

GOOD SHEPHERD SCHOOL

March 2011

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WELLNESS NEWSLETTER

Good Shepherd and Holy Spirit Health Fair 2011

Over 300 people walked through the gym doors to visit the numerous health and wellness centered booth vendors and session presenters.

Visitors received a door prize ticket for entering and additional tickets for attending the wellness presentations.

Prizes were drawn between each 20-minute session as the crowd gathered anxiously to see if it would be their name pulled for the variety of wonderful prizes.

Congratulations goes out to our grand prize winners: Grace Murrell who won the X-Box Kinect, and the Tucker Family for winning the IPOD Touch.

The healthy snack stations were also a big hit. Visitors were given a treat bag that they could fill with a healthy scoop of trail mix ingredients: pretzels, raisins, marshmallows, cheerios, chocolate chips, and peanuts. As they circled through the exhibits, they were able to add new ingredients to their mix. Nutritious and delicious!

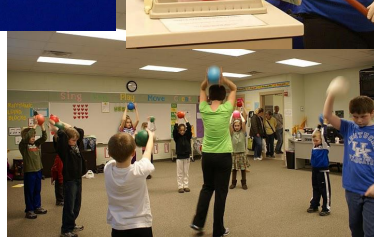
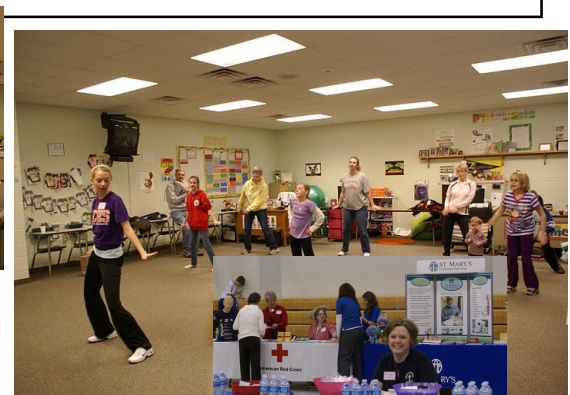
A big thank you to our booth vendors for sharing the variety of healthy living information:

Vanderburgh County Health Department, Heritage Federal Credit Union, United Way, YMCA, American Red Cross, St. Mary's Mobile Dental, St. Mary's Outreach, Arc Lanes, Bob's Gym, Safe Kids Vanderburgh/Warrick, St. Vincent's DePaul, Girl Scouts, Boy Scouts, Active Chiropractic, Gabriel's Garden, Good Shepherd Health Ministry Team, Decatur Vein Clinic, Catholic Charities, Ohio Valley Heartcare, Striker Orthopedic, Youth First, Welborn Health Super Foods, Layman Sports Photography, E & I Sports, ProRehab, D.A.R.E, Gilles Fitness and Cycling, Infection Control, Yankeetown Volunteer Fire Department.

And much appreciation goes out to the presenters who gave a very informative 20-minute session:

Car Seat and Bicycle Safety Checks from Safe Kids Vanderburgh/Warrick, Truth Talk Program from Leanne Kelle, Abstinence Education, Yoga from Debbie Achilles, Weight Management from Linda Lutz, Health Specialist, Stress Management from Sheri Denton, Aerobic Dance from Courtney Wahl, Dangers of Tobacco and Alcohol from Jackie Richards, Minds-in-Motion from Tammy Angermeier and Dana Davis, YMCA Family Fitness and Senior Fitness from Amy Quick and Robin Deem, Life Skills Martial Arts from Micheal Parks Morris' Martial Arts.

We hope to see everyone again next year for another celebration of wellness at the Spring Health Fair 2012.



Don't Forget....



- Southern Indiana Marathon and Half-Marathon on 4/10 at the 4H Fairgrounds.
- Free Kids Race and Celebration on 4/9 on 4H Fairgrounds at 2:00.
- www.sicmarathon.com



Visit these websites for even more tips and information for healthy lifestyle changes:

www.inhealthyweight.org
www.inshapeindiana.org

Wellness in the Cafeteria

Tidbits of info for you to digest

Make your New Year's Resolutions Really Stick

Make most of the staple items in your pantry become your friend instead of your enemy. With the right ingredients in your meals, you can create a recipe for a healthier life for you and your family. Swapping one ingredient for another can help subtract calories, sodium, and unhealthy fats from your meals.

Instead Of ...

Whole Milk

Sour Cream

A Whole Egg

Mayonnaise

Oil in Baking

White Bread or Pasta

Fruit Canned in Heavy Syrup

Syrup

Sugar in Baking

Use This ...

Skim or 1%

Light Sour Cream or Low Fat Plain Yogurt

2 Egg Whites or 1/4 cup Egg Substitute

Light Mayo or 50/50 Light Mayo/Greek Yogurt

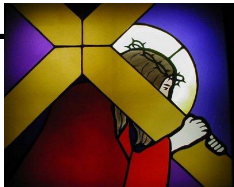
Use Fruit Purees (apple/pumpkin/or prune) for 1/2 of the oil

Whole Wheat Bread or Pasta

Fruit Canned in its own 100% Juice

Sugar-free Syrup

Reduce sugar by 1/2, intensify sweetness by adding vanilla



Stations for Mind and Body



This Lenten season as we pray the Stations of the Cross, to keep in mind the sacrifice of love Jesus gave to us, let us add our body to the journey by completing the 14 circuit stations.

Station 1
Stationary Run
30 Seconds

Station 2
Push-Ups
30 Seconds

Station 3
Lunges
30 Seconds

Station 4
Mountain
Climbers
30 Seconds

Station 5
Ski Jumps
30 Seconds

Station 6
Front Kicks
30 Seconds

Station 14
Stationary Run
30 Seconds



Station 7
Bicycles
30 Seconds

Station 13
Planks
30 Seconds

Station 12
Jumping Jacks
30 Seconds

Station 11
Knee-Ups
30 Seconds

Station 10
Twisting Sit-Up
30 Seconds

Station 9
Donkey Kicks
30 Seconds

Station 8
Side Straddle Hops
30 Seconds