

SPECIAL
POINTS OF
INTEREST:

- Nature Therapy
- Health Check
- Breathing to reduce Stress
- What's going on in Moscow this month

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Message from the Wellness Committee

National Health Awareness Month

"Eat real food, drink lots of water, participate often in a wide variety of physical activities, take time to breath, and sleep 8-9 hours per night, and always be learning something new!"

- Sean Beitey, CSCS



Fun, Unusual, and Forgotten Designations on Our Calendar

June 12- Read, Play, Learn - Sponsored by Lewis Clark Valley Kiwanis Club
10:30 AM - 11:30 AM @ Pioneer Park

June 27- Wenatchee Youth Circus
6:00 PM - 9:00 PM @ Vollmer Bowl

June 28- CableONE Dive and Drive Drive-In Movies @ Orchards Pool
8:40 PM - 10:00 PM @ Orchards Pool

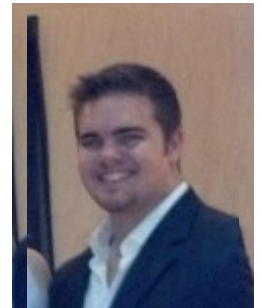
June 29- LC Valley Cardboard Boat Regatta

Letter from the Editors



Hi, Name is Sean Beitey and I am a M.Ed. Student in Physical Education Pedagogy at the University of Idaho. Along with being a student I also teach the Power Yoga class in the UI PE Dept. I love to fish, pick up heavy things and put them down, and practice Yoga. I hold certifications from the National Strength and Conditioning Association, USA Weightlifting, and YogaFit.

Hello! My name is Jordan Theurer and I am a 3rd year physical education major at the university of Idaho. Along with being a student at the university, I am also the president of the wrestling team on campus. I have been working with students with all aspects of physical education for nearly 5 years.



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

Outdoor Summer Activities To Refresh the Body and Soul



Rest when you are weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work. – Ralph Waldo Emerson

One can of soda contains 10 teaspoons of sugar. The average American adult drinks 500 cans of soda every year. This equals an estimated 52 pounds of sugar consumed per adult, just in the form of soda.

- <http://wellnessmama.com/379/reasons-to-avoid-soda/>

Prep Time: 30 minutes
Cook Time: 25 minutes
Yield: About 5 servings
Ingredients:
1 head of cauliflower
1 tablespoon of oregano
1/2 tablespoon of basil
1 tablespoon onion powder
1/2 tsp red pepper flakes
2 eggs
Salt and pepper to taste

<http://fastpaleo.com/recipe/cauliflower-breadsticks/>

Summer is a time to relax, refresh, and enjoy a well-deserved break. But with all that free time we also should get out into the wild and experience some of the natural beauty Northern Idaho has to offer. Some simple ways to get out and reap the benefits of being in nature include:

- Take a MTB ride on Moscow Mountain: Miles of trails and incredible views to experience. But be careful in late summer as the yellow jacket populations are very high.
- Taking a rafting trip through Hells Canyon: Numerous guided trips down the Salmon River are offered, most out of Riggins, ID.
- Go hiking through Hells Gate State Park in Lewiston: Be careful of yellow jackets late in the season.
- Visit the White Bird Battlefields: You can tour the battlefields where Chief Joseph lead his people to victory over the U.S. Calvary.
- Back Pack the Frank Church River of No Return Wilderness: The Frank Church Wilderness is the least assessable wilderness area in the Lower 48.

Recipe: Cauliflower “Bread” sticks



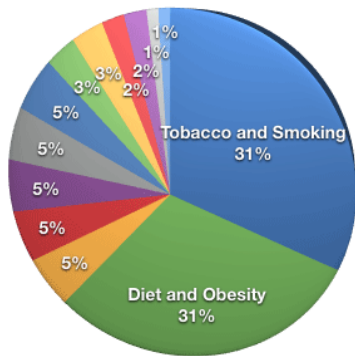
These are a great alternative to regular bread sticks. Stay away from all the carbs of bread and try this healthier option.

