



# MSAD #1 Wellness News March 2009



## Wellness Programs

### Massage Therapy

Where: PIHS Health Services Office  
Contact Amanda Blade, LMT, at 939-5430  
Contact Danielle Soucy, LMT, at 314-0810

### Personal Fitness Trainer

Contact Marie Waddell, Certified Fitness Trainer  
Phone: 227-3610 or 764-8120  
Email: marie.waddell@sad1.org

### Fitness Center

Mon.-Fri. 5:00-7:30 AM  
2:45-7:00 PM  
Saturday 7:00-10:00 AM  
Sunday Closed  
Vacations 7:00-10:00 AM  
Holidays Closed

## Move and Improve 2009!

Register today! It's easy!

Go online to: [www.moveandimprove.org](http://www.moveandimprove.org) or contact Holly Johnson.

Participants will receive a FREE pedometer! Prizes will be drawn at the end of week 3, week 6, week 9 and week 12!

Registration ends March 27 for this 12-week program.

## Wildcat Challenge!

The Wildcat Challenge has generated lots of excitement and positive results for its 55 participants.

The 10-week program is just ending its 6<sup>th</sup> week.

A total of 459 pounds have been lost thus far!

## The Maine Tobacco Helpline

It's free, confidential, and it really works!

The Helpline offers support that can help you stay tobacco-free for life.

The Helpline is for people who are thinking about quitting or who are ready to quit smoking. It is also for people who want to help a friend or family member quit.

Call: 1-800-207-1230

## 100 Calorie Packs

100 calorie serving:	grams per serving:
15 stalks celery	600
9 oz light nonfat yogurt	255
2 cups carrots	244
1.6 oranges	209
1.5 apples	207
1 cup grapes	151
1 banana	118
½ donut	42
½ blueberry muffin	36
⅓ chocolate chip bagel	33
2 fig cookies	31
1.75 graham crackers	23
¾ oz crackers	22
.75 oz potato chips	21

To consume 100 calories of celery, you would have to eat over 1 pound or 21 ounces to be exact. But if you chose potato chips, you would get a measly 12 chips or about ¾ ounce chips for the same 100 calories.

While the 100 calorie packs of high-calorie foods are good for portion control and portion awareness, perhaps choosing these snacks often, instead of better choices like fruits and vegetables, may not be the best bet.

A healthful snack should provide more of the things you need like fiber, nutrients and satiety and less of the things most we don't need like sugar, fat, salt and high calorie density.

If a food needs to be packaged in a 100-calorie serving, chances are, it might not be the best choice for an all-the-time snack.

The chart above shows the quantity of each food if you choose to eat just 100 calories. The foods at the top, like celery, nonfat light yogurt, carrots, oranges, apples, grapes and bananas are the best choices because you get to eat more. They also have more fiber, nutrients and moisture content and less fat, sugar, salt and sodium. They are generally much lower in cost per ounce, too.

Better still, the foods at the top count towards important servings of fruits, vegetables and nonfat dairy as recommended by MyPyramid and the Dietary Guidelines for Americans. For more information, see

[www.MyPyramid.gov](http://www.MyPyramid.gov)

[www.foodandhealth.com](http://www.foodandhealth.com)

## Wellness Committee Members

Erin Argraves, Lori Bates, Brian Cronin, Holly Johnson, Sheila Nemer, Deb Raymond, Marie Waddell, Mary White.