

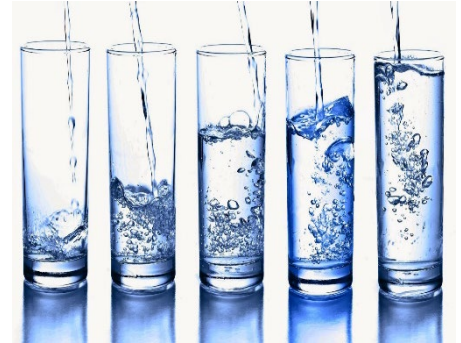



Sanford School Department's Wellness Committee News


April 6, 2022


The Importance of Drinking Water!


You might not be aware of how important it is to drink water, but your health is dependent on your body getting an adequate supply of water. The human body is anywhere from 55% to 78% water depending on age, gender and amount of body fat. Water is essential to human life:



 Water forms the basis for all fluids in the body, such as blood and digestive juices.

 Water is the catalyst in all metabolic functions throughout the body.

 Your body is dynamic and always changing, and this is especially true with regard to water in your body.

 You lose water routinely when your body performs normal functions such as breathing, sweating and eliminating waste.

In a typical day, you need to consume a substantial amount of water to replace this routine loss.

RECIPE OF THE MONTH

Baked Sweet Potato Fries

- 2 pounds sweet potatoes (about 4 small)
- 2 tablespoons olive oil
- 1 1/2 teaspoons chili powder
- 1 1/2 teaspoons kosher salt

1. Preheat the oven to 425°F. Cut each sweet potato in half lengthwise, and place it flat side down on a cutting board. Cut the potato halves into 1-inch-wide wedges.
2. In a small bowl, combine the oil, chili powder and 1 teaspoon of the salt. Place the potatoes on a roasting pan and brush with the oil mixture. Lay the potatoes flesh side down on the pan and put the pan in the oven.
3. Cook until potatoes, turning once, until soft, 20 to 25 minutes. Remove the pan from the oven and season with remaining 1/2 teaspoon salt. Let the wedges cool for a bit, and serve warm.

Here are the primary health benefits of water:

- Removes toxins and waste products from the body.
- Carries nutrients to the cells of the body.
- Regulates vitamin and mineral metabolism.
- Helps the body metabolize stored fat.
- Enhances digestion and helps prevent constipation.
- Often reduces joint and back pain.

Water is also the best type of fluid to drink to stay well hydrated because water is processed by the body differently than other types of fluids. **It's commonly said that you should drink eight 8-ounce glasses of water a day to stay healthy, but this is just a general rule.** The amount can vary widely from person to person depending on factors such as age, physical condition, activity level and climate.

Complete article can be found at: <http://www.functional-fitness-facts.com/importance-of-drinking-water.html>

Employee Wellness Contest

The Sanford School Department's Wellness Committee had a four-week long contest whereas employees tracked their wellness points to earn prizes. All who participated were winners in getting healthier! The Wellness Committee announced the following as prize winners!



Jodi Lyles
Ed Tech 1
Sanford Pride



Jess McKinney
Kitchen Personnel
Sanford High School



Genevieve Trafelet
Science Teacher
Sanford High School



Dawna Werner
Asst. Literacy Coach
Margaret Chase Smith