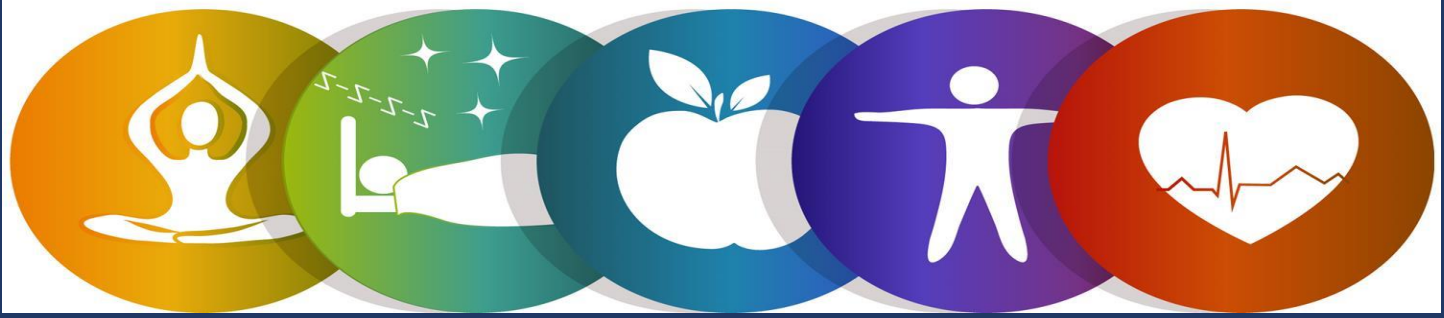


# WELLNESS



## THIS WEEK'S THEME: COTTAGE CHEESE



**COTTAGE CHEESE**...is one of those foods, in my opinion, that you either love it, or hate it! No in between!! – BUT WHAT exactly is it? Cottage cheese is soft, white, and creamy. It's considered a fresh cheese, so it does not undergo an aging or ripening process to develop flavor. As a result, it has a very mild flavor compared with aged cheeses. Cottage cheese is made from the curds of various levels of pasteurized cow's milk, including nonfat, reduced-fat, or regular milk. It's also offered in different curd sizes, including small, medium, or large, and is available in creamed, whipped, lactose-free, reduced sodium, or sodium-free varieties.



You can enjoy this versatile cheese by itself or as an ingredient in recipes.

Cottage cheese is versatile and can be enjoyed in many recipes. Its popularity has grown in the last few decades, and it's often recommended as part of a healthy diet. It's not only high in protein but also essential nutrients. For these reasons, it's widely used by athletes and featured in many weight loss plans.

## Alfredo Sauce, made with Cottage Cheese!

Forget the heavy cream and butter, **this healthy alfredo style sauce is made with just cottage cheese and garlic.** It's rich and comforting, yet far lighter than traditional alfredo. Don't use low-fat cottage cheese, which could break in the sauce.



- Frozen peas give the healthy alfredo pasta a pop of color and sweetness, but you can swap them out for chopped broccoli or asparagus (or you can omit them altogether).
  - Spaghetti noodles is what is pictured here, but linguini is a great choice as well.
  - In a food processor, blend garlic and cottage cheese until creamy. You just made your sauce!
  - Cook some spaghetti, adding frozen peas during the last 2 minutes of cooking. Toss the hot pasta and peas with your sauce.
  - Serve the pasta with parmesan cheese for sprinkling, along with chopped chives if you'd like. It's the ultimate one-bowl dinner on its own! Throw a green salad or a caesar salad alongside, and you have a very healthy, delicious dinner!
- 



## HOW ARE YOU NEW YEAR'S RESOLUTIONS COMING ALONG?

According to a large study, 55% of people break their New Year's resolutions within a year. Of those who make resolutions, 11% last less than a month, 19% last about one month, 14% last about three months, and only 11% last six months .

### Here are a few tips, to get **BACK ON TRACK!**

**Schedule your workouts into your life:** Give your workout (whether is be a workout at a gym or simply going for a brisk walk) a specific space in your life. Put it on your calendar! This will help you stay on track and make it easier to get back on track if you slip up.





**Stick to your schedule, even in small ways:** It's critical to stick to your schedule, even if it's only in a very small way. The impact of not getting back on track can be significant. For example, if you miss one workout, you won't suddenly feel more out of shape than you did before. But if you keep missing workouts, you'll start to feel the impact.

**Focus on what you can work with:** VERY IMPORTANT.....REMEMBER.....**Instead of focusing on what you can't do, focus on what you can do!!** This will help you feel more in control and motivated to keep going.

**Have buddy join you!** Having to be accountable to someone or having someone else hold **you** accountable can be a very powerful motivator. Ask a friend to check in on you or join a group that shares your goals.

**Take it slowly:** You may not be able to jump right back in where you left off, AND THAT IS OKAY!!. Take it slowly. Ease into positive routines and habits. Decide what you care about most. Pick just one or two things to start.

**Be kind to yourself:** Remember: **setbacks are a natural part of the process.** Don't beat yourself up over them. Instead, be kind to yourself and focus on what you can do to get back on track.

**I hope these tips help you get back on track! Let me know if there's anything else I can help you with.**

## Fitness Facility Corporate Rates for SD79

### Fit-Co

Bay 2- 5880 York Rd.  
Duncan, BC  
250-748-2202

- Personal training and nutritional guidance free for members (\$350 Value – some restrictions apply)
- Juice Bar and Vitamin Supplements
- Membership rates: Drop-in \$15 ~ 1-month \$75 ~ 3-months \$199 ~ 6-months \$349 ~ full-year \$499
- **Cowichan Valley School District Employee intro. rate for 3 months only \$149.99 (new members only)**

### Valley Health & Fitness

#1 – 1400 Cowichan Bay Road  
Cobble Hill, BC  
250-743-0511 or email [info@valleyhealthandfitness.ca](mailto:info@valleyhealthandfitness.ca)

- **Corporate rate of \$39.95 per month + GST (with a 1-year membership)** or \$429.00 per year + GST if paid in full
- Includes Cardio/Weights/Group Classes (incl. yoga)/Infrared Sauna.

