



DNREC Wellness Committee Newsletter



Jump into Fall Movement Ways to stay motivated as it gets colder



It's about this time that we may want to stay home, curled under a blanket, and relax. Here are some ideas* to keep you motivated and healthy during Autumn and Winter.

Set a goal for Spring: having a race to train for or even a weight loss goal can help keep you moving during the colder season.

Try something new: Swimming, biking and running outdoors are great, but why not take the colder weather as a time to try Yoga, indoor weightlifting classes or even join a local sports league? Check out your County's Parks and Recreation Office: [New Castle, Kent](#)

Join a Gym for indoor workouts and classes: [Click here for information](#) on Gym Discounts for State Employees.

Mix it up: Switch your workout times, your music playlists, your workout gear. Try something new and see if that sparks a refresh to your routine. How about a walking pad, a mini stair stepper or elliptical for under your desk to keep your blood circulating!

*The Wellness Committee reminds you to consult your doctor before starting any exercise programs. Protect your body and health!

ComPsych Links of the Month

[Breast Cancer Awareness](#)

[World Mental Health Day](#)

Course Offerings from The Wellness Committee

Two webinars in October:

The Impact of Attitude on Work and Life
Wednesday October 9th at [9am & 2pm](#)

Meal Time in Less Time
Tuesday October 15 at 1:00 pm

We also invite staff to register for [The Women's Wellness Webinar Series](#) through the OWAA.

Don't forget

DNREC Day + Fall Fest at
White Clay Creek State Park
on October 8th.

We will be there with giveaways!

FAMILY fall EVENTS



Wagon rides are a great way to enjoy the scenery of the parks and fellowship with friends and family. Join a public wagon ride or book a wagon for your group! [Find your Wagon Ride here!](#)

Wear your Halloween costume and Trick-or-Treat for candy and toys with your favorite storybook characters along our jack-o-lantern lined trail.

[Children's Fantasy Trail 2024](#) at Cape Henlopen State Park

[Enchanted Meadow Trick or Treat Weekend](#) at Brandywine Creek State Park

EASY Slow Cooker Tuscan Chicken with Orzo

Recipe by Sophia Renee [Link to Recipe Video](#)

- 2-3 Diced Chicken Breasts
- 1 tsp salt
- 1 tsp black pepper
- 2 tsp Italian seasoning
- ½ tsp red pepper flakes
- 1 cup sun dried tomatoes (no oil)
- 1 tablespoon mince garlic
- 1 cup white onion (diced)
- ½ cup chicken broth
- 1 cup heavy cream
- 1 cup orzo
- 1 cup chopped spinach
- ½ cup shredded Parmesan cheese



Great meal that kids will enjoy!

1. In the slow cooker, add the diced chicken and season with the salt, black pepper, Italian seasoning, and red pepper flakes.
2. Add in the sun-dried tomatoes, minced garlic, and chicken broth.
3. Cook on low for 2-3 hours.
4. Next, stir in the 1 cup of heavy cream, and 1 cup of orzo. Cook on low for another 30 minutes.
5. Stir in the spinach and parmesan cheese. Serve and enjoy!



For the Kids!

Healthy Kids Running Series was created to motivate kids to lead a healthy and active lifestyle through a positive introduction to the world of running! Let's #GetUpandGo!

Each series is 5 weeks, occurring in the fall and spring, each year. Children from age 2 through high school can participate. Delaware is home to 6 different community series so there is sure to be one near you! You can locate your nearest [series here](#)

Our Mission

To engage communities and families by providing an inclusive youth running experience, inspiring kids to believe in themselves and lead an active healthy lifestyle.



Our Values

Crawl, Walk, Run
Decisions that impact today but more importantly tomorrow

Be Kind
Treat others as they want to be treated

Make An Impact
Wanting to return for the next race and season

Live The Healthy Life
Believe, and inspire others to believe

Our Vision

An international, inclusive and fun youth running program led by dedicated, local coordinators where all kids celebrate their success and develop an active healthy lifestyle.



Dover, DE Follow us on Facebook!

Sundays 09/29, 10/6, 10/13, 10/20, 10/27 @ 3 pm (11/3 Rain Date)

John W. Pitts Recreation Center
10 Electric Avenue
Dover, DE 19904

DIVISION	DISTANCE
Pre-K 2/3yr	50 Yard Dash
Pre-K 4/5yr	75 Yard Dash
Challenger	75 Yard Dash
K & 1st	1/4 Mile
2nd & 3rd	1/2 Mile
4th & 5th	1 Mile
6th, 7th, 8th	1 Mile

*All races will be the same distances each week.

For more information, please contact
Rebecca Bobola at 302-233-3389
doverde@healthykidsrs.org

SCORING/DETAILS

- Points awarded based on finish
- T-shirts for ALL runners
- Medals for ALL runners on Week 5
- Scan QR code and check race description on website for trophy details.

Scan the code to Register Today. 

EARLY BIRD DISCOUNT
\$45 FULL SERIES
FIVE WEEK SERIES*
UNTIL THREE WEEKS FROM START DATE

\$50 FULL SERIES* **\$20 SINGLE RACE WALK-UP***
Only offered day-of

Online registration available only. No cash accepted.
*Registration is non-refundable.

GIANT **MUSSELMAN'S** **USATF FOUNDATION**

HEALTHYKIDSRUNNINGSERIES.ORG

DNREC Wellness Committee
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