



**HEALTHY UTAH**

*Wellness Council  
Resource Book*

*Volume 2*



# *Come Be Part of the Employee Farmer's Market Event and Give to a Good Cause!*



- ◆ September is Fruits & Veggies-More Matters Month and to support we will be holding an **Employee Farmer's Market Event!**
- ◆ All proceeds from the event will be donated to Utahns Against Hunger
- ◆ **Gardeners:** bring in donations of fresh fruits and veggies from your garden on the day of the Market.
- ◆ **Shoppers:** Purchase fresh fruits and veggies grown by coworkers! Please bring small bills, change may not be available.

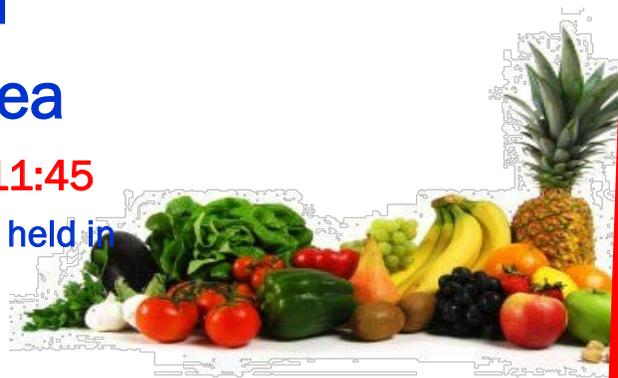
**When: September 17th**

**@ 12:30 pm-2:00 pm**

**Where: Back Patio Area**

**Please bring donations down at 11:45**

**(in case of bad weather, event will be held in Room 129 )**



# Cannon Building Food Drive

Between November 10th-21st

We request food donations for the **needy** to be as **healthy** as those you would purchase for your own family . Drop them in the **Red** and **Blue** bins by the main elevators to show your support and spirit.

## Food Drive



### Most needed items

- **Peanut Butter**
- **Canned Tuna**
- **Canned fruit, especially pop-top variety**
- **Canned stews and chili**
- **Macaroni and Cheese**
- **Pasta**
- **Canned beans**
- **Canned low sodium vegetables**
- **Canned or bottled 100% juices both vegetable and fruits.**

### Healthier food donations

- Protein rich foods
- Low sugar snacks
- Low sodium foods
- 100% juice
- All natural ingredients
- No high fructose corn syrup or trans fats



# IRON CHEF COMPETITION



**Where: Cannon Building RM 114**

**When: Monday April 27th**

**Time: 12:00 PM to 1:00 PM**

Prizes will be awarded to the top three dishes determined by the judges and the crowd favorites

At least **ONE** of these ingredients must be present in your dish:

- Strawberries
- Quinoa
- Spinach
- Any type of Bean



Look for entry forms in the break rooms and on the HealthNet. Entry forms and recipes are due by the end of the day on **April 22nd**. Please email the entry form and your recipe to Stephanie Wilkinson at: [stephaniewilkinson@utah.gov](mailto:stephaniewilkinson@utah.gov)



## NATIONAL EMPLOYEE HEALTH & FITNESS MONTH



# FREE 5K Run Walk

Join Dr. Patton in promoting National Employee Health & Fitness Month by participating in a 5K FUN Run/Walk!

- Thursday, May 7th
- Meet at 11:45 am at the front door of the Cannon Building
- Race Start: 12:00 pm
- Prizes for the top 5 girls and the top 5 guys

Signup sheet on the bulletin board by the Fitness Center.  
The route is also posted on the bulletin.

Sponsored by:



**UDOH CANNON**



# WALK TO HAWAII

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	5 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	6 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	7 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	8 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	9 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____
10 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	11 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	12 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	13 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	14 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	15 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	16 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____
17 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	18 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	19 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	20 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	21 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	22 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	23 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____
24 1.Activity; _____ Steps _____ Activity; _____ 2.Steps _____ Total= _____	25 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	26 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	27 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	28 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	29 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	30 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____
31 1.Activity; _____ Steps _____ 2.Activity; _____ Steps _____ Total= _____	1 GRAND TOTAL (Aug. 4-31); _____steps YAY!!!!!!!!!!!!					



## Cannon Building

We had some successful and amazing brown bags and events this year. Our annual events included:

- Walking/Fitness Challenge
- Food Drive challenge
- Employee Farmer's Market
- Iron Chef Competition
- Two 5K that we partnered with our fitness center

We had some exciting brown bags all presented by UDOH employees that included:

- Happiness
- Botany in Utah
- Religion and Health
- At Home Exercises and Qi-Gong
- Movement Meditation
- Shamanistic Healing

Our focus this year for brown bags was to offer interesting and a variety of topics and really give employees a voice.



## Department of Corrections

### Governors Challenge Nutrition # 5

Plan and implement a water challenge encouraging water consumption. Have employees track their water intake, with a goal of at least eight 8 oz glasses per day. Provide an incentive for participants.

Our challenge was tracking 14 days of water consumption, drinking at least drinking 64 oz a day. UDC staff needed to fill the DUNK TANK at 500 gallons. If they drank 500 gallons, we would dunk the Executive Director, Deputy Director and other willing Directors.

We had over 150 participants and over 500 gallons of water. The event was held July 28<sup>th</sup>. We had free snacks, water and gave away ten \$5.00 gift cards to subway. We charged \$1.00 for 2 tries to dunk someone. We raised \$287.00 that was used for Sub for Santa. Fox 13 News was there to tape the event and it hit the Monday night and evening news.





**5K Run/Walk -5 cans/\$5 for Utah Food Bank  
Agreement and Release of Liability**

1. In Consideration of being allowed to participate in the 5K Run/Walk on Wednesday May 20, 2015 at Liberty Park to benefit the Utah Food Bank, I do hereby forever waive, release, and discharge the Department of Commerce, its Wellness Council, any officers, agents, employees, representatives, and all others acting on their behalf, from any and all claims or liabilities for injuries or damages to my person and/or property, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf, arising out of or connected with my participation in the 5K Run/Walk.
2. I have been informed, understand, and am aware that the 5K Run/Walk is potentially a hazardous activity and that it involves a risk of injury, including a remote risk of death or serious disability, and that I am voluntarily participating in this activity with full knowledge, understanding, and appreciation of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death.
3. I do hereby further declare myself to be physically sound and suffering from no condition, impaired, disease, infirmity, or other illness that would prevent my participation in the 5K Walk/Run. I do hereby acknowledge that I have been informed of the need for a physician's approval for my participation in the 5K Walk/Run. I also acknowledge that it has been recommended that I have yearly or more frequent physical examinations and consultations with my physician as to physical activity and exercise. I acknowledge that I have either had a physical examination and have been given my physician's permission to participate, or that I have decided to participate in the 5K Walk/Run and hereby assume all responsibility for my participation in the 5K Walk/Run.
4. I understand that the Department of Commerce's provision of the opportunity to participate in the 5K Walk/Run does not constitute an acknowledgment, representation, or indication of my physiological well-being, or a medical opinion relating thereto.

