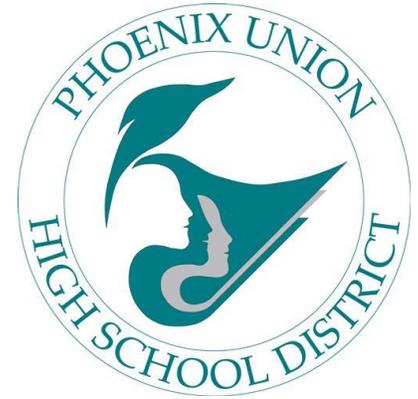


Phoenix Union High School District



4502 N. Central Ave. Phoenix, AZ 85012
www.phoenixunion.org T: 602-764-1100



Heart-Healthy Lifestyle

You can help keep your heart and blood vessels healthy by taking steps toward a healthier lifestyle. These healthy habits include not smoking, eating right, exercising regularly, staying at a healthy weight, and getting the screening tests you need.

A heart-healthy lifestyle is important for everyone, not just for people with existing health problems. It can help you keep your heart and blood vessels healthy. If you already have heart or blood vessel problems, such as high cholesterol or high blood pressure, a healthy lifestyle can help you lower your risk of a heart attack and stroke.

If you have children, you can be their healthy role model. If your habits are healthy, your children are more likely to build those habits in their own lives.

Continued on Page 2

Upcoming Dates

February 2

Go **RED** for Women Campaign

February 14

Happy Birthday Arizona

February 19

NO School-Presidents Day

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Eating Healthy Foods

Eating healthy foods is one of the best things you can do to prevent and control many health problems, including heart and blood vessel disease.

Be Active

Improving your fitness is good for your heart and blood vessels, as well as the rest of your body. Being active helps lower your risk of health problems. And it helps you feel good.

Reach and Stay at a Healthy Weight

Staying at a healthy weight is also part of a heart-healthy lifestyle.

Don't Smoke

Everyone who uses tobacco would benefit from quitting. When you quit smoking—no matter how old you are—you will decrease your risk of heart attack, stroke, and many other health problems

Get Screening Tests

Seeing your doctor regularly and getting screening tests is important. The sooner your doctor diagnoses a disease, the more likely it can be cured or managed. To reduce your risk of heart and blood vessel problems, be sure to keep an eye on your cholesterol and blood pressure. The tests you might have to check your risk for heart and blood vessel problems depend on your age, health, gender, and risk factors. Talk to your doctor to find out which tests are right for you

**Show your support wear RED
Friday, February 2nd**

**Did you know that heart disease kills
more women than all forms of cancer
combined?**

**Wear Red. Raise Your Voice.
Go Red on National Wear Red Day®**

With your help, the American Heart Association can end
the No.1 killer of mothers, sisters, daughters and friends.

Tailgate Chili



Try this classic Simple Cooking with Heart chili recipe that's good for your heart. It's ready in 30 minutes!

Ingredients:

- 1 lb. 95% lean ground beef (or white chicken meat chicken or turkey for a healthier option)
- 1 medium onion (chopped)
- 1 medium green pepper (chopped)
- 1 medium jalapeno (optional, only if you like spicy chili), chopped
- 4 clove mince, fresh garlic or 2 tsp. jarred, minced garlic
- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- ½ tsp. ground coriander
- 15.5 oz. canned, no-salt added or low-sodium pinto or kidney beans, rinsed, drained
- 14.5 oz. canned, no-salt added, or low-sodium, diced tomatoes (undrained)
- ¾ cup jarred salsa (lowest sodium available)

Directions:

1. Spray a large saucepan with cooking spray.
2. Cook beef and onion over medium-high heat for 5-7 minutes, stirring constantly to break up beef.
3. Transfer to colander and rinse with water to drain excess fat.
4. Return beef to pan.
5. Stir in bell pepper, garlic, chili powder, and cumin and cook for 5 minutes, stirring occasionally.
6. Add remaining ingredients and bring to a boil.
7. Reduce to simmer and cook for 20 minutes.
8. OPTIONAL-serve topped with low-fat grated cheese, a dollop of fat-free sour cream, sliced avocado, snipped cilantro or chopped green onions.

Source: <https://recipes.heart.org/recipes/1232/tailgate-chili>

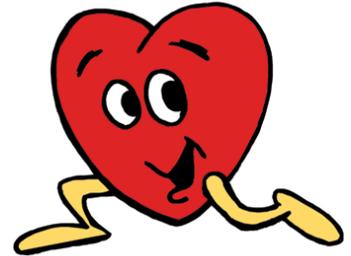
Cardio Workout

This program is a 30 minute cardiovascular workout designed to build stamina, increase weight loss potential and improve cardiovascular fitness. It uses a variety of cardiovascular activities, such as jumping jacks, stair step-ups walking, and your choice of cardiovascular exercise.

To complete the stair step-ups, use any flight of stairs and step up to the second (or third) step with one leg. The other leg should not touch the step. Step down with the same leg and then alternate legs. Repeat this process for 1 minute.

Use this cardio workout 2 times a week on non-consecutive days, in addition to your regular cardiovascular routine (walking, jogging, biking, etc). On "off" days, you should still aim to walk 20-30 minutes a day if possible.

Healthy Heart



Healthy You

Day 1

Warm-up:

- Any Type of Aerobic Exercise 5 Minutes

Workout:

- Stair Step-Ups 1 Minute
- Jumping Jacks 1 Minute
- Any Cardiovascular Exercise (Moderate Pace) 10 Minutes
- Stair Step-Ups 1 Minute
- Jumping Jacks 1 Minute
- Any Cardiovascular Exercise (Moderate Pace) 10 Minutes
- Walk (Slow to Moderate Pace) 10 Minutes

COOL-DOWN:

- Static Stretching - 20-30 second hold per stretch 6 Minutes

Day 2

Warm-up:

- Any Type of Aerobic Exercise 5 Minutes

Workout:

- Any Cardiovascular Exercise (i.e. Walking or Jogging) Moderate Pace 30 Minutes

COOL-Down:

- Static Stretching-20-30 second hold per stretch

**Before starting an exercise program, you should talk with your doctor.

The Phoenix Union High School District Wellness Program Incentive Details

The PUHSD Incentive Program has 3 tiers:



In order to earn a **\$5 gift card** for each Tier, the activities will need to be completed by the deadline for that respective tier. Along with the completion of each tier, you will earn an entry into a **Wellness Giveaway** at the end of the year.

- **Tier 1: Complete a pre-assessment by March 1, 2018.**
 - If you do not want to complete a pre-assessment electronically or you know of someone who does not have access to a computer, a printed pre-assessment can be completed with Jennifer Sundling.
- **Tier 2: Participate in a variety of wellness-related activities.**
 - New activities have been added, so participate in 5 out of the 12 health and related activities to earn a \$5 gift card.
 - Activities need to be completed by April 27, 2018.
 - Scan and email Rewarding activities to jennifer.sundling@bannerhealth.com Please put in the subject line: REWARDING ACTIVITIES
- **Tier 3: Complete a post-assessment.**
 - The post-assessment survey begins on March 19, 2018 and will end on May 1, 2018 to earn the \$5 gift card.
 - If you do not want to complete a post-assessment electronically or you know of someone who does not have access to a computer, printed post-assessment can be complete with Jennifer Sundling.

This year, make your health a priority by actively taking part in the Phoenix Union High School District Wellness Program activities.

Rewarding Activities

Choose from a variety of wellness-related activities to help you on your wellness journey. Start tracking your activities in January.

