



February 2019
Wellness Warrior Challenge's last day
is February 12!!



Yummy, Healthy Food at the High School



District Office staff getting ready for food!

MECP staff sharing in the fun





Too much time on your iPhone?? Or are you kids constantly on iPhone?

We're all spending too much time on our phones, so the argument goes, and Apple finally did its part to do something about it. In this case it's "Screen Time," a new feature on iOS 12 that tells you how long you've been using certain apps on your iPhone or iPad at its simplest, and which lets parents place numerous limits on app usage for kids at its most complex. (Or, if you feel like you've been spending too much time on an app, you can place those limits on yourself.)

At the end of each week, you'll get an automatic report detailing how often you or your child used the device, as well as the percentage of time spent on apps with specific categories, such as Social Networking, Games, Entertainment, and Productivity.

Here's what you can restrict with Screen Time

Downtime: Much like setting up Bedtime Mode in Do Not Disturb, Downtime effectively shuts down your phone for a specific length of time, allowing access only to calls and apps you greenlight. You simply choose a start time and an end time.

App Limits: App Limits is a little more complex in that it lets you restrict access to apps in certain categories for a specific set of time per day. If you want to restrict how often a child uses games, you'd click *Add Limit* in the App Limit screen, go to *Games*, click *Add* in the upper right corner, and then choose how many hours you'd like to restrict their usage to for the day.

Always Allowed: You can make exceptions for the above rules with Always Allowed. By default, Phone, Messages, FaceTime, and Apple Maps are enabled (and you can disable all of them except Phone).

Content & Privacy Restrictions: These are the deep cuts, and it's the most complex section of Screen Time by far. There are a ton of options, but for children, you'll probably be best served by clicking on *Content Restrictions* and tinkering with the ratings allowed. Under *Movies*, for instance, you can select *PG-13* as the high end. With that restriction in place, movies rated R and NC-17 will be inaccessible.

~Information borrowed from <https://www.macworld.com/article/3305557/ios/how-to-use-screen-time-in-ios.html>





DAVID DOUGLAS
SCHOOL DISTRICT



CROSSFIT
MONTAVILLA



CrossFit Montavilla is committed to community, wellness and transformation. Our members are not elite athletes, but rather working professionals or stay at home moms and dads who know that caring for themselves through nutrition and exercise allows them to care well for those around them.

We believe in honoring those in careers that serve others, such as teachers and school staff. In doing so, we are offering multiple discounts to all David Douglas School District employees.

One year membership - 15% off
Six month membership - 10% off

We don't expect you to join without first trying a class. **All employees receive one week FREE.** Simply arrive 10 minutes before the start of your first class to sign a waiver and you'll be on your way. No CrossFit experience necessary.

We look forward to seeing you in class!
~Mike and Holly Rodriguez

Special FREE 3-DAY PASS

Talk with your Wellness Building Rep for the secret code!



Unlimited Studio/Cycling
Studio/Cycling Classes

Pool/Basketball

Kids' Club*

24 Day Smart Start™

Personal/Group Training*

24Life™ Magazine



*Pass is valid beginning on your first day of usage at a club. Pass good at multiple locations. User must not have been a guest or member of 24 Hour Fitness within the last 6 months. Photo ID required. Local residents only. No other discounts can be used with this offer. Must be at least 18 years old (19 in HI) or 12 with parent. Kids' Club, Group/Personal Training, specialty classes and class reservations are available for an additional fee. Incentives offered for memberships. Facilities and amenities vary. Not all clubs open 24 hours. Not for resale or transfer. No cash value. Offer may expire without prior notice. See club for details. By providing your personal contact information, you are giving express consent to be contacted and/or receive marketing communication by email, direct mail, telephone, text message, instant message and other means, from or on behalf of 24 Hour Fitness.

Don't know if a gym is the right place for you? 24 hour Fitness has partnered with David Douglas for a FREE 3-Day Pass. Please contact your Wellness Building Rep. for the secret code for this freebie!



