

WELLNESS COMMITTEE

Learning for health, teaching to be well.

WELLNESS MONTHLY

October 31st, 2008

8 Tips for Choosing An Exercise Buddy

Studies show that you are more likely to change your habits if you have at least one friend to support you. Here are some hints for finding a good support system!

- **Your schedules mesh**
- **You exercise at similar intensities**
- **You can both commit to eating right and exercising**
- **You agree to reinforce positive behavior and offer each other lots of praise.**
- **Jealousy won't be an issue**
Good buddies are supportive even during weeks when one loses weight and the other gains.
- **You see each other in person**
Having a buddy online or on the phone can be helpful, but face-to-face partnerships are more successful.
- **You do more than just form a buddy system**
You'll multiply your chance of succeeding by following other proven strategies as well, such as writing down what you eat and charting your physical activity.

From the article written by Alice Lesch Kelly on www.weightwatchers.com.

NEXT STEP:
We want to help you find exercise buddies!
Watch out for the upcoming
Wellness Board!



Healthy Recipe Corner

Pumpkin Spice Cupcakes

From Kara Piazza's Kitchen

Ingredients

1 package of spice cake mix
1 15 oz can of unsweetened
mashed pumpkin
1/2 cup egg substitute

Combine spice cake mix, mashed pumpkin, and egg or egg substitute. Beat with a mixer at low speed until well blended. Then beat at medium speed for 2 minutes. Place in muffin cups in a 350 degree oven for 18 minutes.

Serving Size
1 muffin cup

Words of Wisdom

Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon.

Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is.

- Mary Ann Radmacher.

Heart Walk

Sponsored by the
American Heart Ass'n

What: Start! Greater Washington Health Walk

Where: The National Mall, Washington D.C.

When: Sat., Nov 1st, 2008
10:00 AM

For More Info:
E-mail ariel.baska1@fcps.edu

Healthy Eating Tidbit

The brain is a powerful machine, but it takes a full **15 minutes** to get the message that your stomach is full! Remember to eat slowly and take sips of water between bites to give your brain enough time to register what you're eating. Slower eating also helps the digestive process, and drinking water helps your organs function better!



How to Stay Fit At School

- Yoga classes offered on Fridays (next: 11/7)
- Gym open to all after-school Wednesdays.

Coming up from Wellness:

- Wellness Board
- Exercise Kits in the Copier Rooms
- Sports Clinics offered by staff "experts"