To earn the Tier 2 incentive, you must complete 5 out of 11 Rewarding Activities no later than **April 27, 2018**. Sorry No Exceptions

Employee Name: _____

<input type="checkbox"/>	Primary Care Physician Well Check (within last 6 months) Date: _____
<input type="checkbox"/>	Have a Gym Membership Gym Name: _____
<input type="checkbox"/>	Belong to a Weight loss Program: Jenny Craig, Weight Watchers, etc. Program Name: _____
<input type="checkbox"/>	Have a mammogram or prostate check Date: _____
<input type="checkbox"/>	Participate in an Employee Assistance Program (American Behavior) Webinar - Attach copy of Certificate(s)
<input type="checkbox"/>	Complete a food or physical activity tracker – Attach copy of first and last page of Tracker
<input type="checkbox"/>	Participate in a community event: Meet Me Downtown, Fun Run, Marathon or Half Marathon Event Name and Date: _____
<input type="checkbox"/>	Participate in a PUHSD Wellness Activity Activity Name and Date: _____
<input type="checkbox"/>	Take a selfie with a coworker participating in a wellness event – Attach picture
<input type="checkbox"/>	Get a massage or acupuncture treatment Date: _____
<input type="checkbox"/>	Get a flu shot Date: _____
<input type="checkbox"/>	Other Health and Wellness Related Event Activity: _____ Date: _____

Care for Your Heart

The Phoenix Union High School District wants you to be your best self. That includes supporting you in taking action to be healthier and happier.

February is Heart Health Month and the perfect time to reflect on how much TLC you give to your heart. How can you better care for your heart this month? Some suggestions: increase cardiovascular exercise, reduce salt in your diet, monitor blood pressure, and manage stress levels in healthy ways.

Join Jennifer Sundling for a 20-30 Minute **FREE** Workshop to get helpful tips and participate in demonstrations on keeping your heart healthy.

Jennifer.sundling@bannerhealth.com



Alhambra High School

- February 12, 2018
 - 3:00p-4:00p
 - 4000 Work center

Trevor G Browne High School

- February 13, 2018
 - 11:30a-1:10p
 - Staff Lounge

Camelback High School Camelback Montessori College Prep

- February 5, 2018
 - 3:00p-4:00p
 - 4000 Commons

Central High School

- February 27, 2018
 - 3:00p-4:00p
 - Principal Conference Rm

Cesar Chavez High School

- February 26, 2018
 - 11:05a-12:45p
 - Ms. Rowley's Room

Betty H. Fairfax High School

- February 26, 2018
 - 3:00p-4:00p
 - Administration Building

Carl Hayden High School

- February 13, 2018
 - 3:00p-4:00p
 - Administration Building

Maryvale High School Gifted and Talented Academy

- February 15, 2018
 - 3:00p-4:00p
 - Library

Metro Tech High School

- February 12, 2018
 - 11:40a-12:25p
 - Admin Conf Room

North High School

- February 6, 2018
 - 11:30a-1:15p
 - Mustang Hall

South Mountain High School

- February 23, 2018
 - 11:30a-1:15p
 - LOCATION

Linda Abril High School

- February 12, 2018
 - 10:25a-11:05a
 - Library

Bostrom High School

- February 15, 2018
 - 10:40a-11:20a
 - Staff Lounge

Desiderata Program

- February 15, 2018
 - 11:40a-12:10p
 - Staff Lounge

Franklin Police and Fire High School

- February 9, 2018
 - 11:10a-12:45p
 - Staff Lounge

Phoenix Coding Academy

- February 27, 2018
 - 12:30p-1:15p
 - Admin Conference Room

Bioscience High School

- February 6, 2018
 - 3:00p-4:00p
 - Admin Conf Room

Wilson College Prep

- February 5, 2018
 - 12:30p-1:10p
 - Room 213

Center for Educational Excellence

- February 27, 2018
 - 1:30p-2:30p
 - 1st Floor Training Rm

District Support Facility

- February 9, 2018
 - 9:00a-9:30a
 - Building 5
 - 9:30a-10:00
 - Building 7

**Locations subject to change



Go for the Gold is a 6 week aerobic event that may be just the motivation you need to get moving! **Go for the Gold** is designed for everyone to take part, whether you are a beginning exerciser or a seasoned athlete. All you need for this challenge is an activity tracker or pedometer to record the number of steps taken.

