

YOUR WELLNEWS

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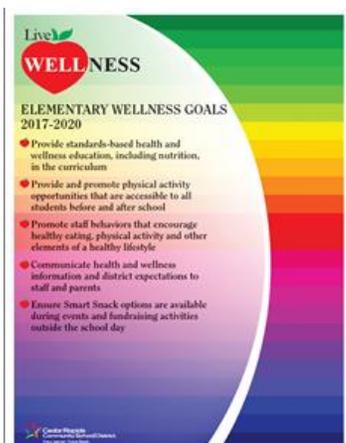
Issue 1/December 2017

WELLNESS GOALS AND COMMITMENTS

You may have seen the new wellness posters around your building by now. Our three year goals and commitments were developed by the 2016/17 District Wellness Council.

Commitments are expectations of every building district-wide which are driven by Federal guidelines and district policy.

Goals are what we aspire to promote and achieve over the next three years – areas where we are not yet proficient.



2017-2020 Elementary Wellness Goals

For more information about Run Crandic, visit www.runcrandic.com

HEALTHIER, HAPPIER NEW YEAR

Healthier, happier students need great role models like you. That's why in 2018 CRCSD is stepping up employee wellness efforts and offering more opportunities for you to achieve your goals in the new year.

GRAB YOUR FRIENDS AND LET'S GET MOVING

Register now for Live Healthy Iowa's [10 Week Wellness Challenge](#): a fun opportunity to be active while engaging in a simple and affordable challenge. With a flexible format and friendly team-based approach, you'll be motivated by each other and kept accountable to achieving team, and personal goals.

Q: What's in it for me?

A: Aside from better mental and physical health, you get a t-shirt, magazine subscription, weekly motivational messages, chances to win prizes and a chance for your school to display the CRCSD LiveWellness Trophy for the remainder of the 2017/18 school year! If you participate in Virgin Pulse, you'll also get 500 bonus points for participating.

Q: How do I sign up?

A: [CLICK HERE](#) to have your captain register your team using the group ID **LHICRCSD**. Also, the first 10 teams to email wellness@cr.k12.ia.us prior to registering will receive a code for **\$5 off each team members' registration fee!**

Ever wanted to do a 5K, Half or Full Marathon? What's stopping you?

RUN CRANDIC

Powered by the University of Iowa Community Credit Union, Run Crandic is a unique athletic and social event that brings the Corridor together. The route kicks off with a pre-party at NewBo City Market in Cedar Rapids, follows the CRANDIC train line along Highway 965 through Swisher, North Liberty, and into Coralville. The half marathon picks up in North Liberty and the 5K joins in Coralville. All three routes end at historic Kinnick Stadium in Iowa City.



Great reasons to participate: 1) proceeds come back to CRCSD to support student physical activity, 2) Virgin Pulse participants can take the 5K a Day challenge leading up to the event for even more bonus points!

REMINDERS



Smart Snack guidelines require that all food offered and sold from midnight until 30 minutes after dismissal meet the District Nutritional Standards.

Not sure what counts as a Smart Snack? Check out the [District Wellness Page](#) or the [Smart Snack Calculator](#).

FRESH AND FIT VEGGIE OF THE MONTH

What's hip and happening in the world of veggies during the winter?

KALE! That's what.

If you haven't tried this gorgeous green yet, it's time. Crunchy, versatile and chock full of nutrients, you couldn't ask for a better way to hype up your holiday meal.

This Apple-Walnut-Kale Salad is a scrumptious side dish that will get rave reviews.

Serves 6 (serving size: 1 cup)
RECIPE BY COOKING LIGHT

Ingredients

1 tablespoon cider vinegar
1 tablespoon walnut oil
1/2 teaspoon kosher salt
1/2 teaspoon brown sugar
1/2 teaspoon freshly ground black pepper
4 cups torn kale leaves
2 cups torn Swiss chard leaves
1 cup sliced Granny Smith apple
1/2 cup sliced celery
1/4 cup sliced red onion
1 ounce crumbled blue cheese
2 tablespoons toasted walnuts

How to Make It

Combine vinegar, walnut oil, kosher salt, brown sugar, and pepper. Add kale and Swiss chard; toss. Let stand 10 minutes. Add apple, celery, onion, blue cheese, and toasted walnuts; toss.

Don't care for blue cheese? No worries, substitute your favorite cheese crumbles and make it your own.



FOOD FOR THOUGHT

"When my daughter was born, 7 years ago, I committed myself to trying one new fruit or veggie a month. I didn't want to be a mom who limited her opportunity to try healthy foods because of my own lack of knowledge in how to prepare them.

Since that time, I have doubled the number of fruits and veggies my family consumes; and, it's a lot easier to get the five servings a day my body needs to function at its best. I keep refining the recipes and trying new things – some work, others not so much!"

~Stephanie

WellNews You Can Use

Fear. Anxiety. Stress.

These emotions are completely normal, but can affect our productivity and physical health if they become overwhelming. One quick tip for immediate stress reduction is to focus on mindful breathing.

Deep breathing increases the supply of oxygen to your brain and helps promote a state of calmness. Breathing techniques also help you focus on your body, which can quiet your mind. Although there are a variety of breathing techniques, taking a few slow, deep belly breaths can provide immediate stress relief.

For more quick & easy stress relief exercises, [CLICK HERE](#)

Confidential counseling is also available through the [Mercy Employee Assistance Program](#).

For more info:

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Or contact your building wellness representative – your voice on the District Wellness Council!