Fresh Start to Your Healthy New Year

As we start 2019, make some time to add some new healthy habits to your day. Here are some simple ideas that you can use at work or at home:

Add a Minute of Movement to Your Day

Every bit of movement matters. This month, find a new way to add an extra minute of physical activity to your day. Get creative: take the stairs instead of the elevator, do 10 walking lunges en route to your next destination, or try a [Fitness Break](#) led by one of our celebrity trainers.

Eat an Energizing Breakfast

Start your day with a well-balanced meal to boost your metabolism and your brain power. Try a [strawberry banana smoothie](#) or a [hearty breakfast pita](#).

Determine How Much Sleep You Need

The American Academy of Sleep recommends adults sleep [7 or more hours](#) each night for healthy sleep. Some adults may need more, while a small percentage may need less than 6 hours to feel their best. Determine your optimal number by tracking your hours and energy levels throughout the week in a sleep diary.

Do you have children? [Determine if your child is getting enough sleep](#) and take steps to help them create a healthier bedtime routine this month, too.

Give Thanks

Expressing gratitude is a wonderful way to increase feelings of happiness and strengthen empathy skills. This month, take 5 minutes to write down as many things, people, experiences, etc. as you can that give you a feeling of gratefulness. Promote even more positivity by expressing your appreciation directly to a family member, friend or colleague. Use our [Pause for Appreciation guide](#) to get started.

HEALTH TREND ALERT



Immersion fitness at home is one of the new health/wellness trends for 2019. If you don't have time for the gym or it's too cold to workout outside in 2019 the big trend will be to bring the gym to your home. Peloton is a big innovator in this area, bringing spin bikes and treadmills to users that allow them to take part in live streamed classes from their NYC studio. Users don't have to rush to make a class across town they can join a class from their own home at their own convenience.



In addition, FIIT TV now allows user to join a class in real time and features the hottest Instagram trainers as teachers. A chest strap comes with the FIIT console that has a built-in heart rate monitor which tracks your progress during the class with live metrics being tracked on the dashboard on the screen. While tracking your heart rate and calories FIIT uses age, height, weight and current fitness level to recommend the best classes to suit your individual goals.

Another option is ClassPass Live which is similar to FIIT TV but it posts your performance on a leader board so you can compete against others who are logged in.

Furniture is now turning into fitness aids too.



The Habit Furniture which calls itself “multi-function fitness furniture” has a coffee table that transforms into a workout bench, a stool that doubles as a dumbbell and a felt x-ball cover that turns a yoga ball into a comfy piece of seating.

Even while you are traveling you can keep up your fitness. Many hotels and resorts are now collaborating with Instagram stars like Sarah Hoey and are developing a series of four 7 min videos available through YouTube. These workouts can be as intense as you like and you can choose to train using each video individually or put them together for a complete 30 min workout.

So, in 2019 staying/becoming physically fit is becoming more and more convenient.



8fit helps you become healthier and happier by putting fitness and nutrition experts in your pocket. Get customized workout and meal plans to help you reach your wellness goals.

How to get started with 8fit:

1. Determine your wellness goal (lose weight, get fitter, gain muscle mass)
2. Measure your fitness level and record your dietary preferences
3. Receive your custom workouts and meal plans instantly
4. Follow the daily recommendations to achieve your goal

Skip the gym and realize your true potential. 8fit workouts take 15-20 minutes and can be done at home without special equipment. In addition to custom workout plans, 8fit provides delicious, wholesome nutrition plans based on your dietary needs and preferences. Here are other ways 8fit helps you reach your goal:

- Nutrition tips and guides
- Weekly meal planner filled with healthy recipes
- Fat-burning exercises
- Muscle-building HIIT workouts
- Interactive videos
- Research-backed programs

FITNESS

- Quantified goal setting
- Endurance-building
- Scientifically-backed workouts
- High-intensity interval training (HIIT)
- Dynamic strength training
- Bodyweight exercises

NUTRITION

- Healthy meal planner
- Foods for fat loss
- Perfect carb control
- Losing water weight
- Select meal exclusions: gluten-free, dairy-free, soy-free, etc.
- Diet filters: paleo, vegan, vegetarian and more!