\_\_\_\_\_  
Print Employee Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Supervisor Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# Utah Commerce Wellness Council

<http://utahcommercewellness.blogspot.com/>

## Wellness Fridge and Basket

A big thanks to Elaine Barker for stocking up the wellness fridge. Please go and buy things. She has some got some great snack in the fridge and in the basket. There is Yoplait yogurts, applesauce, milk, string cheese and water. In the basket she has Clif bars, fruit snacks, veggie sticks, oatmeal, and Quaker rice popped snacks, trail mix and peanuts. There is a price list listed on here and also next to the fridge. It is right inside Division of Corporations. They have to let you in and then you turn left. She wants to know if it is worth it to keep it going or not. She has got a couple trial items. I think its a great idea. If I forget my lunch I can easily go down there and purchase something for a good price. We will see where we are in a month and see if it is worth keeping around.



# DNR Spring Fun Run

**Thursday  
May 28, 2015**

**1-mile or 5k**

**EVERYONE WHO FINISHES  
THE RACE WILL BE  
ENTERED IN A DRAWING  
FOR PRIZES!**

Meet at the Fitness  
Center at 11:45 to  
sign in.  
Race begins at  
12:00 noon.

**REFRESHMENTS  
PROVIDED**



**For more information contact your  
division representative:**

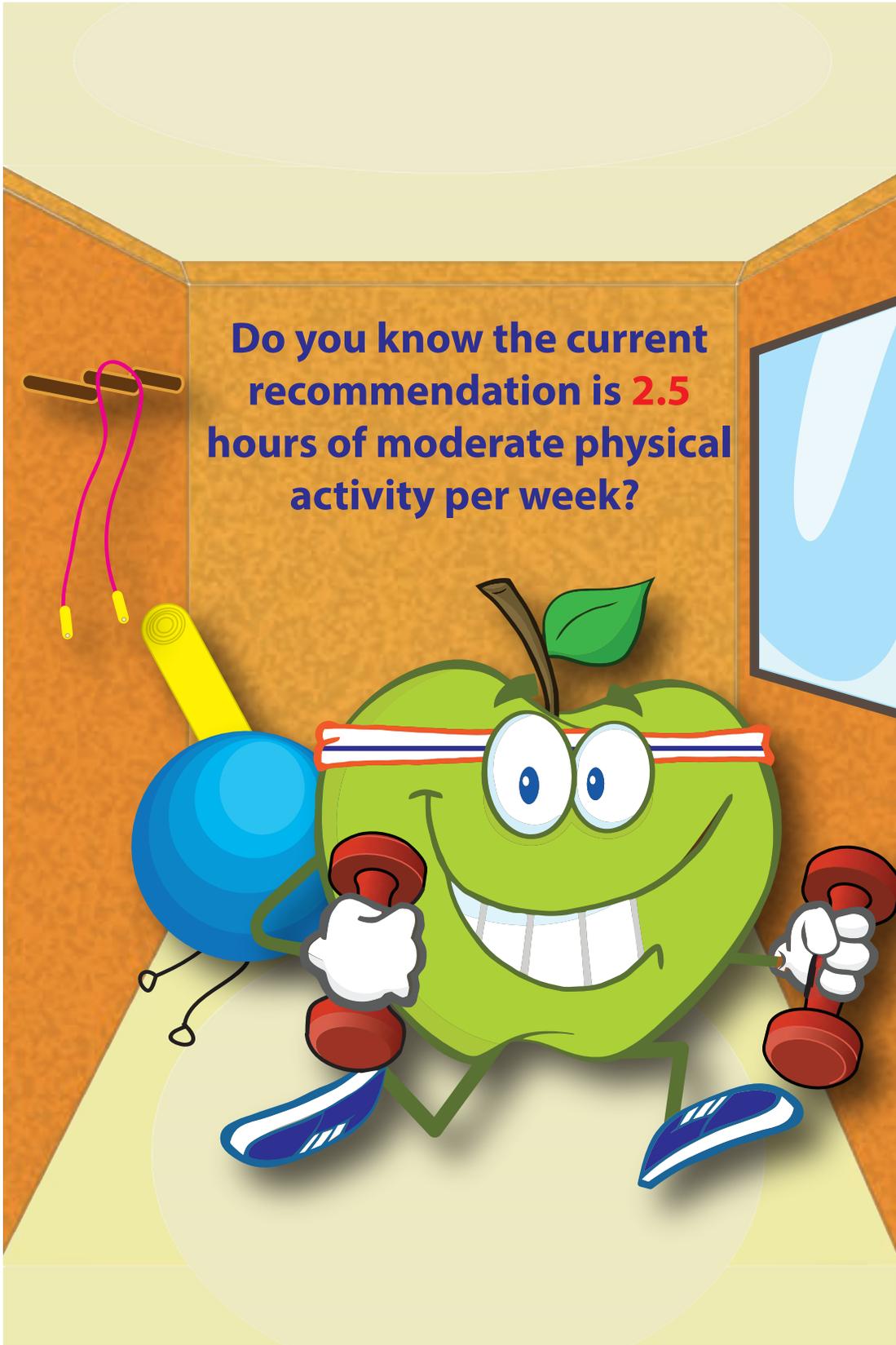
Nikki Simon (UGS) 801-537-3331  
Sarah Lindsey (Wildlife) 801-538-4759  
Lisha Cordova (OGM) 801-538-5296  
Nicole Dennison (Forestry) 801-538-5418  
John Good (Parks) 801-537-3132  
Joel Williams (Water Resources) 801-538-7249  
Josh Zimmerman (Water Rights) 801-946-7168



**DEPT OF NATURAL RESOURCES**



Do you know the current recommendation is **2.5** hours of moderate physical activity per week?





