

If you're having trouble viewing this email, you may [see it online](#).

Share This: 



## Thrive Across America!

The *Thrive Across America* competition is in full force. Continue to log your minutes of activity and make your way across America! The Team competition ends on December 11, 2011.

Currently the team to beat is *The Big Winners* followed by *Physically Phit Pinance* in second place, and rounding out the top three is *Welby Winners* (as of 11/16/11). Let's all get moving and give these teams a run for their money!

So far 185 employees have signed up to participate in *Thrive Across America*, an online physical activity program where employees travel from Maine to Hawaii, along a virtual route. 131 employees have logged activity time and 121 participating employees have joined a team. The first few teams to make it all the way to Hawaii by the end of the team competition will receive a fun prize. Further information on incentives for participants is forthcoming. Trophies and bragging rights are guaranteed!

Did you know that you can continue to log your activity after the team competition ends? The *Thrive Across America* site will remain available to employees until October 16, 2012. Not currently signed up to participate in *Thrive Across America*? You can still sign up and begin logging activity by accessing the link below.

<http://mapleton.thriveacrossamerica.com/>

**Get ready Mapleton, because we're on the MOVE!**

If you have any questions please contact Juli Christenson at [christensonj@mapleton.us](mailto:christensonj@mapleton.us) or 303-853-1017.

## Manage Life's Challenges!

Did you know that Mapleton Public Schools benefits include access to an employee assistance program? The Horizon Health



Employee Assistance Program (EAP) makes support, guidance and resources available to staff members dealing with personal issues **for free**.

The program can help with the following: child care and elder care; alcohol and drug abuse; life improvement; difficulties in relationships; stress and anxiety with work and family; depression; emotional well-being; financial and legal concerns; grief and loss, etc.

Calls and counseling services are completely confidential. Information will be released **only** with your permission or as required by law. To access services:

1. Enter this address in your Web browser: [www.horizoncarelink.com](http://www.horizoncarelink.com)
2. Enter **standard** as the login ID (in all lowercase letters) when prompted.
3. Enter **eap4u** as the password (in all lowercase letters) when prompted.

You may also call Horizon Health EAP toll-free directly at 888.293.6948. It is available 24 hours a day, 365 days a year. This service is free.

Click [here](#) for a flyer on this great benefit!

---



## Reduced-Price Gym Membership!

Mapleton Public Schools has teamed up with Qi Denver to offer employees a discounted gym membership. Qi Denver has four Denver-area locations to choose from: Downtown, Edgewater, Lowry and City Park. Each location offers a variety of unique fitness classes and gym equipment. at select locations.

Qi Denver is a place in the city that helps get you healthy, fit, strong, energized, and flexible all wrapped up in one membership!

Qi Denver offers all new guests a week-long free trial. Feel free to try out the classes during seven consecutive days and decide if becoming a member interests you. Visit [www.qidenver.com](http://www.qidenver.com) to find out more information on this great fitness facility. Click [here to view discounted membership rates](#) for Mapleton employees.

If you are interested in getting the discounted Qi Denver gym membership, please contact Alicia at [alicia@qidenver.com](mailto:alicia@qidenver.com) or 303.887.8228 and let her know that you are a Mapleton Public Schools employee.

---

## Leftover Turkey? Make Soup!

This Southwestern-inspired turkey-and-squash soup gets a little kick from crushed red pepper and some zing from fresh lime juice. You can use leftover turkey or chicken (instead of the cutlets); dice it and add a few minutes before serving. Serve with cornbread.

**Makes 6 servings**

**Active Time:** 35 minutes

**Total Time:** 45 minutes



**Course:** Dinner / Lunch

### Ingredients

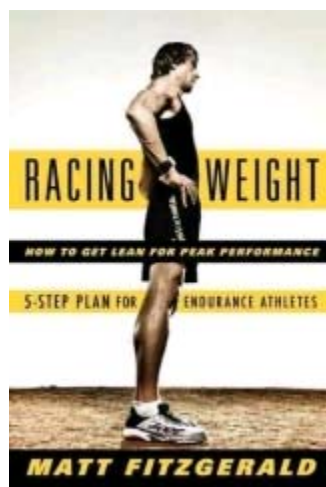
- 2 teaspoons of canola oil
- 2 leeks, trimmed, chopped and rinsed
- 1 red bell pepper, chopped
- 3 cloves of garlic, minced
- 4 cups of reduced-sodium chicken broth
- 1 1/2 pounds of butternut squash (1 small to medium), peeled, seeded and cut into 1-inch cubes
- 2 tablespoons of minced fresh thyme or 2 teaspoons dried thyme
- 1 1/2 teaspoons of ground cumin
- 1 pound of turkey cutlets, cut into 1/2-by-2-inch strips
- 2 cups of frozen corn kernels
- 2 tablespoons of lime juice
- 1/2 teaspoon of crushed red pepper
- 1/4 teaspoon of salt
- Freshly ground pepper to taste

### Directions

1. Heat oil in a Dutch oven over medium-high heat. Add leeks and bell pepper; cook, stirring often, until the vegetables begin to soften, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth, squash, thyme and cumin; cover and bring to a boil. Reduce heat to medium-low and cook until the vegetables are tender, about 10 minutes.
2. Add turkey and corn; return to a simmer and cook until the turkey is just cooked through, 3 to 4 minutes. Add lime juice and crushed red pepper. Season with salt and pepper.

### Nutrition Information

Per serving: 231 calories; 31 g carbohydrates; 3 g fat (0 g sat, 1 g mono); 24 g protein; 30 mg cholesterol; 6 g dietary fiber; 692 mg potassium; 550 mg sodium. Nutrition bonus: Vitamin A (260% daily value), Vitamin C (120% dv), Folate (21% dv), Iron (20% dv)  
Provided by EatingWell.com © 2011 EatingWell® Media Group



### Book of the Month

Racing Weight, How to Get Lean for Peak Performance:  
5-Step Plan for Endurance Athletes  
By Matt Fitzgerald

Endurance athletes are weight-conscious and given the miles and hours spent training, there's a lot at stake. Weighing in just five or ten pounds over the ideal weight can dramatically impact race results. Author Matt Fitzgerald shows athletes how to identify their optimal weight and body composition to realize their goals.

This 5-step plan to get lean is the key to faster racing and better health. With tools to improve diet, manage appetite, and time important nutrients, Racing Weight will inspire and equip athletes to make the subtle changes they need to start their next race at their optimal weight. Click [here](#) to find this book and other endurance training books.



---

591 E 80th Ave | Denver, CO 80229 US

This email was sent to **johnsonm@mapleton.us**. To ensure that you continue receiving our emails, please add us to your address book or safe list.

[manage](#) your preferences | [opt out](#) using TrueRemove®.

Got this as a forward? [Sign up](#) to receive our future emails.

