

# Celina Wellness Update

Volume 33

November 2016

## WELLNESS COMMITTEE MEMBERS

Kim Smith Candy Weitz	Nurses
Michelle Langmeyer Wendy Mitchell Payne	CHS
Nancy Vanderhorst Diana Bruns	CMS
Jane Fleck	CIS
April Albers	CES
Deb Lehman Ashley Luth	CPS
Kim Sutter	Bus
Angie Stephenson	Head Start
Tom Sommer Brenda Dorner	Ed. C
Misty Riley	Mercer Health

### Mission Statement:

The Celina City Schools will strive to improve the well-being of its employees and their families through education and activities that will support positive lifestyle changes, thereby resulting in improved health, morale, and healthcare cost savings for the district.

## NOVEMBER AWARENESS

Wear *jeans* and *BLUE* to represent *WATER*

for  
*WELLNESS*  
Wed NOV16

For \$1.00

3 winners this month. Staff fifty will be split 25/25 and we will also be giving away a Life Factory water bottle

**We want you to increase your water intake! Try to make it a goal this month!**

Aquatech is giving us a free two month trial to see approximately how many bottles each building will go thru so he can give us the best deal. After the trial, there may be a nominal fee per cup filled.

FREE

Cross Training Cardio

• the CAPT building!

Wednesdays from 4-4:45

Contact Allie Slavik if interested

\*\*\*\*\*

**This is the last month of our 10-week challenge!**

Runs through Nov. 29.

We hope you are seeing some results and HAVING FUN with your team!

Every team scoring a touchdown (10,000 minutes), will get entered into a drawing for one of two \$250 team prizes!

It is

*National Alzheimer's Awareness Month* and  
*American Diabetes Month*

Did you know?

\*\*Diabetes causes more deaths a year than breast cancer and AIDS combined. Having diabetes nearly doubles your chance of having a heart attack. The good news is that good diabetes control can reduce your risks for diabetes complications.

Being overweight increases your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain. Research has shown that sugary drinks are linked to type 2 diabetes.

\*\*Alzheimer's is not just memory loss – Alzheimer's kills. • Alzheimer's disease is the 6th leading cause of death in the United States and the 5th leading cause of death for those aged 65 and older.

## Wellness Website

**Have you checked out our website?**

Go to: [www.celinaschools.org](http://www.celinaschools.org)

Go to: Staff links and scroll to the bottom

Click on the Wellness link

**\*Am I at Risk for Diabetes**

**\*Build a Better Sandwich**

**\*Flavor Your Water in a Natural Way**

**\*Fruit & Vegetable Servings**

**\*Holidays**