Cooking Directions:

- 1) Preheat oven to 425
- 2) Microwave whole head of cauliflower for 10 min
- 3) Place cauliflower in food processor and process until smooth
- 4) Place in refrigerator until cool
- 5) Once cooled mix in rest of ingredients
- 6) Grease a cookie sheet and place cauliflower on it. Use your hands and pat down cauliflower until it is about 1/2 in thick.
- 7) Bake for 25 min
- 8) Take out cauliflower and cut to desired sized pieces, turn oven to 500 broil and broil until golden brown.

Check Your Health Metrics Early and Often to Prevent Disease

Risk Factors for Cancer



- Tobacco and Smoking
- Diet and Obesity
- Sedentary Lifestyle
- Occupational Exposure
- Family History
- Viruses
- Perinatal Factors/Growth
- Alcohol
- Socioeconomic Status
- Pollution
- UV radiation
- Drugs & Medical Procedures
- Salt, Food Additives & Contaminants

Knowing your health metrics can have a significant effect on your lifestyle, and often reveal habits that are eroding our long term fitness. But what should you check? Try starting with the following:

Blood work: Fasting glucose, triglycerides, HDL/LDL/Total Cholesterol, Creatine Kinase

Blood Pressure: High Blood pressure is called the silent killer. Anything over 140/90 increases your likelihood of a heart attack or stroke.

Resting heart rate: The lower the number, the healthier you likely are. Test first thing in the morning before you get of bed, or test it at night by lying down in a quiet and darkened room for 10 – 15 minutes.

1-mile walk test : The faster you can walk a mile, the better shape you're in.

Breast/Testicular self checks and other early detection exams: Nobody enjoys being probed and prodded, but if there is a problem the earlier it's detected the sooner you can begin treatment. The sooner you begin treatment, the higher the likelihood of survival and minimal treatment.

Sun Salutations

What is it?

Sun Salutations are a series of poses that help warm the body, lengthen tight tissues, and create greater strength and postural awareness throughout the entire body. When performed daily, positive changes can be seen in as little as a few days.

Things to keep in mind

1. Alternate breathing in and out for each pose (e.g. exhale into forward fold, inhale into lunge, exhale to plank, etc.).
2. Try and breath through the nose the entire time
3. **Never** hold your breath
4. Only go as deep as **YOU** are comfortable with
5. **LISTEN TO YOUR BODY!!!**



Sequence created by <http://hathayoga.net/>

“Fitness isn’t about being better than someone else, it’s about being better than you used to be” - Anonymous

Try Circle Breathing to Reduce Stress



There are more than 1,000 chemicals in a cup of coffee; of these, only 26 have been tested, and half caused cancer in rats.

Walking at a fast pace for three or more hours a week can reduce your risk of heart disease by 65%

Chronic stress has been linked to everything from cancer to obesity. Due to the myriad negative effects of stress on the physical, mental, and emotional body it's in our best interest to learn to manage stress. One of the best ways to manage stress is through circle-breathing, or in Yoga we call it the Three-Part Breath. Circle breathing stimulates our parasympathetic nervous system (PNS), also known as the "rest-and-digest" system. The PNS allows us to recuperate and return to homeostasis.

Circle Breathing has shown to be highly effective at combating both acute and chronic stress.

Practice 2-3 times every day for 5 - 10 breaths. You'll find a happier and healthier you at the end!

CIRCLE BREATHING

- Start by finding a comfortable seated position
- Sit tall, extending the crown of the head the ceiling as you gently sink the sits-bones (ischium) into the floor. You'll start to feel like you're being pulled apart in the middle.
- Breathing in and out through the nose, initiate the breath by drawing the breath down into the floor. Imagine the breath passing through the pelvis on its way to the floor.
- When the breath can't get any closer to the floor, allow the ribs to reach out to the sides like they are trying to touch the walls
- Lastly, when the ribs are fully extended allow the sternum to rise to the ceiling, taking the breath all the way up to the collar-bones.
- Exhale in reverse order.