## Get your Grub on

with these

FOOD SAFETY

## TIPS



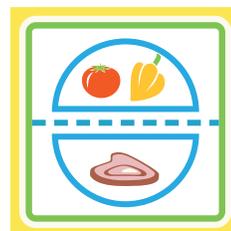
- wash hands with soap and water for 20+ seconds
- wash kitchen surfaces with hot soapy water
- sanitize sponges frequently
- wash fresh produce under running tap water



- use a food thermometer to ensure food is cooked to a safe minimum internal temperature
- keep food above 140 degrees after cooking
- microwave food until it reaches 165 degrees



- refrigerate perishable foods within 1-2 hours
- ensure refrigerator is set at or below 40 degrees
- throw away all expired food and rotting produce



- separate prepared and unprepared food in your shopping bags and cart
- never place cooked food on a plate or cutting board that previously held raw meat, seafood, or eggs



# Routine Friendly Frugal Fitness *Tips*



INSTEAD OF PARKING IN THE SPACE CLOSEST TO THE DOOR, GET SOME EXTRA STEPS BY PARKING IN THE BACK.



The more you clean the more you get lean.



*No matter the season, there is yard work to be done and calories to be burned. Shovel dirt, shovel snow, and show results.*



Take steps towards better fitness and climb the stairs rather than the elevator.



Stay your beautiful self and

Drink up

Increase your water consumption by **1.5 liters** a day and burn an extra **17,400 calories** per year, for a total weight loss of appx. **five pounds**.



Drinking **cold water** can speed up your metabolism after just **10 minutes**.



When chronically dehydrated, your skin prematurely wrinkles and withers.

Many people mistake hunger for thirst. Before eating, try curbing your appetite by drinking water.

**FACT:** 1 person dies every 6 seconds from a tobacco related disease.

**FACT:** More than 600,000 people die each year from from second hand smoke; 33% of which are children.

**FACT:** Over 20% of U.S. deaths are caused from tobacco.

**Ready to quit?**

Call PEHP's Resouce Quit Line at  
**855-366-7500**



\* statistics courtesy of [www.ash.org](http://www.ash.org)

**DHRM**



# Wellness Council

Southtowne

September 2014

**Go Team! WE Won KickBall!!!!!!**

State of Utah

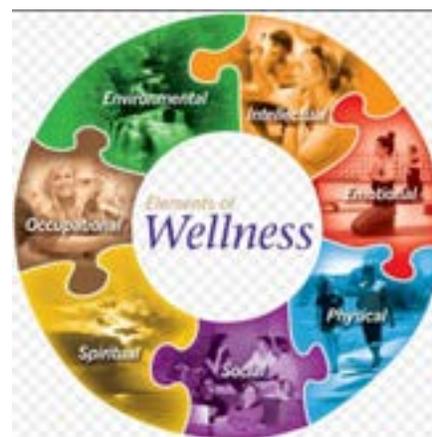
**Thank you for all who Participated. Rolly is ours if he comes out of Hiding!!!!**

..... WE Have a Wonderful Guest Speaker: She is from the Wellness council her name is Leanne:

**Inside this issue:**

10 Minute Health Tips	2
Helpful and Useful items	2
Healthy Recipe	2

For Our next meeting , She has lots of fun information for everyone not just the wellness Council:



**October 21, 2014 At 2:00 pm  
In Conference Room 1, Please  
Try to come!**

## **Up Coming Activities & Events**

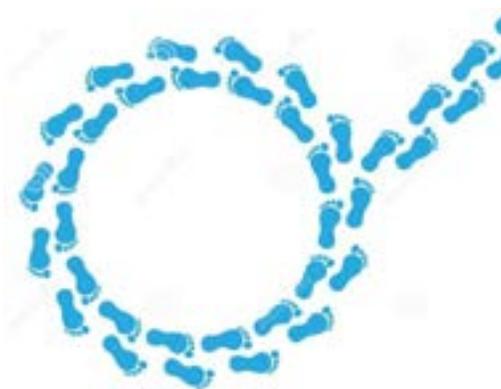
### Announcing Our Walking Club:

**When** Every Tuesday & Thursday

**Time:** 11:30-12:30

**Place** We will meet in the Lobby and we will walk around the block in front of us!!!!!!!!!!!!!!!!!!!!!!  
Do not feel guilty if you can not do the whole hour!!!! You are one step (or Block Closer to improving Your health Goals) **Do what you can!**

**No Pressure No Guilt involved!!!!**



Hello fellow DWS employees,

The CDC has recommended that adults get at least 2.5 hours of moderate physical activity a week. Don't feel like you have time to exercise? Here are some ideas to help you fit exercise into your busy schedule:

- To promote the general physical and emotional well-being of its employees, the Department may offer employees the option of using 30 minutes a day, three times a week to participate in an aerobic exercise program. For more information, see Admin Policy 1302-3 (Home > 1300 Human Resources > 1302 Employee Benefits > 1302-3 Policy > Exercise) and talk to your supervisor.
- Join the Workforce Walkers for their walks on Tuesdays and Thursdays at 10 am and participate in Healthy Utah's monthly physical activity challenge, Workout Warriors. For more information, see the attached flyer or visit <http://www.healthyutah.org/warriors>.
- Medical research has shown that yoga and meditation can ease pain, improve immune function, strengthen bones and muscles, as well as relieve stress. For ideas of yoga poses you can do at work in your cubicle, see <http://www.yogaeverywhere.com/keyboard>.
- Join the DWS Admin North Fitness Center! Exercise in the fitness center or join the yoga group every week on Wednesdays at 11 am during breaks, lunch, or approved exercise time. For more information on joining the fitness center, talk to a member of the Fitness Center Committee (Shane Young, Troy Evans, Paula Bowen, Bradley Salmond, or Lily Sparks).
- Bike to and from work or go for a bike ride during breaks, lunch, approved exercise time, or after work. For information on biking trails in Utah, see <http://www.trailink.com/stateactivity/ut-bike-trails.aspx>.
- And don't forget to stretch!!! Proper stretching will increase your flexibility and minimize your chances of pulling a muscle. See the attached flyer for stretching suggestions.

Need help tracking your physical activities? See the attached App Happy flyer for descriptions of not only apps to assist with your fitness and exercise goals, but nutritional, weight loss, and behavioral change goals as well!



Department of  
Workforce Services

**DWS ADMIN NORTH**

# CHOOSE HEALTH IN 2015



Make your team resolutions for

## HEALTHY CHOICES

and post them in the 2nd floor break area!



Submit your resolutions to [japearce@utah.gov](mailto:japearce@utah.gov) and win prizes!

