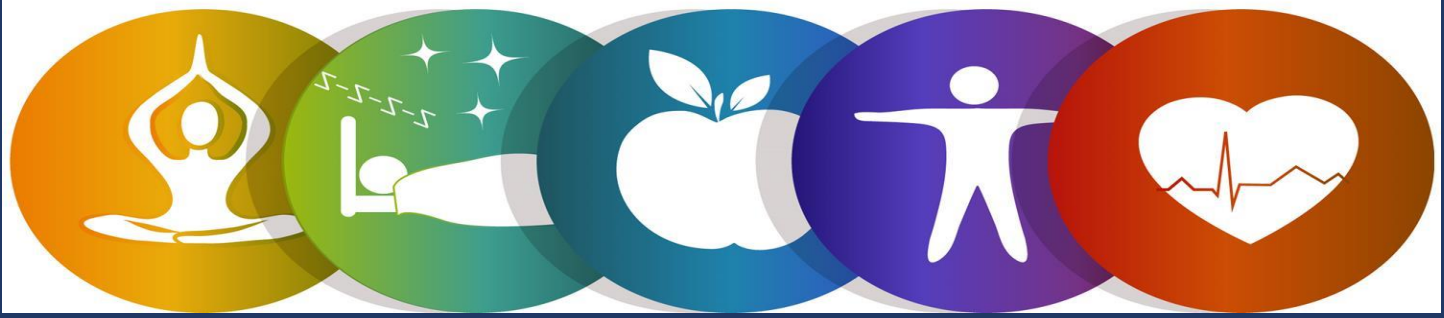


# WELLNESS



## THIS WEEK'S THEME: BANANAS

Bananas are a popular fruit that grow in many parts of the world. They are a good source of fiber, potassium, vitamin B6, vitamin C, and various antioxidants. Bananas are mainly composed of carbs. Unripe bananas may contain a decent amount of resistant starch, which functions like fiber, aiding your gut and promoting healthy blood sugar level. The most common types of sugar in ripe bananas are sucrose, fructose, and glucose. Bananas have a relatively low glycemic index depending on their ripeness. GI is a measure of how quickly carbs in food enter your bloodstream and raise blood sugar. Did you know that the banana plant is not a tree, but actually a herbaceous plant. The banana is an elongated, edible fruit that is botanically a berry. Bananas are grown in many of the warmer areas of the world and are amongst the most important food crops on the

planet. Okay, so who has a freezer full of over ripe bananas?? I DO! Who eventually ends up just throwing them out?? I DO! WELL NOT ANYMORE!! I found a recipe for oatmeal banana breakfast cookies.....easy peasy....no eggs, no flour....we are talking super simple!!! Below is a pic of some I made – I cooked them a tad too long but they were still good

### Banana Oatmeal Breakfast Cookies

- 2 Cups Oatmeal
- 3 ripe bananas
- Tsp baking soda/powder
- ¼ c of peanut butter (I used tahini)
- Dash cinnamon
- Any seed (I used sunflower and pumpkin)
- Chocolate chips

Mix together in a bowl and shape into a flat cookie shape – please on parchment paper and press down. Bake at 350 for about 18 minutes. Let cool and enjoy!





## GO BY BIKE WEEKS

### Go by Bike Week FEBRUARY 5<sup>TH</sup> – 11<sup>TH</sup>

Experience the joy of cycling and have a chance to win great prizes. **Any ride counts** – getting groceries, riding to and from work, trail rides,

or other recreational rides. Getting around on smaller wheels like rollerblades and scooters count too! Log all rides to enter the prize draw, track your progress, and see how many greenhouse gas emissions you offset by choosing to go by bike. Create a team for more chances to win team prizes. Visit the [GoByBikeBC](#) website for more information. If you are interested, click on the following link - [Cowichan Valley SD79 Riders](#) – I have created a team called Cowichan Valley SD79 Riders – look at the top by **TEAM STATS** and click on **RIDERS** and add yourself!



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## 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.**



## YOGA SCHEDULE

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
<b>CANCELLED UNTIL FURTHER NOTICE</b> Chemainus Secondary Dance Room	<b>CANCELLED</b>	<b>CANCELLED</b>	<b>TBD</b>
Cowichan Secondary Dance Studio	Thursdays	3:45 – 4:45 pm	Kim MacLean
Lake Cowichan School Library	Thursdays	3:30 – 4:30 pm	Julie Madden

# Looking to join a gym??

## Take advantage of these great rates available for SD79 employees

### 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 into. 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



**LifeSpeak Inc.**

## **LifeSpeak Education Campaign**

### **Reframing your Resolutions**

Ever find yourself racing through your daily to-do list, only to realize there's little energy left for those big goals you want to achieve? It's a common struggle—we're naturally energized by what we desire and drained by what we don't. Our Experts understand this dynamic, and they're here to guide you in unlocking more energy for what truly matters to you.

In this part, discover ways to boost your physical and mental energy, especially in challenging situations. This involves fueling your body with energizing foods, relieving stress through stretching, incorporating movement into your daily routine, and even practicing breathing exercises.


Ready to reenergize – click below!

[LifeSpeak - Reframing your Resolutions](#)



**FEBRUARY TRIVIA:**  
**EMAIL ME YOUR ANSWERS**  
**TO WIN A PRIZE!**



1. How often are leap years?
2. If you were born in February, what is your sign?
3. When is Valentine's Day? 
4. Jennifer Aniston was born on the 11th of February 1969. Which character did she portray in Friends?
5. John Lennon's wife was born on the 18th of February 1933. Who was she?
6. Which American actor, born on the 18th February 1954, was in Grease, Pulp Fiction and Saturday Night Fever?
7. If you were born in February, what is your birth stone?
8. What is February's birth flower?
9. What does it mean to be a "leaper" or a "leaping"?
10. Which American actor, born on the 9th of February 1943, played Tommy DeVito in Goodfellas?

# Hul'q'umi'num Greetings – February



# Mim'ne'

## February

(The time of the "baby moon",  
the short month)

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



# Hey'ewulh

## Good bye





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

**Donna Whyte**

HR Health & Wellness Manager

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