Foods that Boost Your Energy

Brown Rice: Rich in manganese, the mineral that helps produce energy from protein and carbs, it will help you maintain high energy all day.

Sweet Potato: High in carbohydrates and loaded with beta-carotene (vitamin A) and vitamin C, these will help fight off midday fatigue. Bonus: Kids will love this sweet treat at mealtime.

Honey: A spoonful of honey is nature's equivalent of an energy drink. Low on the glycemic index, this natural sweetener acts as a time-released muscle fuel during exercise and helps replenish muscles post-workout.

Bananas: Because they are composed mostly of sugars (glucose, fructose and sucrose) and fiber, bananas are a foolproof energy food.

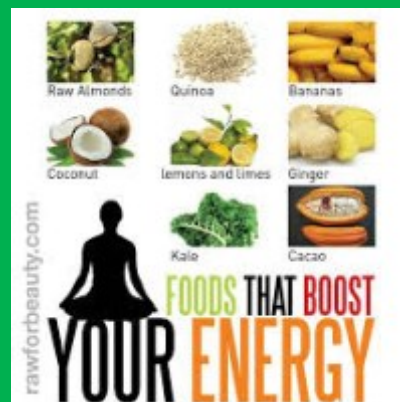
Apples: Not only will an apple a day keep the doctor away, it'll also give you a powerful jolt of energy.

Spinach: An excellent source of iron, a key component of energy production in the body.

Beans: Both a protein and a complex carb, they're a must for both carnivores and vegetarians.

Almonds: Packed with protein, manganese, copper and riboflavin, almonds are a handy snack to keep at your desk or in your bag.

Eggs: Containing the highest complete form of protein in any food (a whopping 97% of it can be absorbed by your body!), eggs provide 30% of your daily value of protein.



Local Teachers' Outlook on Fitness

Arianna Gress

John Russell Elementary

4th Grade



1. Give a brief 3 sentence bio as it relates to your health and fitness

I played basketball in college for a small NCAA D3 school in Oregon. This year, I helped coach middle school basketball and I will occasionally volunteer to help with middle school track this season.

2. What (physical) activities do you enjoy and why? Any plans for the summer?

I really enjoy playing basketball and walking or running. I like doing team sports because that is what I grew up doing. I usually just walk or run to stay in shape, but eventually I would like to do some competitive running. In May, my husband and I will be walking/jogging Bloomsday and this summer we will be doing a lot of hiking.

3. What do you do to maintain your health and fitness during the school year? Does that routine change over the summer?

I try to do a lot of walking/jogging while the weather is nice enough. During the winter months, I might do a couple of indoor work out videos. I can definitely get in more running during the summer, mainly because the weather is so nice and I have much more time on my hands.

4. What do you find to be the hardest part of staying fit and healthy during the school year?

Definitely time. Especially in the winter months when it feels like you go to work when it's dark and leave when it's dark. It's hard to stay motivated and life gets really busy really fast. I would also have to admit to all the goodies that make their way into the staff lounge. It's hard to limit yourself with sweets when they are so readily available to you.

5. If another teacher asked you how they can improve their health, what would your top 3 pieces of advice be?

Here's what I can think of off the top of my head:

1. Cut out time (even 15-20 minutes) to walk or run at least once a day.
2. Cut out most of the sugar in your daily diet. I say "most of" because going completely stone cold off sugar will set you up for failure (this also depends on what people are consuming daily).
3. Make small "snack packs" with fruit or vegetables weekly. This helps when you are craving something, to just grab a small snack that is already pre made. Or, chew gum! It helps when you're feeling hungry.

Debbie Bell

A. B. McDonald Elementary

2nd Grade



Give a brief 3 sentence bio as it relates to your health and fitness

I was raised in a family where having a hard work ethic was important. My dad always said, "If you don't have your health, you sure don't have much." Ever since then, I have worked with a passion, have an "I can do this attitude", and enjoy what is around me.