SHOW YOUR PARTICIPATION ON TWITTER WITH [#CHOOSEHEALTH2015](https://twitter.com/CHOOSEHEALTH2015)

 Join Team DWS for a Health Challenge



## CHOOSE HEALTH—CHALLENGE YOURSELF!

Six weeks: **March 2, 2015 – April 14, 2015**

### Earn up to six raffle tickets for a chance to win prizes!

Participants with the highest number of points each week will be automatically entered into the drawing. Have fun AND Choose Health.

Click or scan to enter your points by  
Tuesday, 10:00 a.m. each week:



#### Daily Scoring:

- Exercise, 20 min. = 5 points,  
30 min. = 6 points
  - Keep a food journal = 5 points
  - Eat three 1-cup servings of  
vegetables = 5 points
  - Drink 64 oz. of water = 4 points
  - Avoid treats = 4 points
  - Eat two 1/2-cup servings of  
fruit = 3 points
  - Refrain from eating after  
8:00 p.m. = 3 points
- Total possible each week = 180**

For more information, contact Janene Pearce at [japearce@utah.gov](mailto:japearce@utah.gov).

[#ChooseHealth](https://twitter.com/ChooseHealth) [#ChallengeYourself](https://twitter.com/ChallengeYourself) [#DWSHealthChallenge](https://twitter.com/DWSHealthChallenge)

**DWS ADMIN NORTH**



Join Team DWS

# CHOOSE HEALTH CHOOSE TO QUIT SMOKING

Did you know . . .  
>>> you could earn **\$100** for quitting?

#### TOBACCO CESSATION REBATE

- Complete **5** phone calls to the PEHP Quitline **1-855-366-7500**  
(Available seven days a week from 8:00 a.m. to 11:00 p.m. MST)
- Remain tobacco-free for **6** months
- Physician verification and lab results required

Eligible PEHP members, spouses and dependents are eligible. Must be 18 years or older to receive a free supply of patches, gum or lozenges. For details and to enroll, visit [pehp.quitlogix.org](http://pehp.quitlogix.org).



Join Team DWS

# CHOOSE HEALTH CHOOSE YOGA

- Join Lululemon for FREE outdoor yoga classes at the **Grand America Hotel** courtyard in Salt Lake City all summer long. Classes are **Wednesdays, July 10–August 28** at **7:30 p.m.**
- Join Salt Lake's hottest studio for this fun, FREE community event hosted by The Gateway. Salt Lake Power Yoga will be providing the community classes **every Thursday In June, July and August** at **7:00–8:00 p.m.** at the **Legacy Fountain** located at the **Gateway Mall**.
- Join Salt Lake's FREE yoga classes every **Sunday** morning at Lululemon **Trolley Square** or **Fashion Place** store at **10:30 a.m.**



Join Team DWS

# CHOOSE HEALTH & HELP Someone Else



## Meals on Wheels

The DWS Meals on Wheels Delivery Team needs **MORE** volunteers!  
Workout while delivering meals and smiles to those in need.

FOR MORE INFORMATION

**DWS ADMIN NORTH**

# S-T-R-E-T-C-H

Loosen up with gentle, simple S-T-R-E-T-C-H-E-S

Before you start exercising, it is very important to stretch your muscles effectively. Proper stretching will increase your flexibility and minimize your chances of pulling a muscle.

By following this simple routine, you can become loose and limber in a few minutes. Perform all stretches slowly with controlled movements for 10-20 seconds taking slow deep breaths. Do not bounce or stretch to the point of pain.



1. **Standing Hip Stretch**  
Start from a standing position. Take a full step forward with your left foot. Gently bend left knee to lower hips, keeping right heel on ground and right knee straight. Switch and repeat.
2. **Standing Quad Stretch**  
While standing, bend your left leg and reach back to grasp you left ankle. Pull you foot toward your buttocks while placing other hand on a bench or chair for support. Switch and repeat.
3. **Standing Wall Pushes**  
Stand arms length from a sturdy pole or wall. Place your hands on the wall at shoulder height, bend the elbows, lean in from the ankles, and press your body upright until you feel a slight strain in your legs.
4. **Standing Calf Stretch**  
While standing, extend one leg in front of you and place the heel on the floor, toes in the air. Keeping the back straight, bend forward at the hips until you feel the stretch of the calves. Switch and repeat.

Repeat this entire sequence when you finish exercising to prevent undue stiffness and soreness later.

## DWS WORKFORCE WALKERS

### ROUTE CARD #1 (Short)

#### City County Building Tour - 6 Blocks

*This route circles the City and County Building grounds and goes past the Library.*

Go East on 3rd South and turn south on 2nd East  
Go to 5th South and turn west to State Street  
Go north on State Street to 3rd South  
Go east on 3rd South to DWS



8 Salt Lake City Blocks = 1 Mile

## DWS WORKFORCE WALKERS

### ROUTE CARD #2 (Medium)

#### Cathedral of the Madeleine and First Methodist Church (Historic Building) Tour - 9 Blocks

*This route goes near the Cathedral of the Madeleine (331 South Temple) and passes the Methodist Church (2nd East)*

Go East on 3rd South to 3rd East  
Cross to the east side of the street and go north to South Temple (shade)  
Go west on South Temple to 2nd East and turn south on the east side of 3rd East (shade)  
Turn west on 3rd South to DWS



8 Salt Lake City Blocks = 1 Mile

## DWS WORKFORCE WALKERS

### ROUTE CARD #3 (You choose Short or Medium)

#### City Creek Tour - 7 Blocks to Main Street (Short) 9 Blocks to West Temple (Medium)

*This route goes through City Creek following the stream. Gardens, statues and fountains are located throughout City Creek.*

Go west on 3rd South to State Street  
Go east on State Street (east side of street) to Social Hall Ave.  
Enter the tunnel entrance to City Creek. (Historic information is located in the tunnel)  
Continue west through City Creek Shopping Center  
Either return on Main Street or West Temple (City Creek runs between State Street and West Temple)  
Go to 3rd South and turn east to DWS



8 Salt Lake City Blocks = 1 Mile

## DWS WORKFORCE WALKERS

### ROUTE CARD #4 (Long)

#### Temple Tour - 10-12 Blocks depending on how far around Temple Square and the Plaza you walk.

*Historic sites include Temple Square, Lion House and Beech House.*

Go east on Main Street to South Temple and cross South Temple to the LDS Church Plaza  
Walk through the gardens on Temple Square and the P  
Return to South Temple and go down State Street to 3rd South  
Go East to DWS



8 Salt Lake City Blocks = 1 Mile

# CHOOSE HEALTH BICYCLE BINGO!

B	I	N	G	O
				
				
		FREE		
				
				

NAME: \_\_\_\_\_

Join Team Department of Workforce Services 

**DWS ADMIN NORTH**

Join Team Workforce Services 

# CHOOSE HEALTH BICYCLE BINGO!

Join Workforce Services in *May* for a game of *Bicycle BINGO!*

## How to play:

1. Ride your bike or enjoy any type of exercise for 30 min. daily
2. For each day you exercise, go to *cubicle 5035 in the Contracts Team Area* and draw a marker



The first three participants to cover five squares in a vertical, horizontal or diagonal row will win a prize.

