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Welcome back!

The 2011-12 school year brings about some exciting wellness initiatives to Mapleton Public School employees. Staff members can look forward to staying active during the holiday season, education about stress management and more! We hope you will take advantage of these great wellness opportunities!

Wellness Counts Update!

Thanks to all of the employees who participated in Wellness Counts, an initiative focused on getting preventative health screenings completed. Twenty-one percent of Mapleton employees signed up to participate in the program and seventeen percent completed their screenings. The Mapleton Public Schools Wellness Committee continues to encourage all employees and their family members to complete preventative screenings.



The winner of the **Nintendo Wii AND Wii Fit** (generously donated by **Mark Young Construction**) is **Brenda Coleman** at Welby Montessori! Congratulations!

If you have any questions regarding this program, please contact Juli Christenson at christensonj@mapleton.us or 303-853-1017.

thrive across america

Mapleton's upcoming wellness initiative!



Thrive Across America is an online physical activity program that lets you visit some of our nation's most interesting places by recording exercise minutes and moving across a virtual trail. Along the way you'll learn about the people and places that help us thrive as well as great sites to visit in each region. Everyone is encouraged to participate!

The Thrive Across America program makes physical activity a fun, team-focused event that builds relationships while building healthier bodies. Employees can choose to form teams and enjoy some friendly competition. Team members will enter their individual physical activity online to earn points for their team. Employees can track team and District progress online during the eight-week competition. Employees will have access to the online program for a full year.

Registration will begin on Monday, October 3, 2011. The program will start on Monday, October 17, 2011 and run through Friday, December 9, 2011. Team sizes are limited to 4-10 people per team. Start thinking about who can help you cross the country! Details and prize information coming soon!

Healthy in Less than 30 Minutes!

Adjusting back to a school-year schedule can be made even more difficult when trying to find time to prepare healthy meals for you and your family. Eating healthy doesn't need to be difficult. Try this healthy and flavorful recipe for **Sweet and Sour Chicken**, courtesy of the Food Network. It's sure to be a crowd pleaser!



Note: Cooking the chicken over high heat quickly gives it a nicely browned look and taste without needing to deep fry. Fresh orange juice in the sauce and lots of vegetables keep the dish and the nutrition balanced.

Ingredients

2 tablespoons honey
2 tablespoons rice wine vinegar
1 tablespoon reduced-sodium soy sauce
1 teaspoon finely grated fresh ginger
1/4 cup fresh orange juice
2 teaspoons cornstarch
4 teaspoons peanut oil
1 teaspoon chili-garlic sauce
12 ounces boneless, skinless chicken breast halves, cut into 1-inch pieces
Salt and freshly ground black pepper
1 pint small, sweet mixed peppers, quartered, or 2 mixed bell peppers, cut into 1-inch strips
6 scallions, whites cut into 1 1/2-inch pieces, greens cut into 1-inch pieces and thinly sliced vertically into thin strips
8 ounces snow peas, trimmed
Serving suggestion, cooked brown rice
Chopped peanuts for sprinkling, optional

1. In a small bowl, whisk together the honey, chili-garlic sauce, vinegar, soy sauce, orange juice and cornstarch; set aside.

2. Meanwhile, coat the chicken with 2 teaspoons oil and heat large nonstick skillet over medium-high heat. Season the chicken to taste with salt and pepper and cook, turning occasionally with a wooden spoon, 2 minutes. Transfer the partially-cooked chicken to a plate. Reserve the pan.

3. Heat the remaining 2 teaspoons oil in the pan; add the peppers, scallion whites, and snow peas. Cook, stirring occasionally, until the vegetables are crisp-tender, about 3 minutes. Stir in the reserved chicken; whisk the sauce again and add it to the pan. Simmer, stirring occasionally, until the sauce is thickened and the chicken is tender, 1 to 2 minutes. Serve over rice and sprinkle with the scallion greens and peanuts, if using.

Nutritional analysis per serving (does not include brown rice and chopped peanuts) Calories 238; Total Fat 6g (Sat Fat 1 g, Mono Fat 2g, Poly Fat 2g) ; Protein 23g; Carb 23g; Fiber 4g; Cholesterol 49mg; Sodium 329mg.

For more healthy and easy recipes, click [here](#).

stress reduction for busy people



Book of the Month

Stress Reduction for Busy People:
Finding Peace in an Anxious World
By Dawn Groves

Offering serious information with a light touch, author Dawn Groves shows that by starting with a few simple changes, anyone can find a few minutes each day to take care of their bodies with exercise, sleep, and good food; their souls with meditation and prayer; and their minds with pursuits that challenge and please. Techniques such as “reframing” and “facts not stories” will help readers understand how to use thoughts to reinterpret events and issues for healthier emotional responses. She demonstrates how a few choices can change old, bad habits into new, good ones and how parents can not only cope with children but also help them become part of the lower-stress solution. Sections include What to Do in a Crisis (move your body, narrow your field, and take action), Mindfulness Tools, and Gratitude as a Resource.

Click [here](#) to find this book and other top-rated stress management books.

Join the Wellness Committee!

The Mapleton Public Schools Wellness Committee wants **YOU** to help determine what wellness initiatives are brought to the Mapleton campus. Wellness committee meetings are held on the first working Monday of each month in the Human Resources annex conference room (time TBD).

Please click [here](#) to sign up and join the committee! If you're not available to attend committee meetings, but would still like to be involved, please contact Juli Christenson at 303-853-1017 or christensonj@mapleton.us.





Quiz Center

Test your wellness IQ!

[How Healthy is Your Relationship with Food?](#)

Almost everyone knows that a healthful diet can help you manage your weight and decrease your risk of disease. Although making healthy food choices should rank near the top of your priority list, many people resort to extremes. Are you obsessed with food and eating? Find out how healthy your relationship with food is by taking this assessment.

[Which Fitness Class is Right for You?](#)

Group fitness classes offer social support, expert instruction and fun! If you're curious about classes, find out which fitness classes suit your workout style. Not into group fitness? Your results will also recommend fitness DVDs that you can try at home.

[How Stressed are You?](#)

In today's society, most of us can't avoid stress. But we can learn to behave in ways that lessen its effects. This assessment is designed to help you discover your vulnerability to stress. Rate each item from 1 (never) to 5 (always), according to how much of the statement is true of you. Be sure to mark each item, even if it does not apply to you.

Other wellness resources can be found at:

www.kp.org

www.sparkpeople.com

www.cdc.gov

www.mapleton.us

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