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Thrive Across America!

Remember to sign up for *Thrive Across America* so you can start recording activity beginning on Monday, October 17, 2011! Click the link below to sign up and form your team now!

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

What: *Thrive Across America* is an online physical activity program where you travel from Maine to Hawaii, along a virtual route. On the way you'll visit more than 50 of our country's most treasured outdoor attractions, brought to life with vivid pictures and detailed descriptions.

Who: Whether you're just starting out or an experienced exerciser, *Thrive Across America* gives you simple, motivating tools to track your progress and see results. With dozens of activities to choose from, you can increase activity and improve health no matter what your interests or ability.

How: Each time you record physical activity minutes, you move along a virtual route that winds through the United States, passing through America's most exciting outdoor attractions. Aim for at least 30 minutes of physical activity, five days a week.

When: Registration is now open. **You may begin recording your activity on Monday, October 17, 2011.** The team competition will end on Sunday, December 11, 2011.

Teams: Team participation is optional—and a lot of fun. Each day you record 30 minutes or more of physical activity, you earn a *Thrive Across America* star for your team of 4 – 10 people. The more stars your team earns, the higher the score!

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

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

Stay Well this Season!

There are many things in life worth sharing. Colds and flu aren't among them. Having the flu — and the chills, aches, and fever that come with it — can put a damper on your daily life. The flu can also lead to serious illness.



The flu is more serious than the common cold, so do everything you can to prevent it. A flu shot (or nasal spray) is your best defense. The vaccine is safe, won't make you sick, and generally has few side effects.

The flu virus changes often, and the protection from the vaccine only lasts for about a year. That's why you should get a flu shot every year, preferably in the fall.

The flu shot helps prevent you from getting the flu and from spreading it to others. Even healthy people can develop serious complications or even die from the flu — so protect yourself and your loved ones by getting vaccinated.

Kaiser Permanente members can get a flu shot on a walk-in basis at no cost beginning in October! Visit www.kp.org/flu or call the flu hotline any time day or night at 303-344-7600 for for options and details.



October is National Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month (NBCAM). Since the program began in 1985, mammography rates have more than doubled for women age 50 and older and breast cancer deaths have declined.

This is exciting progress, but there are still women who do not take advantage of early detection at all and others who do not get screening mammograms and clinical breast exams at regular intervals.

- Women age 65 and older are less likely to get mammograms than younger women, even though breast cancer risk increases with age.
- Hispanic women have fewer mammograms than Caucasian women and African American women.
- Women below poverty level are less likely than women at higher incomes to have had a mammogram within the past two years.
- Mammography use has increased for all groups except American Indians and Alaska Natives.

For more information about NBCAM, please visit <http://www.nbcam.org>. For additional information, please call one of the following toll-free numbers: American Cancer Society, (800) 227-2345, National Cancer Institute (NCI), (800) 4-CANCER, Y-ME National Breast Cancer Organization, (800) 221-2141.

The National Breast Cancer Awareness Month program is dedicated to increasing public knowledge about the importance of early detection of breast cancer. Fifteen national public service organizations, professional associations, and government agencies comprise the Board of Sponsors, who work together to ensure that the NBCAM message is heard by thousands of women and their families.

Healthy Halloween Treats!

Creepy, maybe, but these recipes and treats for Halloween will put a smile on the face of every goblin around. Scare up some Halloween snacks and get inspired with fun Halloween party ideas.



Ingredients:

- Apples
- Slivered Almonds

Instructions:

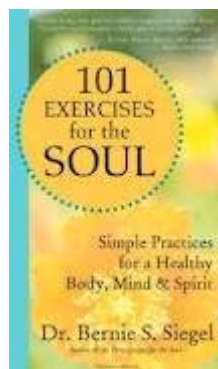
-Quarter and core an apple. Cut a wedge from the skin side of each quarter, then press slivered almonds in place for teeth.

Tip:

-If not serving immediately, baste the apples with orange juice to keep them from browning.

For more healthy and fun Halloween treats, click [here](#) to visit Disney's Family Fun Magazine.

Do you have a healthy recipe you would like to share with other Mapleton staff members? Click [here](#) to submit your recipe, it may be featured in an upcoming wellness newsletter!



Book of the Month

101 Exercises for the Soul:
Simple Practices for a Healthy Body, Mind & Spirit
By Dr. Bernie S. Siegel

There's simple, and then there's simplistic. Bestselling author Dr. Bernie Siegel (a retired doctor who pioneered alternative cancer therapies in the 1970s) uses his trademark humor and insight to guide readers toward self-healing and an inspired life. He presents himself as a workout coach, providing a coach's wisdom and stressing the coach's mantra of practice, practice, practice. Each chapter consists of a coaching tip (where he explains the chapter's teaching) followed by four or five exercises designed to bring the teaching directly into the reader's life. The exercises are all short and easy to apply. Each of the 20 chapters covers a different topic, such as overcoming obstacles, creating a positive mental attitude, building a stronger spiritual foundation, and cultivating a sense of

empowerment. Throughout the book, as always, Dr. Siegel emphasizes a proactive approach to self-healing. An ideal gift for friends and loved ones, *101 Exercises for the Soul* shows how anyone can infuse their life with love and well-being.

Click [here](#) to find this book and other bestselling books by Dr. Bernie S. Siegel.

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 at different locations across the district.

Next Meeting: Monday, November 7th at 3:30 PM - JROTC Room (Gallery Area Room 5E) at the Skyview Campus.

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.



"There is no excitement or room for adventure within your comfort zone!"

Other wellness resources can be found at:

www.kp.org

www.sparkpeople.com

www.cdc.gov

www.mapleton.us

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