

Corinth CSD Wellness Committee

Spring 2019 ~ Newsletter

The Corinth Central School District Wellness Committee is pleased to announce the re-organization of an active Wellness Committee. We held our first meeting on January 30th with 12 members present. The Committee's goal is to promote Wellness in our School district and Community. One of our first steps is to begin a quarterly newsletter that will be posted on the Corinth School District website and on the District's Facebook page.



Start Simple with My Plate-

Start Simple with MyPlate and get tips, ideas and a personalized plan to meet your food group targets. Find what works for you and your family within your food preferences, health goals, and budget.

<https://www.choosemyplate.gov/start-simple-myplate>

Choose a variety of fruits, vegetables, grains, dairy and protein foods. Start with small changes that fit your healthy eating style. Find inspiration here:

<https://go.usa.gov/xnZ5T>

Small changes add up to
BIG WINS!



#MyPlateMyWins

Between hectic schedules, tight budgets, and caring for children, sometimes it's easier said than done when it comes to healthy eating. *MyPlate, MyWins* is here to make healthy eating easier with real life solutions you can apply today. Every family is unique; finding a healthier eating solution that fits your family's routine and preferences is essential for setting healthy habits that last into the future.

Give these 2 recipes to try with your family-

Featured Recipe-

Crunchy Chicken Salad

Yield: 5 servings



Ingredients:

- 2 cups cooked chicken (chunked)
- 1/2 cup celery
- 1/4 cup green pepper
- 1/4 onion
- 1/2 cucumber
- 1/2 cup grapes
- 1 apple (small, diced, leave the peel on)
- 1/4 cup yogurt, plain

Notes: Serve on lettuce, crackers, or bread.

Recipes Cost Per recipe: \$3.65 Per serving: \$0.73

For more recipes, visit-

<https://whatscooking.fns.usda.gov/sites/default/files/featuredlinks/HealthyEatingonaBudgetCookbook.pdf>

Instructions:

1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery into small pieces.
3. Chop the green pepper into small pieces.
4. Peel and chop 1/4 of an onion.
5. Peel and chop half of a cucumber.
6. Chop the apple into pieces. It's okay to leave the peel on the apple.
7. Cut the grapes in half.
8. Put all the ingredients in a large bowl. Stir together.

Peachy Keen Chiller

- 2- 15 oz. Peaches, canned, drained and rinsed (3 cups)
- 2- Bananas, medium, sliced, frozen
- 2- 6 oz. Vanilla Yogurt, low-fat
- 2- Cups Pineapple Juice

Instructions-

1. Place peaches in a zip top bag and freeze overnight
2. Place frozen peaches, banana, yogurt and pineapple juice in a blender.
3. Blend until mixture is a smooth consistency.


Serving Size- 1 cup

Yield- Makes 7 servings

Nutrition Information- One serving is 140 calories, 1 g fat, 5 mg cholesterol, 40 mg sodium, 32 g carbohydrates, 2 g fiber, and 3 g protein



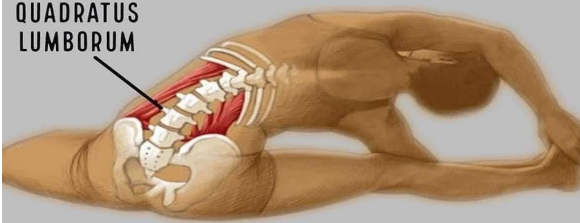
DID YOU KNOW?
DOING THE BRIDGE POSE REGULARLY....
Hölistic All



STRETCHES THE CHEST, NECK, SPINE, AND HIPS. STRENGTHENS THE BACK, BUTTOCKS, AND HAMSTRINGS. IMPROVES CIRCULATION OF BLOOD. HELPS ALLEVIATE STRESS AND MILD DEPRESSION.

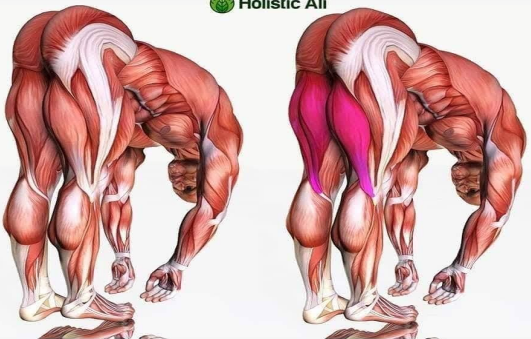
DID YOU KNOW?
WHEN YOU DO THIS STRETCH DAILY...
Hölistic All

QUADRATUS LUMBORUM




THIS IS THE AREA THAT CAUSES STIFFNESS AND LOWER BACK PAIN FROM LACK OF STRETCHING. THIS AREA MUST BE STRETCHED DAILY, ESPECIALLY IF YOU SIT ALL DAY.

DID YOU KNOW?
Hölistic All



THE STANDING FORWARD BEND STRETCHES THE HIPS, HAMSTRINGS, AND CALVES, STRENGTHENS THE THIGHS AND KNEES. KEEPS YOUR SPINE STRONG AND FLEXIBLE?

DID YOU KNOW?
DOING THIS POSE FOR 5 MINUTES A DAY...
Hölistic All



IT'S SUPER CALMING FOR THE MIND, IT'S GREAT FOR YOUR DIGESTION, IT ELONGATES THE LOWER BACK, IT OPENS UP THE HIPS.

HIKING, BIKING, WALKING, MOVING.....

Let's have an active and get-healthy life!

What is more FUN than being active out in the fresh air!

Let's get moving!

When: Tuesday, April 30th at 3:30 - Approximate finish time is 5:00.

Where: We will meet at the Public Parking lot across from the Corinth beach and will walk around our village - up hills, down hills and through neighborhoods. Everyone is invited including babies in strollers and well behaved dogs.

Call Sunny at (518) 654-9968 with any questions.



Saturday, May 18th at 10 am

Get ready for a hike at the Corinth Reservoir Recreation area. There are a number of trails for all levels of hikers from beginners to experienced. Call Sunny at 654-9968 with any questions.



A bike ride will be planned for early June so stay tuned and pump up those tires! The aim is to start a community bike club/group to ride together weekly or bi-weekly so join in when you can as there will be lots of chances to get in some biking. Call Sunny Nealey at 654-9968 if you are interested. I have many fun rides planned out.

These super fun activities are for EVERYONE no matter your level of fitness! We want to get anyone involved who desires group exercising. You can go at your own pace and stop when you need to. The important thing is to get started! Let's just have fun and our hearts and legs will be happy too

If you are interested in joining the Corinth Wellness Committee or have ideas that you would like to share in our Newsletter, please contact Lisa Tevendale at (518) 654-9005 extension 3114 or email tevendalel@corinthcsd.org.