

EMPLOYEE WELLNESS NEWSLETTER

December | 2018

Are you ready to improve your health?

Consider partnering with a Health Coach

Reach your goals and get the support you need by teaming up with a health coach. Coaches are registered dietitians, exercise specialists or health educators. Coaching topics include: Back Health, Cholesterol, Nutrition, Physical Activity, Sleep, Stress, Tobacco, or Weight.

To get started contact your coach at 952-883-7800

Contact Info:

Nichole Johnson
651-767-8154

District.Wellness@SPPS.org

Staff Yoga

- Four Seasons A+ Elementary
- LNFI- Lower Campus

For details and to register, visit:
www.spps.org/employeehealth



Smart Nutrition Seminar: Using Spices to Reduce Sodium

Did you know that the average American consumes 3,400 mg of salt per day? This is almost 50 percent more than the U.S. dietary guideline of 2,300 mg (about a teaspoon) per day. This is partly due to the large amount of processed food we eat, so a key solution is to cook at home more often so you can control the salt. But what about the flavor? This class will teach you how to use herbs and spices to enhance the flavor of foods instead of reaching for the salt shaker. Ideal pairings of vegetables, meats and herbs and spices will be highlighted. A cooking demonstration with tasty samples featuring herbs and spices and take-home recipes will be included in the presentation.

Thursday, December 13, 5:00-6:00 at 360 Colborne
Tuesday, December 18, 3:45-4:45 at Washington Technology

