FIT FOR LIFE

A NEWSLETTER BROUGHT TO YOU BY AMADOR COUNTY UNIFIED SCHOOL DISTRICT
HUMAN RESOURCES DEPARTMENT

JANUARY 2021 • ISSUE 1 • VOLUME 2

WELCOME!

Amador County Unified School District Wellness Newsletter.

Read on to learn about:

- Making Your New Year’s Resolution a Success
- Financial Wellness
- Recipe of the Month
- Easing Seasonal Affective Disorder
- January National Calendar

MONTHLY CHALLENGE

There are many ways to achieve a healthy heart. Because of this, this month’s Wellness Bingo challenge offers a variety of ways to meet wellness goals.

You can find Wellness Bingo cards at the end of this newsletter. Participants will be entered into a raffle drawing each week to win a $10 gift card to Jamba Juice!

Please return your Bingo cards no later than Tuesday of the following week to be entered into the raffle.

Please contact Emily Weinzheimer at 257-5350 with any questions.

JANUARY ACTIVITIES

Local events happening in January:

- The True Sportsman Club Annual Handgun Silhouette Shoot - January 9th
- Amador Upcountry Rotary’s Drive-Thru Crab Feed - January 16th
- Gallery 10’s Annual Sale - Duration of January, Sutter Creek
- John McCutcheon Virtual Show - January 16th
- Sutter Creek Gallery Reopens in Sutter Creek

Don’t forget to wear your mask and maintain 6 feet of social distance!
FINANCIAL WELLNESS
FOR A HEALTHIER LIFESTYLE

Everyone knows the importance of mental and physical health, but some may not know that your financial wellness can also have a huge impact on your overall well-being! Read below for tips to start a healthier financial journey.

- Learn where your money is coming from and where it’s going.
- Write your bill due dates on a calendar.
- Create a working budget that matches your cash flow. There are apps available for this - Mint, Spendee, EveryDollar, etc.
- Compare your spending month-to-month.
- Start an emergency savings fund. Dave Ramsey recommends a starter emergency fund of $1,000.
- Put extra money into savings when you have it.
- Reduce your debt by choosing a reduction strategy that works for you.
- Apply only for credit you need.
- Set up alerts to stay on top of your checking account balance.
- Plan ahead for life events and large purchases.
- Set SMART goals - Specific, Measurable, Achievable, Relevant, and Time-bound.

MAKING YOUR NEW YEAR’S RESOLUTIONS A SUCCESS

January is the month when New Year’s Resolutions kick in full swing. But, by February, many of us are burnt out and fall out of our resolutions quicker than a toupee in a hurricane. How can we beat the odds and make our resolutions last?

1. "Dream big". Ambitious goals (running a marathon, losing 50 pounds, etc.) can inspire people around you and compel those around you to support you both physically and emotionally.
2. "Start small". Begin exercising 3-4 days a week or replace one snack with a healthy food, and build from there.
3. "Change one behavior at a time". Give yourself time to replace your unhealthy habit with a healthy one.
4. "Talk about it". Having someone to share your goals and struggled with makes your journey easier.
5. "Don’t beat yourself up". Everyone slips up. Don’t give up just because you skipped the gym or ate a cookie.
6. "Ask for support. Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution."

DID YOU KNOW?

Americans’ top 3 resolutions for 2020 were managing their finances better, eating healthier, and being more active.
RECIPE OF THE MONTH

HEALTHY STUFFED CHICKEN BREAST

Ingredients
- 1 chicken breast
- 1 oz. low-fat mozzarella
- 1 artichoke heart (from a can)
- 1 tsp. sundried tomato, chopped
- 5 large basil leaves
- 1 clove garlic
- 1/4 tsp. curry powder
- 1/4 tsp. paprika
- Pinch of pepper
- Toothpicks

Directions
1. Preheat oven to 365 degrees F.
2. About halfway up the chicken breast, cut a slit lengthwise to create a pocket for the filling.
3. Chop up the mozzarella, artichoke, basil, tomato, and garlic. Mix to combine.
4. Stuff the mixture into the chicken breast where you created the pocket.
5. Use a few toothpicks to close the chicken breast around the stuffing.
6. Place the chicken breast on a baking sheet or aluminum foil and season it with pepper, curry powder, and paprika.
7. Bake for around 20 minutes (depending on the size of the chicken).
8. Remove toothpicks and serve!

FIGHTING THE WINTER BLUES - TIPS FOR EASING SEASONAL AFFECTIVE DISORDER

Seasonal affective disorder (SAD) can come on during the winter due to shorter days and less sunshine. Some common symptoms of SAD are "low energy, excessive sleeping, feeling hopeless or sad, and weight gain." Luckily, there are steps you can take to manage symptoms and find relief:

- Light therapy. Take walks outside during daylight or buy artificial light for your home.
- Take vitamin D
- Eat a healthier diet
- Partake in aerobic workouts. Endorphins released during aerobic workouts can boost your mood.
- Medications. Your doctor can prescribe medications based on the severity of your symptoms.
- Counseling. Therapy can teach you coping skills to help you get through the darker winter months.

Another symptom of SAD is thoughts of suicide. If you are experiencing suicidal thoughts, please call 911 or the National Suicide Prevention Lifeline at 800-273-8255.

