



# September

## 2016 Wellness Newsletter

Upcoming... October staff early dismissal wellness sponsored lunch!

Hello! Our names are Lindsey Stogsdill and Abbey Brown. We will be writing the Wellness Newsletters this year with Mrs. Trotter. If you have any suggestions for the newsletters, please contact one of us or Mrs. Trotter!



### Game Day Eats Potluck

- Slow Cooker carne asada  
[Click Here](#)

- Pizza Stuffed Peppers  
[Click Here](#)

- Baked saucy  
Garlic Wings  
[Click Here](#)

- Vegan Cookie Dough  
Cheesecake Bars  
[Click Here](#)

- Healthy Spinach &  
Artichoke Dip  
[Click Here](#)



# Do you SKYFIT?

Skyfit delivers on-demand audio fitness that combines the guidance of a trainer with perfect playlist to give you a fresh way to workout.

[Skyfit Website](https://www.skyfit-app.com/)  
<https://www.skyfit-app.com/>

[Skyfit Info Video](https://vimeo.com/181088198)  
<https://vimeo.com/181088198>

“There wasn’t a real trainer in front of me, but the voice of one layered over upbeat jams kept me going—even through the impossible intervals he instructed me to do.”- Well Good

“Real trainers guide you through a session reminiscent of a group class—from indoor cycling to outdoor running to yoga routines—each pairing instructor commands with popular songs (as opposed to generic beats used in a lot of fitness apps).”- mental\_floss

“If you’re into the boutique fitness scene, but don’t want to pay the high prices for classes, or stick to a studio’s schedule, Skyfit is the solution.”- Refinery29

“With a range of workouts led by personal trainers, this app will make you feel like you’re taking your favorite fitness classes.”- RealSimple

“Every session (running, yoga, strength—even postnatal routines) is tailored to your preferred intensity and length.”- Self

Choose a workout that's perfect for you



**1 MONTH**  
of unlimited classes

**\$9.99/mo**

Get a 7-day free trial

Select

**3 MONTHS**  
of unlimited classes

**\$8.33/mo**

Pay \$24.99 today

Select

**12 MONTHS**  
of unlimited classes

Best Populi

**\$4.16/mo**

Pay \$49.99 today

Select