Redeem your winning markers with Janene Pearce (Cubicle 5023) to claim your prize.



**GREENbike passes are available!**

Contact Janene Pearce at [japearce@utah.gov](mailto:japearce@utah.gov)

Show your participation on social media:

#ChooseHealth #DWSBicycleBingo

**MAY is National Bike Month**

**DWS ADMIN NORTH**

## Virtual Vitality

We have really liked doing the Work Well Challenge in combination with the Governor's Work Well recommendations. Our wellness council, Virtual Vitality, decided to select our favorite activity from each section of the challenge and share a short summary of what we did. We were always sure to get other team members, outside of the wellness council members involved, this increased buy in and participation from the team.

Wellness = we did a Lighten Up challenge after the holidays were behind us. We did an 8 week challenge in March through April. We had one contact person that everyone reported their weight to on Mondays. The contact person kept track of pounds but only reported on percentage lost to the team. We had a small buy in wager so that the winner had some cash incentive. We chose to give all the money to the person that lost the most pounds, but it could be divided up between the top 3 or 5, depending on the number of employees participating. Prizes and trophies were given to everyone that participated. Out of 10 employees that participated 57 pounds were lost and healthy habits were formed!

Physical = our team instituted weekly walks after our staff meeting. We have our staff meetings every Monday morning. This weekly walk resets us after our weekend and prepares us for a day of productivity. It also gives us the opportunity to think about the agenda items we just discussed and figure out how to apply them and decipher any questions.

Nutrition = we have team members that are knowledgeable in nutrition. At each in person team meeting one of them will share anything new or interesting. We learn about trendy health foods, exchange healthy recipes, and learn better how to incorporate healthy food into our daily diet.

Mental Health = our team is assigned their workload each morning. In this email with the assignments we include a quote. The quote may be funny, silly, ironic, inspirational, insightful, or motivating.

Tobacco = we are not aware of anyone on our team that smokes, but it was interesting to go through the Tobacco Toolkit to better understand the laws and our rights concerning tobacco.



# Wellness Program: 12 Months to Better Health and Happiness

Welcome to *12 Months of Wellness*. We hope you enjoy our monthly themes to promote a healthy lifestyle.

**What is wellness?** No matter what your current health status is, you can move toward a higher level of wellness.

- Wellness is a choice—a decision you make to move toward optimal health.
- Wellness is a way of life—a lifestyle you design to achieve your highest potential for well-being.
- Wellness is a process—a developing awareness that an end point does not exist, but that health and happiness are possible in each moment, here and now.
- Wellness is the integration of body, mind, and spirit—the appreciation that everything you do, think, feel, and believe has an impact on your state of health and the health of the world.
- Wellness is the loving acceptance of yourself.
- Wellness is an ongoing lifestyle, which requires taking responsibility and making healthy choices, promoting individual well-being through a balance in all aspects of life.

## 7 components of wellness and tips



### 1. Social wellness:

- Schedule a game night
- Watch a funny movie with friends
- Join an organization
- Do not gossip and become a good listener

### 2. Environmental wellness:

- Fix something that is broken
- Recycle
- Plant a tree
- Donate blood
- Donate food or clothes

### 3. Vocational or occupational wellness:

- Pursue continuing education opportunities

### 4. Spiritual wellness:

- Develop a life philosophy and live by it
- Practice compassion and acceptance

### 5. Emotional wellness:

- Smile as many times as you can in a day
- Adopt an attitude of optimism

### 6. Intellectual wellness:

- Learn a new language
- Take a workshop or course for a new skill or hobby

### 7. Physical wellness:

- Drink plenty of fluids
- Aim for 25-35 grams of fiber/day



## Spring into Health!

### New Habits for Spring

#### Enjoy the Season

Spring is the perfect time to shed old habits that no longer work for you and begin healthy new ones.

You can improve your life through a good old-fashioned spring-cleaning, better diet and fitness, and more.



#### Lighten Up Your Diet

It's easy to eat a healthy and delicious diet in the spring, when fresh produce abounds.

- Try seasonal staples such as asparagus, spinach, strawberries, and apricots.
- Grill lean cuts of meat or fish outdoors.
- Dine al fresco by eating a meal in your backyard or going on a picnic.



#### Mix Fitness and Fun

Let the season inspire you to be more active and stay fit.

- Take exercise outside by going on a hike, walking in a park, or bike riding.
- Do weight-training exercises twice weekly to tone muscles and prepare for swim season.
- Exercise with a friend for camaraderie and a dose of healthy competition.



#### Spring Into Cleaning

Spring-cleaning can help clear your home-and your mind-of clutter.

- Clean your kitchen by removing foods that have expired, and throw out unhealthy foods.
- Get rid of musty winter smells by buying houseplants and opening windows.
- Go through closets and throw out any items you haven't used in the last year.



#### Get Back to Nature

Take advantage of warmer springtime weather to enjoy the great outdoors.

- Plant a vegetable, herb, or flower garden and reap the rewards for months to come.
- Visit a local, state, or national park and look for a new baby animal.
- Get connected to nature and go camping.



#### Take Time for Reflection

Spring is synonymous with new beginnings: Think about new changes you'd like to make in your life.

- Consider your daily habits and decide which contribute most-and least-to your happiness.
- Pick one or two changes you'd most like to make and break them down into steps.
- Set goals you'd like to accomplish in the next three, six, and twelve months.

**Try to complete at least 2 challenges from each category and Spring-Clean your life!**

TOTAL CHALLENGES COMPLETED \_\_\_\_\_

NAME: \_\_\_\_\_

Return by May 8, 2015



## December's 12 Days of Wellness Challenge

As we enter December and the holiday season, the **12 Days of Wellness** challenge will help keep your body and mind in good health and spirit. To participate, all you have to do is complete one wellness activity each day (includes weekend) from the **12 Days of Wellness** activity list. There are four different categories of wellness activities: Fitness, Nutrition, Community, and Well Being. At the end of the challenge, your goal is to complete three activities from each of the four-wellness categories.