DID YOU KNOW?
Seasonal Affective Disorder affects approximately 10 million Americans, and another 10-20% may have mild SAD.
JANUARY NATIONAL CALENDAR

- 1/1 - HAPPY NEW YEAR!
- 1/2 - National Buffet Day
- 1/3 - National Chocolate Covered Cherry Day
- 1/4 - National Trivia Day
- 1/5 - National Whipped Cream Day
- 1/6 - National Cuddle Up Day
- 1/7 - National Tempura Day
- 1/8 - National Bubble Bath Day
- 1/9 - National Apricot Day
- 1/10 - National Cut Your Energy Costs Day
- 1/11 - National Human Trafficking Awareness Day
- 1/12 - National Youth Day
- 1/13 - National Clean Off Your Desk Day
- 1/14 - National Shop For Travel Day
- 1/15 - National Hat Day
- 1/16 - National Fig Newton Day
- 1/17 - National Hot Buttered Rum Day
- 1/18 - National Use Your Gift Card Day
- 1/19 - National Popcorn Day
- 1/20 - Martin Luther King, Jr. Day
- 1/21 - National Banana Bread Day
- 1/22 - National Celebration of Life Day
- 1/23 - National Pie Day
- 1/24 - National Compliment Day
- 1/25 - National Opposite Day
- 1/26 - National Spouse's Day
- 1/27 - National Chocolate Cake Day
- 1/28 - National Have Fun At Work Day
- 1/29 - National Puzzle Day
- 1/30 - National Croissant Day
- 1/31 - National Hot Chocolate Day
<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
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<tbody>
<tr>
<td><strong>FREE SPACE</strong></td>
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<td>Eat your lunch</td>
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<td>Pack a Healthy Lunch</td>
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<td>Pack a Healthy Lunch</td>
<td>Pack a Healthy Lunch</td>
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<tr>
<td>Drink 1 glass of water</td>
<td>Drink 1 glass of water</td>
<td>Drink 1 glass of water</td>
<td>Drink 1 glass of water</td>
<td>Drink 1 glass of water</td>
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<tr>
<td>No sugar, no added salt</td>
<td>No sugar, no added salt</td>
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<td>No sugar, no added salt</td>
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<tr>
<td>Feel stressed or angry?</td>
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<td>Feel stressed or angry?</td>
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<td>Get some fresh air</td>
<td>Get some fresh air</td>
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<td>10,000 steps a day</td>
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<td>Make a new healthy recipe</td>
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<td>Eat 3 fruits and vegetables</td>
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<td>Eat 3 fruits and vegetables</td>
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<tr>
<td>Stretch for 5 minutes</td>
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**Bingo**

- Walk one (1) mile in 2,700 steps
- Eat an apple a day
- Avoid junk food
- Get at least 7 hours of sleep
- Drink 8 glasses of water
- Avoid processed meals
- Avoid sugary drinks
- Smiling at everyone
- Floss your teeth each day this week

**Compliment someone**

**Person you see**

**Meal**

**Positive Practice Proper**

**Each day this week**

**Enjoy Your Lunch**

**Minute**

**Talk to them instead of emailing**

**Call someone**

**Email**
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<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
</tr>
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<tbody>
<tr>
<td>Herbal tea: Replace coffee or soda with water or herbal tea.</td>
<td>Tread each day at a website: you want to go.</td>
<td>Break during your walk. Invite a co-worker to join you on a walk.</td>
</tr>
<tr>
<td>Try a new physical activity.</td>
<td>Visit a park this week.</td>
<td>Take a 30-minute walk and email it to your BINGO challenge participation in thesomeone.</td>
</tr>
<tr>
<td>Brine a healthy snack to share.</td>
<td>Prepare a mealless meal for dinner.</td>
<td>Take a picture of the well-being challenge.</td>
</tr>
<tr>
<td>Drink a glass of water each morning.</td>
<td>No second helpings. Drink both a fruit and vegetable every day.</td>
<td>No fast food this week. Enjoy something you enjoy.</td>
</tr>
<tr>
<td>Eat a whole grain pasta. NO TV for 24 hours. Get some fresh air. Feel stressed? Eat a whole grain pasta.</td>
<td>BINGO challenge. Get someone from your department to participate in the challenge.</td>
<td>BINGO challenge. Get someone from your classroom to track your steps for the week.</td>
</tr>
</tbody>
</table>

**FREE SPACE**

- Try a new fruit or vegetable.
- Meditate for 5 minutes.
- Relax - do something for you. 10,000 steps/day.
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<thead>
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<th><strong>FREE SPACE</strong></th>
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<td><strong>Walk one mile</strong> (about 2,000 steps) in a day</td>
<td><strong>Eat a piece of fruit</strong></td>
<td><strong>Choose 30 minutes of exercise</strong></td>
</tr>
<tr>
<td><strong>Do sit-ups or blast commercial fitness routine</strong></td>
<td><strong>Get 7-8 hours of sleep</strong></td>
<td><strong>Enjoy the sunrise and sunset</strong></td>
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<tr>
<td>Week</td>
<td>Minutes</td>
<td>Program</td>
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<td>1</td>
<td>60</td>
<td>CT! and Wellness</td>
</tr>
<tr>
<td>2</td>
<td>60</td>
<td>Have a soda free week</td>
</tr>
<tr>
<td>3</td>
<td>60</td>
<td>Choose dark chocolate over milk chocolate</td>
</tr>
<tr>
<td>4</td>
<td>60</td>
<td>No fast food this week</td>
</tr>
</tbody>
</table>

**FREE SPACE**

- Eat a dark green vegetable
- Try a new fruit or vegetable
- Take a picture of a food you can’t eat
- Eat 5 servings of vegetables this week
- Eat breakfast every day this week
- Nature tour on the trail or just take a walk
- Go for a walk at lunchtime
- Think of five things for which you are grateful
- Exercise for 30 minutes a day for 5 days
- Walk somewhere or garden or take a walk in your yard
References: