

The Healthy Facts

January 8, 2015

M.S.D.W.T. Monthly Wellness News

Issue 5

M.S.D.W.T. Health and Wellness Mission Statement

The Washington Township Health and Wellness Program's mission is to increase health awareness, promote positive lifestyles, decrease the risk of disease, and empower employees to make decisions that will enhance the quality of life for themselves and their families.



A partner with



Indiana University Health

Happy New Year M.S.D. Washington Township Staff! My name is Sandy Kuniewicz, and I am thrilled to be your new Wellness Coordinator and Health Coach. I joined the Health Coaching Team at Indiana University in July of 2013, and I have been a Registered Dietitian for 18 years. My Bachelor's Degree is in Dietetics and my Master's Degree is in Nutritional Sciences. Both of my degrees are from the University of Connecticut. I also have the Certification of Training in Adult Weight Management. As an experienced health coach, I strive to educate, encourage, and empower clients through personalized services that foster improved health and well-being. I believe people can be motivated to turn their resolutions into reality by developing goal-oriented action plans. I truly enjoy working one-on-one with clients, helping to build their confidence and boost motivation toward improving their health.

I am married with two children, an eight year old boy and a six year old girl. In my spare time, I enjoy cycling, running, playing board games, and watching movies. I have been a certified spin instructor for about a year and love teaching classes at my local gym.

To schedule an appointment with me, please call 317-517-5161 or email skuniewicz@iuhealth.org.

Yours in Health and Wellness,
Sandy Kuniewicz

Mark Your Calendar.....

January

15-LAST DAY to sign up for a FREE pedometer

19-Martin Luther King Holiday-No School-*Health Center will be open normal hours!*

25-Lifetime Fitness Parents Day Out Event

31-Last day for Biometric Screenings

Health Center Hours

Monday: 8 am - noon

Tuesday: 2 - 6 pm

Wednesday: Only lab services are available.

Thursday: 2 - 6 pm

Friday: 7 - 11 am

Saturday and Sunday: Closed

*The center will be open on January 19-MLK Holiday

Special Savings for Special People

IN M.S.D.W.T.

FREE YOGA CLASSES

at J. Everett Light Career Center

Tuesday at 4:30-5:30

Contact Alisha at aburnstein@msdwt.k12.in.us

TOTAL BODY CONDITIONING CLASS

at Hilltop Gym

Tuesdays and Thursdays at 5:30-6:30

FLYER ATTACHED

For more information or to register,
please call 317-259-5275

***Check out the additional offerings
available in the Indianapolis area.***

**These ATTACHED offers are for
ALL M.S.D.W.T. Staff**

M.S.D.W.T. Gym Discounts

FLYER ATTACHED

Parents Day Out

**THIS OFFER is for ALL Washington Township staff as well
as students and their families (Members and non-
members of LIFETIME FITNESS are welcome!).**

Lifetime Fitness Parents Day Out

January 25

Polar Express Party

SEE ATTACHED FLYER

FOR DETAILS!

FREE PEDOMTERS

Don't forget to sign up for your

FREE pedometer!

The deadline is

Thursday, January 15, 2015!

***Additional CHALLENGES and
OPPORTUNITIES coming in February!***

What's cooking?

Overnight Oatmeal

Prep: 5 minutes | Total Time: 7 to 8 hours (slow-cooker time)

- 8 cups water
- 2 cups steel-cut oats (Do not substitute regular rolled oats, which have a shorter cooking time, in the slow-cooker oatmeal)
- 1/3 cup dried cranberries
- 1/3 cup dried apricots, chopped
- 1/4 teaspoon salt, or to taste

Directions:

Combine water, oats, dried cranberries, dried apricots and salt in a 5- or 6-quart slow cooker. Turn heat to low. Put the lid on and cook until the oats are tender and the porridge is creamy, 7 to 8 hours.

APP of the Month

Fig

What It Is: This app is a no brainer. Create a plan from common wellness goals — drink water, take the stairs, call mom — then join a community, and share your journey with friends.

Why It's Cool: Users can invite friends to join a goal. Listed side effects: more happiness, deeper friendships, and additional physical vitality. With so many apps out there centered just on diet and exercise, Fig takes a more holistic approach.

Cost: Free. Available for iOS and Android

Ideas and Inspirations

Taking Care of YOU!

FIFTH IN A SERIES

The following are some essential steps you should take each day.

- Stay mindful and present in the moment
- Eliminate energy drains and focus on what fuels you
- Get Moving!

**It's a NEW YEAR!-The time is NOW for NEW GOALS and
a NEW YOU! You can do it! Believe!**