

The Beartrollion

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Welcome to the first ever Beartrollion Wellness Committee newsletter! We hope you will enjoy this and find some tips that you can use or share with others. Please feel free to let us know of any suggestions or information you would like to see added.

HOSA Blood Drive

The blood drive is Tuesday, February 9th in the media center and the blood mobile buses. We need you to ask each of your classes. **Please print a roster for each of your classes and get the sign ups.** Mrs. George will put permission forms for the 16 year olds in your drawer after she gets the sign-up sheets back. **If you have no one volunteer for that block/class, please mark NONE on the form.** Please put all sign-up sheets (including the ones where no one signed up) in Mrs. George' drawer. Remember just 1 pint of blood can save **3** lives. Sign up today!



Leukemia and Lymphoma/ Wellness Walk

During the Leukemia and Lymphoma walk HOSA will be selling shaved from Cona shaved ice as a fundraiser. The cost will range from \$3.00-\$5.00. Please share this with your students. It's a refreshing treat with a portion of t proceeds going to support our future healthcare professionals! Stay tuned for more information about this.



Upcoming Events

February 9

HOSA Blood Drive

March 24

Leukemia and Lymphoma Walk and Wellness walk combined

HEALTHY
IS AN OUTFIT
that looks different
ON EVERYBODY

EAT SMART

Eat right to prevent chronic diseases such as heart disease, high blood pressure, diabetes, stroke and some cancers. Eat smart. It sounds simple. So why don't we do it more often? Because most of us don't have a plan for how we are going to make healthy food choices on a regular basis.

Think ahead. Make a plan for how you can eat smart at breakfast, lunch, dinner and snack time. Have a plan in place to help prevent yourself from indulging in unhealthy foods and drinks. Planning can also help you save time at the grocery store. Developing a plan does not have to be complicated.

QUICK TIPS

Plan your menu for the week. Look for easy but healthy recipes on line or Pinterest.

1. Once you have your menu check your pantry and refrigerator for necessary ingredients.
2. Make a list of the items you don't have and will need to pick up.
3. Look for healthy snacks like fruits and vegetables, or ones that are high in protein and low in fat.
4. Only buy the items that are on your list- put back any cookies or unhealthy snacks you may have collected throughout the grocery store. This will not only help you stay on track with your goals, it will also save you money!!
5. Watch portion size- make your plate and put the left overs in a container for the next day's lunch or supper.
6. Pack your lunch the night before. This will keep you from grabbing unhealthy food at lunchtime.

Recipes – Paleo Sweet Potato Chili

Indulge yourself in a bowl of spicy chili that is full of beef and sweet potatoes. It's thick, rich and slightly sweet while being grain free, sugar free and dairy free.



Instructions

1. In a large saucepan, brown hamburger, onions and garlic. Drain off the fat. Add the remaining ingredients to the saucepan. Mix well, bring to a boil and simmer for about 30-40 minutes or until the sweet potatoes and carrots are cooked through.
2. Slow Cooker Option: Instead of simmering the chili on the stove, you can brown the ground beef, add the other ingredients, then put it all in your crockpot and let it simmer on low all day (6-8 hours) or on high for 4-5 hours.

Notes

I normally make this in the slow cooker. I love the flavors after they slow cook together all day!

Easy Key Lime Pie



Time needed

5-10 min preparation

Serving Size / Yield

6-8 servings

Ingredients

- 1 graham cracker crust
- 1 pkg. lime Jello
- two 3-oz. containers key lime yogurt
- one 8-oz. container Cool Whip

• Directions

- Dissolve the package of Jell-o in 1 cup boiling water. Mix in the containers of yogurt and Cool Whip. Pour lime mixture into pie crust and chill.



Get Moving

A = 50 Jumping Jacks	N = 25 Burpees
B = 20 Crunches	O = 40 Jumping Jacks
C = 30 Squats	P = 15 Arm Circles
D = 15 Push-ups	Q = 30 Crunches
E = 1min Wall Sit	R = 15 Push-ups
F = 10 Burpees	S = 30 Burpees
G = 20 Arm Circles	T = 15 Squats
H = 20 Squats	U = 30 Arms Circles
I = 30 Jumping Jacks	V = 3min Wall Sit
J = 15 Crunches	W = 20 Burpees
K = 10 Push-ups	X = 60 Jumping Jacks
L = 2min Wall Sit	Y = 10 Crunches
M = 20 Burpees	Z = 20 Push-ups

Fitness Challenge- No equipment needed

For each letter of your name do the appropriate exercise. Start out doing this once a week and work up to five times per week! And no nick names allowed! 😊

Remember to stay hydrated. Your body needs at least 64oz of water per day!