When you meet the 12 Days of Wellness challenge requirements, turn your tracker into the office at your school **No later than Monday December 15<sup>th</sup>. Prizes will be given out on the 19<sup>th</sup> with Paychecks. Everyone that successfully completes the 12 Days of Wellness challenge will be put in a drawing for JN gifts.**

The wellness activity list and tracking form can be found on the back of this page.

October Winners are:

- \$50 Gift Card – Karen Newell
- \$25 Gift Card – Tracy Hathaway
- \$25 Gift Card – Charlene Nielson
- \$25 Gift Card – Kristin Poulsen
- \$15 Gift Card – Angie Hall

*participated in the 7 components of wellness year-long challenge in December. Yes \_\_\_\_\_ No \_\_\_\_\_*

*The i-pad mini for the year-long challenge will be handed out Dec. 19<sup>th</sup> with paychecks.*

# 5K Run or Open Distance Walkathon

May 18, 2015

**The Superintendent has agreed to release all employees as soon as the second bell rings if you participate in this 5K Run or Open Distance Walkathon.**

Check in begins at 2:00 on the Juab High School Track. Run/Walk will begin at 2:15.

There will be drinks and refreshments at the finish line!!!!

Prizes will be awarded at 3:15

Everyone who walks or runs will be entered in the drawing for one of two **\$100 visa gift cards**, and other great prizes.

Runners will start at the JHS track and run a designated route that returns to the JHS track. Walking will be on the Juab High School track at the same time as the 5K run. Walkers can walk 10 steps or 10 laps just come out and walk for fun and prizes!



There will be an overall prize for the first Male and Female to cross the finish line of the 5K Sponsored by Sprint (Gym bag, earphones, water bottle, towel, first aid supplies, stress ball, and more great stuff).

#### March Wellness Winners

\$50 Gift Card – Kristi Drake  
\$25 Gift Card – Debbie Painter  
\$15 Gift Card – Stephanie Black  
\$15 Gift Card- Tami Weight  
\$15 Gift Card – Leslee Anderson

The district 5k run/walk will be the last wellness activity for this year. Thank you to all of those who have participated and made our district a happier healthier place to work. Keep up the healthy habits through the summer and be ready to start again in the fall.

A big Thank You to **Sprint** for sponsoring this event. Come have a good time and enjoy the benefits of exercising together as a district.



## Stuff the Turkey, Not Yourself on Thanksgiving

Most Americans are likely to gain three to seven pounds during the holiday season. The average traditional Thanksgiving meal packs approximately 3000 calories. Consider these tips for a healthier Thanksgiving dinner.

- Eat breakfast and/or lunch to prevent overeating at the Thanksgiving table.
- Eat smaller amounts and drink lots of water throughout the day and really enjoy a healthful dinner.
- Control your portion sizes: Draw a 12-inch dinner plate in your mind and divide it into three-inch-sized circles with each one representing one food group: proteins, vegetables and starches. The key is to stay within your circle for each food group: If you like turkey and ham, fit a little of both in one circle.
- If you're worried about the food choices, bring your own low-calorie dish or veggie tray to family gatherings.
- Be active: Go for a bike ride, a long brisk walk, a run or spend at least one hour at your local gym to burn calories before the big Thanksgiving meal.
- Plan a family event that involves physical activity—a pick-up game of basketball, a snowball fight, a long brisk walk outdoors or a family bike ride—before, during or after the big meal.

### November Challenges

**Please turn in by December 5<sup>th</sup>.**

**Drink lots of water.** Many of the traditional Thanksgiving foods are high in salt, so reach for a glass of water (instead of soda) to quench your thirst. Also, filling up on water will reduce your food intake.

**Be active.** Go for a run or walk. Play with the kids. Play Wii dance or sports. Put on some music and get your groove on. Better yet, get your whole family to join you.

**Take a break.** Do yourself a favor and spend an entire day without doing anything related to your job. Give your mind a chance to rest and rejuvenate.

**Express your gratitude.** Being grateful improves your health and happiness.

completed \_\_\_\_\_ of the holiday survival tips and guides.

worked on the 7 components of wellness yearly challenge Yes \_\_\_\_ No \_\_\_\_



# Welcome back

## Lets start off the new school year with a H2O challenge

### 48-A-Day Challenge Log Sheet and Guidelines

#### Challenge Rules:

1. Write in the date each time you consume **6** eight-ounce cups of water, or 48 ounces.
2. Only **water** can be counted toward your **6** cups.
3. You have successfully completed the challenge when you have consumed **6** eight-ounce cups of water on at least 20 days out of the month of September. Turn in your log sheet by October 4<sup>th</sup> to be entered into a drawing for prizes!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
__ / __	__ / __	__ / __	__ / __	__ / __	__ / __	__ / __



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
__ / __	__ / __	__ / __	__ / __	__ / __	__ / __	__ / __



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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# February Wellness Challenge

February's long winter slog is brightened by Valentine's Day, a good reminder to take care of our heart. Here are some ideas for being well during this shortest, and often snowiest, of months in Utah.

## February wellness challenge:

### Help your heart say "hooray"

The key to a happy heart is a healthy one. Heart disease is the number one cause of death in the US. Taking good care of yourself helps lower your risk for heart disease – giving both you and your heart a reason to celebrate.

Here are 5 ways to make your heart sing:

- **Follow a heart healthy diet:** 1 point for adding any of these to your diet this month. lean protein, fruits, vegetables, whole grains and low-fat milk.
- **Maintain a healthy weight :** 1 point for cutting back on foods high in fats and added sugars.
- **Increase physical activity:** 1 point for increasing your physical activity (try for at least two hours and 30 minutes of aerobic activity each week)
- **Quit smoking:** 1 point if you are smoke free or make an effort to be smoke free in February.
- **Avoid alcohol:** 1 point if you are alcohol free.

## BONUS POINTS: One ticket for each of the following challenges

### Foil the Flu

This month is often peak season for influenza in the United States.

Experts say that frequent hand washing, keeping your fingers away from your face, eyes and mouth and steering clear of people who are coughing and sneezing might help keep you healthy. But the best way to avoid flu altogether is to succumb to a shot, which is recommended for everyone 6 months and older. The vaccine takes about two weeks to become effective, but it's not too late: Supplies remain plentiful and available.

Two points to remember: Influenza's not just a bad cold; it can be deadly. And you cannot catch it from the vaccine.