Walking is a gentle activity that you can do at your own pace. Done regularly, walking can strengthen your heart and lungs, improve circulation and help to maintain a healthy weight. Walking also tones your muscles and keeps your bones strong.

Challenge Information:

- Form a team of 3-5 employees and pick a captain.
- Submit weekly (Monday-Sunday) totals to your team captain.
- Team captain will submit them to Jennifer Sundling every Monday.
- If you don't have a team or meet the 7 employee limit, email jennifer.sundling@bannerhealth.com and you will be placed on a team.

Please send your team information to jennifer.sundling@bannerhealth.com with by February 9th, 2018.

The challenge will run for six weeks. At the conclusion of six weeks, the participants with the top three recorded steps will be awarded the following:

- **Gold Medal**
- **Silver Medal**
- **Bronze Medal**

Program begins February 12th and ends March 26th. The deadline for email registration is February 4th. So sign up today!



For more information about the programs and benefits currently offered/sponsored by our District, please explore the Employee Benefits page on the district website. And don't forget to check out the new **Phoenix Union Wellness** website for more exciting and educational information about the PUHSD Wellness Program.

<http://puhsdwellness.org/>

Phoenix Union Wellness

The Wellness News Site of Phoenix Union High School District

Stress Management

Fitness

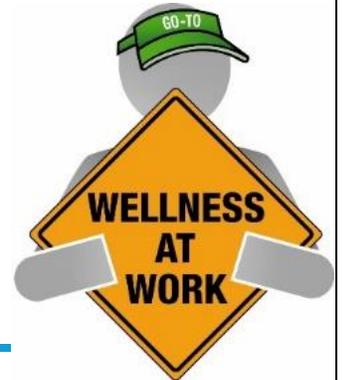
Healthy Eating

Employee Assistance Program (EAP)

Newsletters

Wellness Incentive Program

Phoenix Union High School District Wellness Ambassador Program



-
- Do you have an interest in health and wellness?
 - Are you an advocate for a healthy lifestyle or working towards one?
 - Do you want to be part of our Phoenix Union High School District Wellness Ambassador team to help create a healthy campus culture?
-

Wellness ambassadors serve as PUHSD's key communicators of the wellness program to direct employees to wellness programs, activities, and resources. Ambassadors play a vital role in supporting the promotion of health and wellness among faculty and staff. As an ambassador, you will act as a liaison between your school and the wellness coordinator. The role is voluntary with minimal time commitment.

To sign up to be a wellness ambassador or for questions, please contact jennifer.sundling@bannerhealth.com

Looking for a Community Event to participate in to complete your Tier 2: Rewarding Activity?

I Love Unicorns 5K/Kids Run



Saturday, February 17, 2018

Come join RUN YOUR RACE for a family friendly 5k Run/Walk and help support Team RWB, a veteran's support group! Their mission is to enrich the lives of veterans through physical and social activity and anyone can become part of the Team at www.TeamRWB.org! You will experience a small town feel at our professionally run events, with just enough competition to make it fun and exciting!

Cost: \$25 early registration, includes a beautiful finisher medal, matching lapel pin, wristband and other goodies along with age group awards in 14 categories!

<https://www.active.com/mesa-az/running/distance-running-races/i-love-unicorns-5k-kids-run-2018?int=>

Super Hero Run

Saturday, February 24, 2018

Everyone loves Super Heroes! Here is your opportunity to become your favorite Super Hero and run or walk the Super 5K Run/Walk and 1 Mile FUN Run. If you have a team, you can register your team as an Alliance or an Axis of Evil. You will be in the presence of many known super heroes.



The 5K run will be timed and the 1 Mile is a FUN RUN. 5K participants will receive a race t-shirt and running bib! Cost: \$25.

<https://www.active.com/glendale-az/running/distance-running/super-hero-run-2018?int=72-3-A3>