



SPECIAL
POINTS OF
INTEREST:

- Moscow Events Calendar
- What is Healthy People 2020?
- Hear the thoughts of one local teacher about their take on health
- 5 Steps to loving exercise

INSIDE THIS
ISSUE:

- Let's Move! 5 Steps to Success 2
- Recipe: Pumpkin & Chocolate Chip Cookies 2
- Healthy People 2020 Goals 3
- 5 Steps to Loving Exercise ... Or At Least Not Hating It 4
- Local Teacher Interview 5
- Calendar of Events 6

Message from the Wellness Committee

Thanksgiving—its just around the corner!

It's that time of the year in which many of us really reflect on what we are most thankful for. Here are some quotes to get you in the mindset about what your thankful for and how you show your appreciation.



We make a living by what we get,
but we make a life by what we give.
-Winston Churchill

I believe the world is one big family,
and we need to help each other.
-Jet Li

It is health that is real wealth and not
pieces of gold and silver.
-Mahatma Gandhi

Be thankful for what you have; you'll
end up with having more. If you
concentrate on what you don't have,
you will never, ever have enough.
-Oprah Winfrey

http://www.brainyquote.com/quotes/keywords/be_thankful.html

Letters from the Editors



Greetings! My name is Cheyenne Goodsel and I am currently a senior in the University of Idaho's Elementary Education Program. This is my last semester here in the Moscow area and I am so thankful for all the opportunities that Moscow and the University have provided me during my time here.

Hi! I'm Sophie Everett and I am also a senior at the University of Idaho in Elementary Education. I have one more semester and then I get to student teach. I have greatly enjoyed being able to help at schools during my time in Moscow.



Sponsored through the support of Dr. Cathy Berei and Dr. Grace Goc Karp in the Dept. of Movement Science



Let's Move! is a comprehensive initiative, launched by the First Lady, dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams.

The Five Pillars of

Let's Move!

1. Creating a healthy start for children
2. Empowering parents and caregivers
3. Providing healthy food in schools
4. Improving access to healthy and affordable foods
5. Increasing physical activity

Let's Move! 5 Steps to Success

Parents, caregivers, and teachers play a major role in the health of children and those around them. The initiative *Let's Move!* is a resource that can help you in creating healthy meal plans and provide creative activities or ideas to encourage those around you to live healthy active lifestyles as well. To the right are 5 simple steps to help get you moving in the right direction.

The *Let's Move!* website has many suggestions for eating healthy, getting active, and taking action. Go to their website for more awesome and fun tips!

<http://www.letsmove.gov/>

Recipe: Pumpkin & Chocolate Chip Cookies

Total Time: 45 minutes

Yield: 24 cookies

Ingredients

- ◇ 2 cups whole-wheat flour
- ◇ 1/2 cup flaxseed meal (optional; if omitted, add 1/2 cup flour)
- ◇ 1 teaspoon baking soda
- ◇ 3/4 teaspoon baking powder
- ◇ 1 teaspoon pumpkin pie spice
- ◇ 1 1/2 cups sugar
- ◇ 1 stick unsalted Butter
- ◇ 1 cup of canned pumpkin
- ◇ 1 egg
- ◇ 1 teaspoon vanilla
- ◇ 3/4 cup dark chocolate chips



Pumpkin and chocolate might make the perfect Fall pair. The sweet pumpkin and bitter dark chocolate are a delightful contrast, and a hearty snack or dessert. These cookies' whole-wheat base flecked with flaxseed adds a nice bite and some omega-3s to boot!