### CrossFit Anchored Athletics

Unit #8 L-6961 Trans-Canada Hwy  
Duncan, BC  
778-997-3562

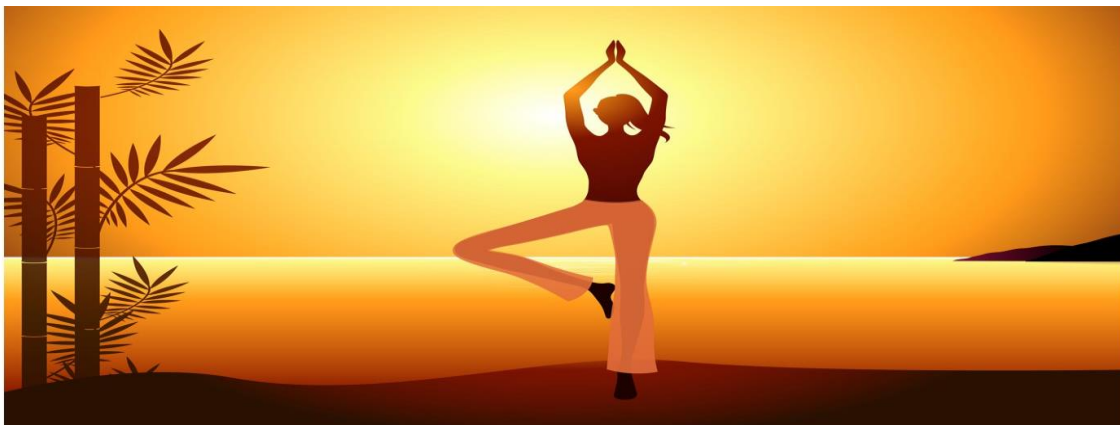
- Corporate rate of 27% savings on a **3-month commitment** for \$210 +tax per month (regularly \$289.99 per month).
- This 3-month Membership includes:
  - 8x one on one Personal Training sessions
  - 3 months of unlimited Group Classes
  - 3 months of Gym Access using a Keyfob between 6am and 10pm
  - 2x In Body Scan (body composition scan) to give initial body composition starting point. One in the first week and one at the end of the three months

# WELCOME BACK

## Wellness Initiative – Yoga Classes ARE BACK!

Location	Days	Time	Provider
Quamichan School Dance Room	Mondays	3:45 – 4:30 pm	Gillian Berry
Frances Kelsey Secondary Dance Room	Tuesdays	3:30 – 4:30 pm	Kendra Crighton
Chemainus Secondary Dance Room	Thursdays	3:30 – 4:30 pm	Brittany Leonard
Cowichan Secondary Dance Studio	Thursdays	3:45 – 4:45 pm	Kim MacLean
Lake Cowichan School Library	Thursdays	3:30 – 4:30 pm	Julie Madden

Bring a mat, blanket, water and wear comfortable, stretchy clothes.  
**No experience necessary – all levels are welcome!**



# Hul'q'umi'num Greetings – JANUARY

Hul'q'umi'num greeting for this week:



## Hul'q'umi'num' Sxwi'em' (stories)

At different times, the Newsletter will share a Hul'q'umi'num Story. Huy ch q'u to our Indigenous Education Department for sending along our first story ~  
The Little Hummingbird. Enjoy!



### The Little Hummingbird By Michael Nicoll Yahgulanaas

Here is the story of the great forest that caught fire.

The terrible fire raged and burned!

The animals were afraid and they all fled from their homes!

The bear, beaver, deer, wolf, and rabbit all ran.

And from above all the birds flew out in panic.

They all huddled at the edge of the forest and watched.

Except for one... Humming Bird (sxwut'ts' uli(i))

Only the little Humming Bird (sxwut'ts' uli(i)) would not abandon the raging forest.

The little Humming Bird (sxwut'ts' uli(i)) flew quickly to the stream. She picked up a "single" drop of water in her beak.

Sxwut'ts' uli(i) flew back and dropped the single drop of water

on the raging fire.

Again she flew back to the “stream” and picked up another drop of water in her beak and flew back once again.

So she continued...back and forth...back and forth...

All the other animals “watched” from the edge of the forest as

Sxwut'ts'uli(i) “tiny” body flew back to the huge fire... they

were all very frightened...they called out to the little humming

bird...warning her...the dangers of the smoke and the heat...

what can I do? Sobbed the rabbit...”this fire is much to hot”

“There’s to much smoke,”...howled the wolf...one bird...the owl

said, “my beak is to small...cried the owl. But the little hum-

ming just kept flying back and forth...back and forth... picking

up more water and dropping it...drop by drop...onto the raging

forest fire...finally the big bear...spoke to the little humming

bird...lil humming bird what are doing? With out stopping the

lil humming bird looked down at all the other animals... and

said, “I AM DOING WHAT I CAN!”





If you have an idea or a theme you would like to see incorporated into WELLNESS WEDNESDAY'S – **send me an email!** [dwhyte@sd79.bc.ca](mailto:dwhyte@sd79.bc.ca)

...until next Wednesday!!!

Take care,

[Donna Whyte](#)

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