. They hang around other fit people: Have others help you. If others support you and motivate you, you will be more likely to do it. This is true in whatever you try, if you do not have the support of those around you will not follow through with your goals.

7. They stay active outside of the gym: Just because you are not at the gym does not mean you cannot work out. In the classroom try to walk around as much as possible and walk to the office at least three times a day. Start with little manageable steps at first and soon you will be on your way.

<http://www.12minuteathlete.com/7-things-really-fit-people-stay-shape/>



**I WANT YOU
TO GET
SOME
EXERCISE**

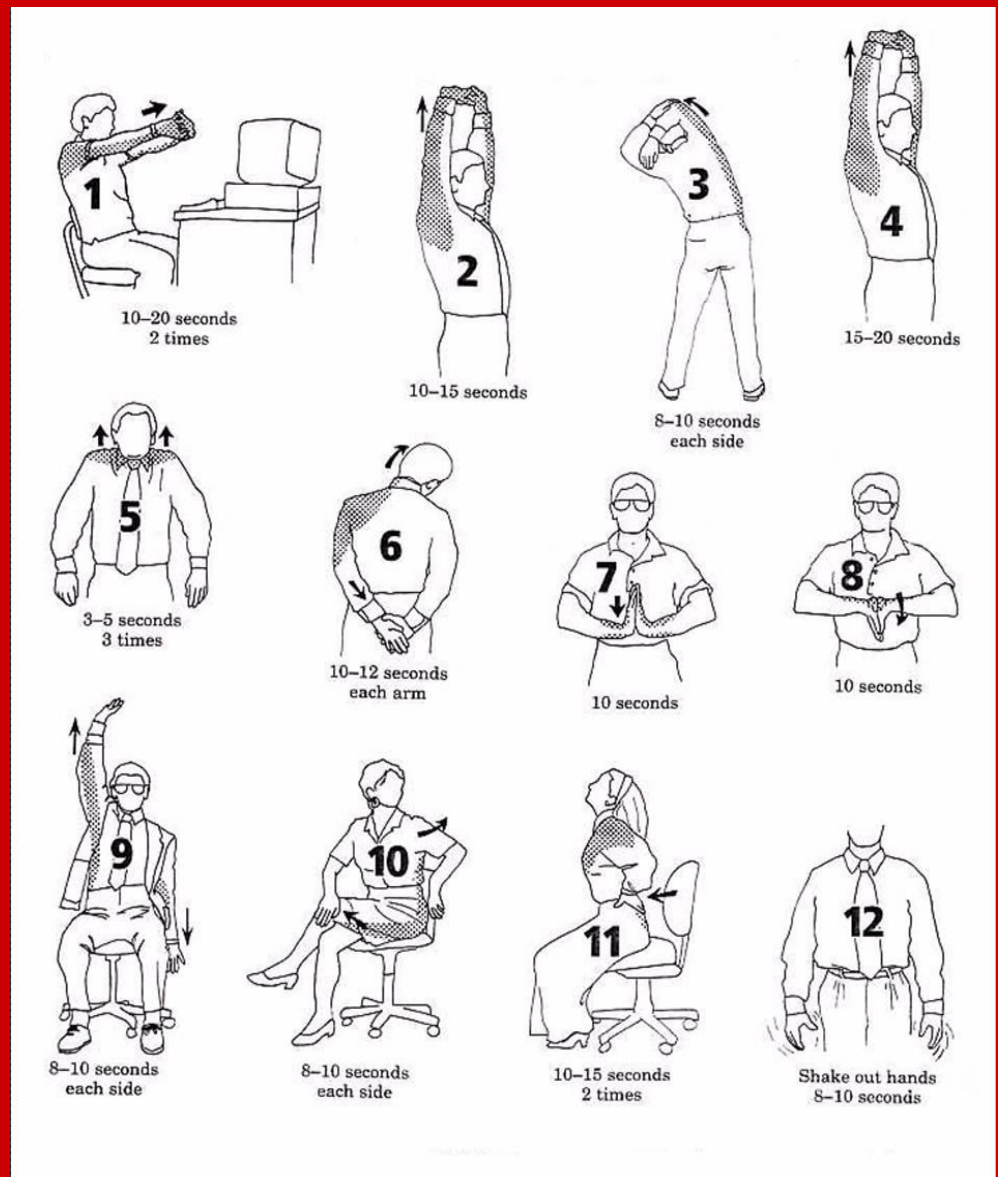
Stay in shape in the Classroom

Sitting for too long can be as dangerous to health as smoking. It more than doubles your risk of diabetes and is linked with an increase in heart disease. In fact, inactivity is the fourth biggest killer of adults, according to the World Health Organization.