Cooking Directions:

- ◇ Preheat oven to 300 degrees.
- ◇ Line a baking sheet with parchment paper.
- ◇ Whisk flour, flaxseed meal, baking soda, baking powder, pumpkin pie spice, and salt together in medium size bowl. Set aside.
- ◇ Beat sugar and butter together with an electric mixer at medium-high speed until light and fluffy, about 4 to 5 minutes. Add pumpkin, egg, and vanilla, and mix at low speed until thoroughly blended. (Mixture will look curdled. Don't panic.)
- ◇ Add dry ingredients at medium-low speed until just combined. Stir in chocolate chips.
- ◇ Use ice-cream scoop to form cookies. Space them 2 inches apart on baking sheet.
- ◇ Bake for 22 to 24 minutes, or until edges begin to turn golden brown.

<http://greatist.com/eat/recipes/healthier-pumpkin-chocolate-chip-cookies>

Healthy People 2020

About Healthy People 2020

Healthy People is an initiative that is a science-based. It provided a 10-year national span of nation objectives for improving the health of all Americans. Adults who are physically active are healthier and less likely to develop many chronic diseases than adults who aren't active, regardless of their gender or ethnicity. Healthy People has established benchmarks and monitored progress over time for three decades in order to:

- Encourage collaborations across communities and sectors.
- Empower individuals toward making informed health decisions.
- Measure the impact of prevention activities.



For substantial health benefits, do one of the following:

- 150 minutes (2 hours and 30 minutes) each week of moderate-intensity aerobic physical activity (such as brisk walking or tennis)
- 75 minutes (1 hour and 15 minutes) each week of vigorous-intensity aerobic physical activity (such as jogging or swimming laps)
- An equivalent combination of moderate- and vigorous-intensity aerobic physical activity and complete the aerobic physical activity in episodes of at least 10 minutes

Our 5 Favorite Ways to Increase Activity

- 1. Ride a bike or walk instead of driving**
- 2. Do short exercises during television commercial breaks**
- 3. Wear a pedometer to count steps and establish goals**
- 4. Join a club or sports team to increase activities and make new friends**
- 5. Find a friend to exercise with you**

healthy holiday season.**Try these Thanksgiving tips:**

- Season with onion, celery, and herbs instead of salt.
- Go easy on the gravy.
- Fill up on the healthy stuff first.
- Take a walk after the meal.

For more tips on eating healthy during the holidays, visit healthfinder.gov.

Did you know
that adults
should
participate in 30
minutes or
more of physical
activity per day?

5 Steps to Improve your Feelings Towards Exercise

The vast majority of the population are aware that exercising has a plethora of benefits to increase our physical and mental health. Some benefits included feeling alert, having more energy, feeling motivated, and just looking great. The problem is surveys show that over 80 percent of American adults do not participate in any physical activity in a regular routine. We know the benefits of being fit, but many choose not to participate because it does not fit in with our schedules or lifestyles. Here are five steps suggested by the National Heart Association that will help you take action and create your own physical activity routine.

1. Exercise That Suits You

The first step is to find an exercise that best suits you. If you participate in activities that you do not enjoy, then you are creating negative feelings towards experiencing exercise. There is such a wide variety of activities to participate in so you do not need to limit yourself. Some great examples are yoga, water aerobics, cycling, taking a dance class, or joining a sports club. There are many activities, so go explore your options for the ones the best suit you.

2. Make it a Habit

Making exercise a habit is one of the most difficult problems facing those who just start exercising. The best way to confront this obstacle is to make sure to have a block of time empty on a regular basis that is solely dedicated to exercise. Also, start out with shorter time increments and build up that time in a steady rate.

3. Build Exercise Into Your Lifestyle

It is key to build an exercise routine around your lifestyle. If you are a person who does not enjoy waking up first thing in the morning, then working out in the morning would not be the ideal thing for you to do. Make sure that it can be seamlessly integrated into your current life so you do not have to dramatically change everything when you start participating in physical activity.

4. Do Bouts of Exercise

The popular belief is that when you exercise you need to do so in long increments, but this is not the case. When starting out it is alright to do your workouts in smaller bouts of time. This will help ease you into the process of creating a regular routine.

