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We have our winners!!!!

Congratulations to all of our steppers who participated! As a district, we have taken 344,597,180 steps and averaged 9,980 steps per day!

Awesome job!

See page 2 for our winners!

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Happy St. Patrick's Day!

Why not celebrate St. Patrick's Day by putting some green on your plate?

Green vegetables top the list of best-for-you veggies: They're great sources of fiber and the antioxidant vitamins A, C and K, and they are typically low in calories. The Washington Post asked nutrition and food experts for their top green vegetable picks and here is what they chose for the most nutritious green vegetables:

Broccoli

What you'll get: Fiber, Vitamin C, potassium and iron.

Recipe: Pasta with Broccoli and Garlic, <https://www.washingtonpost.com/pb/recipes/pasta-with-broccoli-and-garlic/11748/>

Spinach

What you'll get: Vitamin K and iron.

Recipe: Jumbled Greens, <https://www.washingtonpost.com/pb/recipes/jumbled-greens/11033/>

Artichoke

What you'll get: Magnesium, folate, potassium and fiber.

Recipe: Baby Artichoke Salad, <https://www.washingtonpost.com/pb/recipes/baby-artichoke-salad/11338/>

Celery

What you'll get: Fiber, folate, Vitamin A and Vitamin C.

Recipe: Tangy Chicken Salad with Celery 3 Ways, <https://www.washingtonpost.com/pb/recipes/tangy-chicken-salad-with-celery-3-ways/9899/>

Congratulations to our winners!

It was a close race, but we have our winners (there was even a tie!) Please contact Kara Hager at hagerk@pcsb.org to claim your prize.

Thank you to those who participated!

Top 3 Steppers

Name	Step Count	Prize
1. Tied for first place: Doug Krieg, Jed Croissant, Van Dang, Kathleen Alongi, Jamie Wasserman	900,000	\$100 Target Gift Card to each 1st place winner
2. Thomas Feeley	897,561	\$50 Target Gift Card
3. Wendy Seslowsky	895,566	\$25 Target Gift Card

Top 3 Teams—Average Steps

Top Teams (Average Steps)	Total Average Step Count	Prize for each team member
1. StepLikeNoTomorrowG&N	22,934	\$50 Target Gift Card
2. Nina Harris "Step" Sisters	20,608	\$25 Target Gift Card
3. Dolphin Dominators	19,567	\$10 Target Gift Card

Top 3 Teams—Total Steps

Top Teams (Total Steps)	Total Step Count	Prize for each team member
1. PPHS_HEART	4,753,352	\$50 Target Gift Card
2. FLE Fit and Fab	4,673,566	\$25 Target Gift Card
3. CFMS Trailblazers	4,005,497	\$10 Target Gift Card



Don't worry, *Step Up!* will be back next school year. Keep an eye out for announcements!

Staying healthy when you're on the go...



Spring break is finally here! While vacation is a time for rest and relaxation, it shouldn't be a break from your healthy habits.

"Although 36 percent of Americans try to lose weight before they go on vacation, a third of all travelers find they have to start a diet when they return from their trip", a survey from travel site TripAdvisor found. And 29 percent of those surveyed say they always or often gain weight while traveling.

By planning head, you can enjoy your vacation and still maintain your current weight and fitness routine.

Traveling by car

- Pack a cooler full of healthy snacks and complete meals. Chop up some veggies, bring fresh fruit, peanut butter and jelly sandwiches, or pretzels.
- Plan exercise and stretch breaks. Go for a quick walk, stretch, or run around with the kids. This will help keep you awake and focused when back in the car.
- If you have to stop at a fast food restaurants, try to pick the healthiest options available. Aim to keep your entire meal to 500 calories or less. Focus on grilled or roasted meats, and keep an eye on sodium intake (adults should stay under 1500 mg of sodium per day).

Traveling by plane

- Try to eat a healthy meal before you arrive at the airport. You'll be less likely to purchase high-calorie snacks before you board.
- While trekking through the airport, take every opportunity to move. Take the stairs,

walk up the escalator, and skip the people movers.

- Instead of sitting around before the plane begins boarding, use this time to walk.
- Flying can easily dehydrate you. Make sure you drink plenty of water before, during and after the flight. Try drinking one glass of water per hour in flight to ward off dehydration and jetlag.

Taking a cruise

- At buffets, fill your plate only once. Load 50% of your plate with vegetables and choose small portions of other foods you want to try.
- If you splurge and eat a rich meal, try to balance it out with a healthy, vegetable meal. Eat lighter the rest of the day.
- Plan for fitness every day. Cruises usually offer complete gyms, aerobics classes, trainers, running tracks and pools. Go dancing in the disco in the evening and play plenty of beach games when docked. Take a morning walk around the track while enjoying the sights and fresh air.

For more tips on safe and healthy traveling, including packing for emergencies, read the Centers for Disease Control and Prevention's *Survival Guide to Safe and Healthy Travel* here:

<http://wwwnc.cdc.gov/travel/page/survival-guide>



Healthy, Easy Recipe

Potato-Cabbage Soup (Serves 4)



Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 1/2 head Savoy cabbage, shredded
- 3 scallions, trimmed and chopped
- 3 garlic cloves, peeled and halved
- 1/2 teaspoon kosher salt
- 4 cups chicken broth
- 2 cups boiled Idaho potatoes, cut in 1/2-inch slices

Directions:

Heat the oil and butter in a large saucepan over medium heat. Add the cabbage, scallions, garlic, and salt and cook until the cabbage is slightly softened, about 5 minutes. Remove 1/3 cup of the cabbage and set aside for garnishing. Add the chicken broth and potatoes and bring to a boil. Simmer, covered, until the cabbage is tender, about 15 minutes. Using a blender, puree until smooth and season to taste with additional salt, if desired. Before serving, garnish the soup with the reserved cabbage.

Source: <http://www.myrecipes.com/recipe/potato-cabbage-soup>

Nutritional analysis per serving	
Total fat 7 g	Calcium 114 mg
Calories 207	Saturated fat 2 g
Protein 9g	Sodium 745 mg
Cholesterol 8 mg	Iron 2mg
Carbohydrate 32 g	
Fiber: 10 g	

Share your story!



Have you been successful in meeting a wellness goal because of a PCS Wellness Program? Have a recipe you'd like to share or topic you'd like to see in an upcoming issue? We'd love to hear about it! Please contact Kara Hager, Employee Wellness Coordinator, at hagerk@pcsb.org.

Contact us, we'd love to hear from you!



For questions related to the Employee Wellness Program, contact your Employee Wellness Coordinator:

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