FOR MEATLESS MONDAYS!!

This is a great recipe for a vegetarian night but you could easily add a protein source if you wanted an extra hit of protein!

Ingredients

Salad

- ¾ cup uncooked quinoa or millet
- 1 ½ cups water
- 2 cups shredded purple cabbage
- 1 cup grated carrot
- 1 cup thinly sliced snow peas or sugar snap peas
- ½ cup chopped cilantro
- ¼ cup thinly sliced green onion
- ¼ cup chopped roasted and salted peanuts, for garnish

Peanut sauce

- ¼ cup smooth peanut butter
- 3 tablespoons reduced-sodium tamari or soy sauce
- 1 tablespoon maple syrup or honey
- 1 tablespoon rice vinegar
- 1 teaspoon toasted sesame oil
- 1 teaspoon grated fresh ginger (I love ginger so I used 2 teaspoons)
- ½ lime, juiced (about 1 ½ tablespoons)
- Pinch of red pepper flakes

Instructions

Cook the quinoa: First, rinse the quinoa in a fine mesh colander under running water. In a medium-sized pot, combine the rinsed quinoa and 1 ½ cups water. Bring the mixture to a gentle boil over medium heat, then reduce the heat to medium-low and gently simmer the quinoa until it has absorbed all of the water. Remove the quinoa from heat, cover the pot and let it rest for 5 minutes. Uncover the pot and fluff the quinoa with a fork. Set it aside to cool. ([Here's how to cook millet.](#))

Meanwhile, make the peanut sauce: Whisk together the peanut butter and tamari until smooth (if this is difficult, microwave the mixture for up to 30 seconds to loosen it up). Add the remaining ingredients and whisk until smooth. If the mixture seems too thick to toss into the salad, whisk in a bit of water to loosen it up (I didn't need to do this).

In a large serving bowl, combine the cooked quinoa, shredded cabbage, carrot, snow peas, cilantro and green onion. Toss to combine, then pour in the peanut sauce. Toss again until everything is lightly coated in sauce. Taste, and if it doesn't taste quite amazing yet, add a pinch of salt and toss again. Divide into individual bowls and garnish with peanuts.

This salad keeps well, covered and refrigerated, for about 4 days. If you don't want your chopped peanuts to get soggy, store them separately from the rest and garnish just before serving.



February Happenings

DATE	EVENT	LINK
Feb. 1-2	Portland Seafood and Wine Festival	http://pdxseafoodandwinefestival.com/
Feb. 2	Hawaiian Show at PCC Sylvania Campus	https://kiako.org/hoike
Feb.2	Worst Day of the Year Run, 5K at McMenamins Edgefield	http://eventsbyaxiom.com/worstdayrun-troutdale/
Feb.7-9	Illuminated Art, Portland Winter Light Festival outside OMSI	https://www.pdxwlf.com/about
Feb. 9	Puplandia Valentine's Shopping Extravaganza	https://www.facebook.com/events/303300690391049/
Feb. 9	My Muddy Valentine, 5K	http://terrapinevents.com/event/my-muddy-valentine-5k-mud-run-portland-oregon/
Feb.10	Worst Day of the Year Ride. 4, 15, or 42 mile bike ride beginning and ending at Lucky Labrador Brew Pub	http://eventsbyaxiom.com/worstdayride/
Feb. 16	KidFest, Portland Expo Center	http://www.kidfestnw.com/
Feb. 17	Portland Baroque Orchestra, Reed College	https://pbo.org/concerts-events/bach-and-the-young-prince/
Feb. 20- March 3	PDX Jazz Festival	https://pdxjazz.com/2019-portland-jazz-festival/
Feb.21- 24	Home and Garden Show, Portland Expo Center	http://www.homeshowpdx.com/
Feb. 22- 24	Wizard World Portland Comic Con, Oregon Convention Center	https://wizardworld.com/comiccon/portland
Feb.23	Polar Plunge at the Columbia River	http://soor.convio.net/site/TR/Plunge/General?pg=entry&fr_id=1120