### The Price of Inactivity

If you exercise less than 150 minutes per week, you need to increase your activity level. Regular moderate intensity physical activity helps keep your heart in good condition. When you are inactive, you burn fewer calories, you are at higher risk for cholesterol problems, blood sugar and blood pressure problems, and your weight is often harder to manage. If that's not enough, physically active people nearly always report better moods, less stress, more energy and a better outlook on life. If your BMI is 30.0 or higher, you are at significant risk for heart health problems.

### Your BMI:

Body mass index (BMI) assesses your body weight relative to height. It's a useful, indirect measure of body composition because it correlates highly with body fat in most people. If your body mass index is 25.0 or higher, you will benefit by bringing your number down below 25. If your BMI is 30.0 or higher, you are at significant risk for heart health problems. Calculate your BMI now.

TOTAL CHALLENGES COMPLETED \_\_\_\_\_ TOTAL BONUS POINTS COMPLETED \_\_\_\_\_

NAME: \_\_\_\_\_

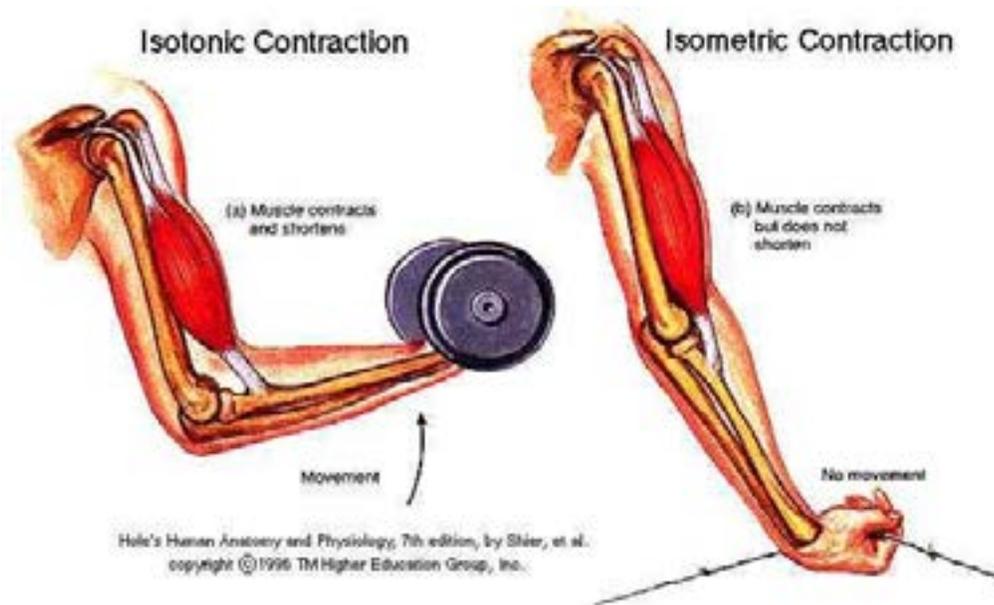
Return by March 6, 2015



Lehi Wellness Council presents an:

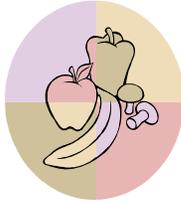
# *Isometrics Class*

**Starts Next Week, Tue., Mar. 3  
and runs through Wed., Mar. 11  
(Tue 3/3, Thu 3/5, Tue 3/10, Wed 3/11)  
12 to 12:30 p.m. in Conference Room 3**



This will be a **30-minute class** on using Isometrics that will run on Tuesday and Thursday for 2 weeks during the lunch hour beginning Tues., Mar 4<sup>th</sup> (new start) thru Wed., Mar. 11<sup>th</sup>. You will learn techniques **you** can utilize in light personal training. We will use stretch bands (of various tensions) and dumbbells or lighter weights (about 5 to 15 lbs.). *Let us know if you can help us with equipment by bringing bands or dumbbells.* **Join us** for a fun, low-pressure (no sweating allowed) activity, and attend however many sessions you can.

*If you have any questions, contact Hal for further information.*



# Lehi Wellness Council UPCOMING ACTIVITIES

April 2015



## National Stress Awareness Month

Stress is often referred to as the silent killer and can result in harmful, often overlooked effects, which can introduce pain and strain into your daily activities. Stress can affect work, school, friendships, relationships, and even sleep habits. It can lead to significant physical suffering and cause headaches, upset stomach, or back pain. Stress can reduce the ability of your immune system to fight off colds and other illnesses the body would normally be able to fend off. *It is important to learn how to effectively identify and manage stress in your life to increase longevity and become a happier, healthier person.*



## “60 in 60 Weight Loss Challenge”: March and April



**Check out the chart in the lunchroom!** We are only halfway to our final goal date and have already reached our pledge goal. Even if you didn't sign up to participate, it's a great time **increase your personal efforts** to eat healthier and improve your fitness level – You'll feel better and have more energy! Participants will be awarded with a Therapeutic Pizza Party on Wed., May 13<sup>th</sup> using pledge proceeds. On Day 60, who'll be the biggest loser?

## Spring Health Challenge: Money Matters – April 2015

Thank you to those who have signed up to participate in the “PEHP Spring Health Challenge: Money Matters”. Do you live within your means, have a rainy day fund, or are over your head in debt? Money is often the largest stressor in a person's life. Gain control and learn tips to help you manage expenses and live debt free. Several of you signed up and will get weekly emails focusing on the following: Week 1: Finding a system that works for you; Week 2: Setting financial goals; Week 3: Paying off debt; Week 4: Build up savings. **You can still sign up using the link in our Mar. 26 email.**



## PEHP Programs Overview: Thurs., Apr. 9, Noon–1P

Tiffany Anderson from PEHP Wellness will be here for a lunchtime presentation on a **myriad** of PEHP Wellness opportunities. Please plan to bring your lunch and join us! *Let's show up in numbers to support this worthwhile and informative presentation.*

## Laughter & Lunch: Tues., Apr. 21

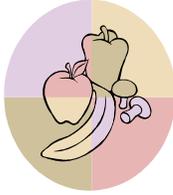
Enjoy a combination of healthy eating and light-hearted fun with your peers. Laughter is great medicine. Studies have shown that laughter not only boosts mood, but enhances the body's immune system. Each of us will bring our own lunch (healthy food encouraged) and maybe something to share along with some humorous stories and experiences with great social interaction helping to build camaraderie.



