



**WELLNESS COMMITTEE**  
*Learning for health, teaching to be well.*

# WELLNESS MONTHLY

## September 30th, 2008

**Stretch for Less Stress in the Classroom**

We all know that stress from long hours, constant grading and lack of exercise builds over time. Even if you don't have time to go out for a run or join a gym, there are simple stretches you can do between classes to make yourself more happy and healthy.

**Friendly neighbor pose**

Sit near the edge of your seat with your arms on the armrests, holding the sides with your hands. Gently stretch your chest up and forward, and tilt your head slightly backward. Relax and breathe into the stretch.

**Crossed leg twist**

While sitting, cross your left leg over your right. Place your right hand or elbow on the crossed knee. Gently turn your body to the left and look behind you. Switch legs and twist the other way.

**Shoulder rolls**

With this move, you can ease some of that tension at school or on your way home, waiting at a traffic light or stuck in traffic. Raise your shoulders to your ears, hold, breathe and then drop. Roll one shoulder and then the other in wide circles in both directions.

Taken from Yahoo! Health

**Healthy Recipe Corner**



**Salmon Salad Wrap**  
**Ingredients**

- 1 1/3 cup canned salmon, drained
- 1/4 cup fat-free mayonnaise
- 1/4 cup dill pickle, chopped
- 1/4 cup celery, chopped
- 1/4 cup red onion, chopped
- 1 1/2 tsp lemon-pepper seasoning
- 1 Low Carb soft flour tortilla (or as many as needed)

**Words of Wisdom**

"In everything we do, our own thoughts can help us succeed, or they can help us fail."

*Catherine Pulsifer*

**Instructions**

Mix all the ingredients in a medium bowl. To add spice, pour in a dash of hot red pepper sauce. Spoon the filling into a soft flour tortilla shell.

Serving Size : 4  
Cal. 222, Fat 3g, Protein 10g., Fiber 2g., Carbs. 38g.

**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](mailto:ariel.baska1@fcps.edu)

**Exercise Tidbit**

The easiest way to boost your fitness program is to add an extra dose of walking. Park your car farther away from your destinations to add in some steps, or take a small five minute "walk break" during your day after the students leave. You'll find yourself more relaxed and ready to organize, grade and plan for the next day.