

Cascade Wellness Newsletter



Join the Presidential Challenge!

Have you signed up for the Presidential Fitness Challenge online?

It's SOOO easy! If you don't have time to log daily- just jot down your daily activity and set aside 10 minutes to enter it weekly. Points are tallied from Sunday noon thru the following Sunday at noon. You will be surprised how fast those points add up!

Did you know that these activities are on the list? Children's Games, Gardening, Fishing, Household Tasks, Home Repair, Lawn Mowing, Stretching.... Just to name a few!

Individually your points make you eligible for a weekly prize- which include gift certificates to local businesses.... Each Monday the leading points earner will be announced and awarded.

Then-Starting Sunday the 8th our individual scores will be combined to form a total building score. These building scores will be added up from each member of the School Team and divided by the number of participants. We will be competing as a group against all the building teams in the district for a great prize! The Team with the leading points score will be able to pick their grand group prize.... It's guaranteed to be FUN! So, lace up your tennis shoes, and sign up and get recommitted to the Wellness Program, what have you got to lose?!

How To Join:

1) Go to: http://www.presidentschallenge.org/login/register_individual.aspx

2) Fill out the registration form.

* Be sure to include the following info during registration *

Group ID Number: 85778

Group Member ID/Name: School name (Aumsville, Turner, Marion...)

3) After registering, start logging your activities. As you log activities you'll be able to track your progress toward winning a President's Challenge Award or Medal.

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Wellness Committee & Champions

- Linda Yoesel
- Tanie Hotan
- Erik Syverson
- Dan Petersen
- Mark Stevens
- Sarah Federico
- Craig Pearson
- Cindi Brokaw
- Meg Gates
- Barbara Calderwood
- Casey Lovell
- Arnie Lowder

5k & 10k Training Tips

Excerpt from Jeffgalloway.com

Don't wait to take walk breaks. By alternating walking and running from the beginning, you speed recovery without losing any of the endurance effect of the long one. Start with jogging one to two minutes and walking two to three minutes. As your training level increases you can adjust your run/walk ratio to running 5 minutes/walking one minute on your long runs.

- Be sure to do the running portion slow enough at the beginning of every run (especially the long run) so that you'll feel tired but strong at the end. The conservatism will allow you to recover faster.
- Every other day you can cross-train instead of walking. Cross country ski machines, water running, cycling, and any other mode which you find fun and interesting (but non-pounding) will improve overall fitness.
- Stay conversational on all of your exercise sessions. This means that you should be exerting yourself at a low enough level that you could talk. It's okay to take deep breaths between sentences, but you don't want to "huff and puff" between every word.
- As the runs get longer, be sure to keep your blood sugar boosted by eating an energy bar (or equivalent) about an hour before exercise. Drink water continuously before and during exercise and with all food.

You can find 5k and 10k weekly training program guides at:

<http://www.jeffgalloway.com/training/5k.html#5k>

BOOT CAMP!

Donnell Chen is NASM certified and is very excited to offer this class for Cascade Employee Wellness Participants.

Starting November 9th Donnell will begin a 6 week trial session at **Cloverdale Elementary Gym**
Monday / Wednesday / Friday 3:30-4:30PM



The wellness program will offset the cost so you will only have a \$4.00 per class fee!

Participants are encouraged to bring their own dumbbells if available. This is a one hour intense but fun cardio and resistance training class. **All fitness levels Welcome.** You adjust the intensity to fit your fitness level. Bring any weights that you may have. Most people will use 3 - 6 lb weights. We have some extra weights so don't let that stop you from coming. See you there!

It's time to Zumba®!

Introducing Zumba® instructor Janelle Miranda

Monday, Wednesday, Friday

3:30-4:30

CDC Gym

\$3.00 per person per session



The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

salsamagic

A Recipe for Fun!

Just take 1 hour on Sunday with your favorite dancing partner and add one great Salsa instructor by the name of Carol Hueler and there you have it!

Cascade High School Cafeteria

Sundays starting **Sunday Nov. 15th thru Sunday Dec. 6th, 2009**

Lessons **5:00PM-6PM** and **6:-6:30PM** for optional practice time

- * Cascade staff members are encouraged to bring a guest/spouse/partner (doesn't work very well as a solo)
- * Salsa lessons are at a beginning level and build on each other so participants are encouraged to attend all 4 lessons if possible
 - There is no additional cost for participants.
 - There is a min. of 6 couples and max of 20 couples so please e-mail your interest to mgates@cascade.k12.or.us to sign up!



Top 10 Holiday Stress Reducers

Attention: Cascade Half Marathon Participants

The Wellness Program would like to encourage you to sign up for the Cascade Half Marathon! As a benefit of registering with the Presidential Fitness Challenge and logging your activity daily/weekly, we will pay half of your registration fee for the marathon!

For more information please contact Erik Syverson or Craig Pearson.

**Cascade Half
Marathon
January 17, 2010
9am
Cascade High School**



By: Karon Brandt

Are you feeling anxious about holiday dinners with family? Don't let the full burden of a holiday meal fall on you alone with a few stress reducers.

Consider catering or a family-made meal. Ask relatives and friends to bring their "inimitable" trade dish. Coordinate who is bringing what.

1. Cook ahead of time; freeze what you can. Arrange seating to avoid personality conflicts. Consider a separate table for young children—say six to 10 years old—with appropriate table settings and centerpieces. Serve their food first, and let them talk among themselves instead of competing with adults.

2. Buy gifts throughout the year, not at the last minute. It's easier on your budget, which reduces strain on you. Shop online to avoid crowds, impulse purchases, parking and checkout hassles. Set gift-cost limits so everyone follows the ground rules. Wrap gifts ahead of time.

3. Pace yourself. Eat well and get enough sleep, including naps. Make a list you can cross off daily. You'll know exactly where you stand on the timeline. Avoid caffeine, too much alcohol and overdosing on sugary, fatty and salty foods.

4. Try stress erasers like meditation, deep breathing exercises or listening to calming music. Do what works for you.

5. Exercise is a known stress reducer. Walking is great, but, if you can do something even more strenuous, go for it.

6. Laugh. We know that laughter reduces stress and prolongs quality of life. Watch a comedy, read a funny book or hang out with giggling children.

7. Connect to Nature. Take in the beauty of trees, the soothing effect of moving water, and the openness of blue skies.

8. If you can play a musical instrument, paint, sculpt or knit—whatever reduces stress for you—take time to do it.

9. Take a relaxing hot bath or shower. Go to a spa for an afternoon. Indulge in a full body massage. Take a break.

10. Play with a pet. Interacting with animals lowers blood pressure and reduces stress.
