

DECEMBER

2022

Merry Fitmas!

**BRENTWOOD UNION FREE
SCHOOL DISTRICT
WELLNESS WARRIORS NEWSLETTER**



This months quote presented by Athletes Helping Athletes!



Be the person your younger self would admire

-Wendy Knipp

Feature!

Loretta Park's family swim night occurred for the first time and had students in grades 1-5 attend with their parents. It was the first time using the pool for some and it was a blast with fun music and beach balls!

This family swim night was created by PE teachers, Ms. DiMaria and Mr. Martins.

Click on the picture of Mr. Fernando and Ms. DiMaria to view video!



12 Gifts of Fitmas!

Destress for the Holidays here!



Click here! For more information on 12 Gifts of Fitmas!



Recipe Corner

Chicken Enchilada Casserole

Click for Recipe!



Be Mindful!

According to noted therapist and author, Dr. John Gottman, anger is rarely about being angry, it's more like an iceberg. What's going on below the surface, concealed by the anger? It could be covering up harder to recognize raw feelings like sadness, embarrassment, or shame. Learn to recognize the true causes of feelings of anger with the help of [The Gottman Institute's](#)

Contact Information

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Creating Healthy Schools and Communities

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Upcoming Wellness Opportunities

Every Monday @ 6:15am: walk before school: meet in Sonderling gym

Every Thursday: Family Swim Night!















December

25 Days to Fitmas

Brentwood Wellness Warriors



2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Walk for 10 minutes ¹	Try a chair yoga pose 3 times today ² 	Walk for 12 minutes ³
Eat only healthy snacks (fruits and/or veggies) ⁴ 	Walk for 14 minutes ⁵	Drink 8 cups of water ⁶ 	Walk for 16 minutes ⁷	Spend an hour off of your phone ⁸ 	Walk for 18 minutes ⁹	Meditate for 5 minutes ¹⁰ 
Walk for 20 minutes ¹¹	Do 15 jumping jacks x 3 ¹² 	Walk for 22 minutes ¹³	No Soda today! ¹⁴ 	Walk for 24 minutes ¹⁵	No Candy/Sweets today! ¹⁶ 	Walk for 26 minutes ¹⁷
Walk for 28 minutes ¹⁸ 	Play a board game with family and/or friends ¹⁹	Pay a compliment to someone ²⁰ 	Walk for 30 minutes ²¹	Hold plank for 1 minute ²² 	Walk for 32 minutes ²³	Engage in random acts of kindness ²⁴ 
MERRY FITmas and Christmas! ²⁵	Walk outside! ²⁶ Click for healthy recipe	Walk outside! ²⁷ Click for healthy recipe	Walk outside! ²⁸ Click for healthy recipe	Walk outside! ²⁹ Click for healthy recipe	Walk outside! ³⁰ Click for healthy recipe	Happy, Healthy New Year! ³¹
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