What (physical) activities do you enjoy and why? Any plans for the summer?

I am an active and outdoor person who enjoys many activities. I have trained for the past 15 years for triathlons. I have competed in many Olympic distance and Ironman competitions. Fly fishing is a passion with me. I enjoy fishing, hiking, and the great outdoors. I love to cook which provides opportunity to create healthy meals and cut down on my stress. I have a passion for gardening. I will be maintaining my own garden and the McDonald School Garden during the summer months.

I have plans to swim, bike, and run over the summer for fitness with one local triathlon competition in September.

What do you do to maintain your health and fitness during the school year? Does that routine change over the summer?

I am a member of the Moscow Chinook Masters Swim group where we swim three days a week. We also participate in swim competitions during the winter months. I run over the weekends and ride my bike in the garage on a trainer once a week. During the summer I have a more flexible schedule. I swim three days per week, bicycle on the bike trails, and run in between going on vacations where I might go hiking and more biking.

What do you find to be the hardest part of staying fit and healthy during the school year?

I need to make sure that I do my exercising in the mornings before work as I am not as motivated to do it after a long day. As I have gotten older I am not able to work out as much. I also make sure to get adequate rest.

If another teacher asked you how they can improve their health, what would your top 3 pieces of advice be?

- *Get outside and enjoy the fresh air – any excuse to move
- *Take check of your eating habits and improve on them in a healthy way
- *What are some other things you can do besides getting outdoors to decrease stress in your daily life?

Calendar Details

June 27, 28

Wenatchee Youth Circus

The Wenatchee Youth Circus celebrates its 62nd season this summer! Two 18-wheel semi-trucks provide center ring set-up for acts such as flying trapeze, high wire, swinging ladders, and more!!!

June 12, 19, 25

Read, Play, Learn - Sponsored by Lewis Clark Valley Kiwanis Club

Lewiston Parks and Recreation and Lewiston City Library are teaming up again to bring you this fun summer program.



www.hangingoffthewire.com

The Officer Newbill Kid's Safety Fair is always the first Saturday in June - June 7th from 10-2pm at Eastside Marketplace.

Here's the link: <http://www.newbillkidssafetyfair.com/about>

Families are invited to participate in the safety fair's many booths and activities.

June 2013 National Health Awareness Month!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 <i>Transportation Advisory Commission</i>	5 <i>Valley on the Move- Lewiston Community Center</i>	6 <i>L.I.F.E. Golf for FUNds- Bryden Canyon Course</i>	7 <i>Kid's Safety Fair— Eastside Marketplace</i>
8	9	10	11	12 <i>Read, Play, Learn</i>	13	14 <i>I Made the Grade Bicycle Ride- Map Lewis Clark Valley</i>
15	16	17	18 <i>Lewis Clark Senior Games - Lewis Clark Valley</i>	19 <i>Read, Play, Learn Lewis Clark Senior Games-</i>	20 <i>Lewis Clark Senior Games- Lewis Clark Valley</i>	21
22 <i>Hells Canyon trip to Chinese Massacre Cove - LCSC Center Arts & History</i>	23	24	25 <i>Read, Play, Learn</i>	26	27 <i>Wenatchee Youth Circus</i>	28 <i>Wenatchee Youth Circus/ CableONE Drive-In</i>
29 <i>LC Valley Cardboard Boat Regatta</i>	30					

FREE activities will include the following:

- **FREE Bike Helmets and helmet fitting for kids 16 & under**
- **"MILK" Software (managing information on lost kids, the first step in the Amber Alert process)**
- **Child Digital ID's & Fingerprint Kits, DNA Kits**
- **Emergency Contact Cards**
- **Water Safety Information**
- **Bike Rodeo**
- **Bike Inspections**
- **Hot dogs & Snacks provided by the Rotary Club & Food**
- **Services of America**
- **Lifeflight helicopter tours**
- **Ambulance and Firetruck tours**
- **Car seat safety check conducted by NHTSA Certified technicians**