5. Keep Going

We all know that life happens, so missing a day or two is alright. The goal is to try your best and to keep going and to not give up. It is suggested that you work together with a spouse or friend to increase motivation and to support one another.



http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/GettingActive/5-Steps-to-Loving-Exercise-Or-At-Least-Not-Hating-It_UCM_445812_Article.jsp#.VihWYn6rRD9

Local Teacher Spotlight

Mrs. Pankkuk

1st Grade at Lena Whitmore



Physical Health is
Connected to
Mental and
Emotional Health

What is your teaching background?

I've been teaching for almost 25 years. I started in Title I and Reading Recovery. Then I taught 6th grade for 16 years. This is my fifth year teaching 1st grade.



How do you find ways to incorporate physical activity in your classroom?

Our 1st graders are lucky to have three outdoor recesses per day. (Two are 15 minute recesses, and one is a half hour recess.) They also have PE every day for 20 minutes. In addition to that, in my class I use GoNoodle.com to have brain breaks at least once a day.

Do you do any physical activity? Can you describe your activities?

I like to get some activity just about every day. I usually walk, but sometimes I run, swim, or bike. I like Zumba and yoga as well.

How do you encourage your students to be physically active?

We talk about staying healthy and how being active is an important part of that. We talk and write about activities students like to do.

Do you encourage healthy eating habits in your classroom?

Much like with physical activity, we have class discussions about it. We talk about "eating the rainbow". I have done lessons in the past.

Many people think that physical health does not play a major impact on mental and emotional health, but that is not the case. When you are taking care of your physical health and exercising, endorphins are being released that boost your mental and emotional health. When I am feeling down I personally go out for a run to help relax me. Here are several other ways that you can improve your mental and emotional health as suggested by HelpGuide.org:

- ◇ Get enough rest
- ◇ Learn about good nutrition and practice it
- ◇ Exercise to relieve stress and lift your mood
- ◇ Get a dose of sunlight every day
- ◇ Limit alcohol and avoid cigarettes and other drugs

Calendar Events

Moscow First Thursday

Thursday Nov. 5, 2015

12:00am-11:59 pm

<https://www.facebook.com/moscowfirstthursday>

Bringing the Moscow Community together to celebrate art, music, food, and drink! Event is designed to promote local business and artists.

49th Annual Holiday Holiday Delights

Wednesday, Nov. 11, 2015
6:00pm - 9:00pm

Location; Best Western Plus University Inn 1516 W. Pullman Rd., Moscow

Ring in the holiday season at the 49th Annual Holiday Delights, hosted by the Gritman medical center Auxiliary. Holiday Delights raises the funds to support the needs of Gritman Medical Center, including scholarships and equipment.

More events and event descriptions can be found on Moscow Idaho Chamber of Commerce website.

Business.moscowchamber.com/events

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>City of Moscow City Council Meeting</i>	3	4 <i>Inland Northwest Blood Drive</i>	5 <i>No School Parent Teacher Conferences Moscow First Thursday</i>	6 <i>No School Parent Teacher Conferences</i>	7
8 <i>Latah County Historical Society Harvest Dinner</i>	9 <i>Vandal Boosters Luncheon</i>	10 <i>No Guilt Book Club</i>	11 <i>Veterans Day 49th Annual Holiday Holiday Delights</i>	12 <i>Allison Joseph Distinguished Visiting Poet</i>	13 <i>Everybody Reads 2015</i>	14 <i>Vandal Home Football Game</i>
15	16 <i>City of Moscow City Council Meeting</i>	17 <i>International Film Series Presents: Leviathan (R)</i>	18 <i>Inland Northwest Blood Drive</i>	19 <i>NT Live Presents: The Audience</i>	20	21
22	23 <i>No School</i>	24 <i>No School</i>	25 <i>No School Inland Northwest Blood Drive</i>	26 Thanksgiving	27 <i>Black Friday</i>	28 <i>Vandal Home Football Game</i>
29	30 <i>Vandal Boosters Luncheon</i>					

health is happiness