When we sit for long periods of time, enzyme changes occur in our muscles that can lead to increased blood sugar levels. The effects happen very quickly, and regular exercise won't fully protect you.

Some days you just get stuck at your desk too long. When you are starting to get antsy and need to move but cannot or see your students feeling the same, here are a few quick stretches you and them can do in your desk to relieve some energy or at the least relax your sore muscles.

<http://backstrengtheningexercisesva.blogspot.com/2014/10/back-strengthening-exercises-at-your.html>



Local Teachers' Outlook on Fitness



Tips on Staying Warm This Winter

- **Dressing for the weather is key:** Wear multiple layers so that when you get hot you can shed the layers; if you do not prepare with layers, you could sweat and may get colder.
- **Turn your heat on:** Keep your house warm so pipes do not freeze and you do not freeze.
- **Drink warm beverages:** Indulge yourself! It is okay to have hot chocolate, coffee, tea, or apple cider when you get inside to warm up.

Sally Druffel

Lena Whitmore

4th Grade Teacher

1. How do you incorporate exercise into your daily life?

I try to walk as much as I can in the classroom and go up to the office multiple times a day which is on the other side of the school. If I have time I also try to walk on the treadmill at night.

2. Do you have any nutrition tips to eat healthy?

Drink as much water as you can. It will keep you healthy especially during the flu and cold season. To eat healthy it has to be planned out that means you have to make a conscious effort to eat healthy. Eating healthy is not always the easiest option, but your body will thank you.

3. What are some activities you have planned for winter break?

This winter I will be relaxing and spending time with my family. I will also try to read a few books over winter break and paint a bedroom.

4. What is your favorite healthy food?

My favorite healthy food is by far bananas and peanut butter, and it is a great snack to have during your planning period if you are hungry.

5. Do you like or watch college basketball? If yes who will you be rooting for over break?

I love Gonzaga basketball. They are fun to watch as well as Duke. I love Coach K; he is a great coach and his books are great for building inspiration.



6. What are some of your goals for 2016?

My goals for 2016 so far are to stay healthy and save money.



Calendar Details

January 9th, UIdaho
Vandal's take on Eastern
Washington: at the Cowan Spectrum at 2:00 pm. Women's Basketball.



Motherhood
Connections Every
Wednesday: at Martin Wellness Center from 12-1:30 pm.

Vandal Booster's
Luncheon: Every Monday except holidays at the Best Western at 11:45 am.



January 2016

Sun Mon Tue Wed Thu Fri Sat

					1 Happy New Years!	2 Vandal's vs. Northern Colorado Women's Basketball
3 Co-Op Good Food Book Club 6:00-7:30 pm	4 City Council Mtg	5 Diabetes Wellness Classes 4-5 pm	6 Blood Drive Gritman Hospital at 10 am.	7 Moscow First Thursday	8	9 DIY Tiny House Workshop-9:00am-4:00 pm- Best
10	11 Vandal Boosters Luncheon	12	13 Blood Drive Gritman Hospital at 10 am.	14 Vandal's vs. Northern Arizona Men's Basketball	15 Family For-esters Work-shop Spokane Valley, WA 8:30-5 pm	16 Vandal's vs. Southern Utah Men's Basketball
17	18 Martin Luther King Jr. Day	19	20 Blood Drive Gritman Hospital at	21 Vandal's vs. Montana Women's basketball	22	23 Vandal's vs. Montana State Women's Basketball
24	25 Vandal Boosters Luncheon	26	27 Blood Drive Gritman Hos-pital at 10 am.	28 Vandal's vs. Sacramento State Men's Basketball	29	30 Vandal's vs. Portland State Men's Basketball

IT'S YOUR CHOICE...
Make It Healthy!