**Coming Soon: Round-Robin Horseshoe Tourney & more Fitness Instruction**

## **Your Lehi Wellness Council Members:**

Aaron Aders, Carie Burnham, DeAnn Cardon, Hal Hooper,  
Jeff Sanderson, Kathy Leeds, Zenaida Martinez



# Lehi Wellness Council UPCOMING ACTIVITIES

May 2015



## Asthma & Allergy Awareness Month

This time of the year many of us suffer from asthma or seasonal allergies. This may also include allergy-induced asthma resulting from seasonal conditions leading to difficulty with breathing. There are many ways to minimize the effects of both asthma and allergies such as making sure to recognize environmental or pollen-related conditions and take preventive steps. [Please watch the lunchroom bulletin board and Google Drive for helpful information.](#)



## Food Sense “Fruity Desserts”: Wed., May 6, 10:30A-12P

This month’s live USU Food Sense seminar is “Fruity Desserts: Whole Foods vs. Processed”. [Remember to invite your Food Stamp customers or other customers who can benefit from eating healthy on a budget to attend.](#) The instructor teaches how to prepare easy, healthy foods through fun live demonstrations, and participants get to enjoy tasty samples of each dish!

## National Bike to Work Week: May 11-15 (Monday through Friday)

If you live close enough and feel you can ride a bike to and from work, please consider doing so. If you are farther away or not ready for that bike ride yet, just try to increase your walking or other fitness effort. We’ll have some useful information on biking safety to share during the observance. [Please check the lunchroom bulletin board and Google Drive.](#)



## “60 in 60 Weight Loss Challenge” Reward Luncheon: Tue., May 12, 12P

[Participants will be awarded with a Therapeutic Pizza Party on Tues., May 12<sup>th</sup> using pledge proceeds!](#) We made our 60 pounds weight loss goal less than halfway to our final date. Congratulations are in order for those who participated! Even if you didn’t sign up to participate, now is a great time to increase your personal efforts to eat healthier and improve your fitness level – You’ll feel better and have more energy!

## Laughter & Lunch: Tuesday, May 19, Lunchroom

Enjoy healthy eating and fun social interaction. [Studies have shown that laughter not only boosts mood, but enhances the body’s immune system.](#) Each of us can bring our lunch (healthy food encouraged) and maybe something to share along with some humorous stories, jokes, and/or experiences creating great social interaction helping to build camaraderie.



## Bowling and Fitness: Wed., May 20, 11:30A-1P, Jack n’ Jill Lanes, Lehi

Join us for some fun and exercise. You should plan to leave our office at 11:30 a.m. and car pool to the lanes. You can bring your lunch or buy lunch at the lanes. [A sign-up sheet will be distributed to get a count of how many of you would like to participate.](#) We’ll also learn a few tips on how to make our bowling experience more enjoyable. We’ll have some fun prizes for the person with the “Most Strikes”, “Most Spares”, and “Most Enthusiastic”. Prices are \$2.50 for shoes and \$3.75 per game (plan on 2 games if time allows). [We hope you will join us!](#)

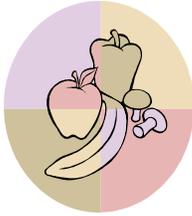
## National Employee Health & Fitness Day: Thursday, May 21

We’ll take a staff lunchtime walk to the park, which is a one-mile round-trip from our office. We’ll have some healthy snacks to share. [A sheet will go around for anyone who wants to bring a snack/treat.](#)



**Coming Soon:** [Kick-off of 2015-16 Wellness Campaign in June](#)

**Your Lehi Wellness Council Members:**  
Aaron Aders, Carie Burnham, DeAnn Cardon, Hal Hooper,  
Jeff Sanderson, Kathy Leeds, Zenaida Martinez



## Lehi Wellness Council **UPCOMING ACTIVITIES**



### Healthy Grilled Veggies & "Dining on a Dime" Webinar Tuesday, November 18 at Noon

We'll be grilling some fresh veggies with a variety of seasonings just before lunchtime starting about 11 a.m. to share during the Webinar while you eat your lunch and learn about "Dining on a Dime".

- Grab your lunch and join in the Webinar
- Sample a variety of grilled vegetables
- Bring some fresh veggies for roasting
- Learn how to eat less expensively both at home and out on the town

The webinar will start at Noon  
and runs about 30 minutes.



**"Thank You" to our Lehi Wellness Council Members:**  
*Aaron Aders, Carie Burnham, DeAnn Cardon, Hal Hooper,  
Jeff Sanderson, Kathy Leeds, Zenaida Martinez*

# Fruit Smoothies & "Get App Happy" Webinar



We'll be preparing some healthy fruit smoothies from a variety of delicious fresh and frozen fruits that you can enjoy while you watch the 30-minute webinar that teaches about several smart phone applications "apps" that can help you with your wellness efforts, including recipe guides, weight loss, personal trainers, and medication reminders.



***Learn to make 2015 a healthier year!***

Join us this Wednesday, Dec. 17<sup>th</sup> at noon!

*~ Your Lehi Wellness Council*



### What's On Your Plate?

#### Health Tip

##### HAVE A MINDFUL SNACK

<http://www.express.co.uk/lifestyle/health/399107/Give-yourself-a-boost-with-out>



One common error is preparing a healthy snack but not taking the time to enjoy it, says nutritionist Anita Bean, author of *The Complete Guide To Sports Nutrition*. Not only will you give yourself indigestion, you won't be helping your waistline either. "Eating too fast in front of a TV or computer screen can lead to overeating as our brains don't have time to register when we are full," Anita explains. Choose a snack and take 10 minutes to eat it. Chew each mouthful thoroughly and pay attention to what you are doing.

#### Exercise

##### 3 WAYS TO GET MORE RESULTS FROM YOUR WORKOUT IN 2015

<http://www.today.com/health/3-ways-get-more-results-your-workout-2015-1D60389982>

Jenna Wolfe TODAY

Frustrated with your current workout routine? You don't have to add time or weight to your workout to get more out of it. You just have to make changes that challenge you beyond your current workout to start seeing results again. This could mean picking up the pace, shortening the rest periods, doing more sets or a combination of these and more. Here's a few ways to kick your workout up

a notch without adding any equipment or weights. Mountain climbers are one move you can add to your arsenal for more results in 2015.

##### 1. Pyramid

You can do pyramids in a few different ways: increase the reps, decrease the reps, build up and then build back down, and do as few or as many different exercises as you like. Here's one example:

- 50 jumping jacks
- 40 high knees
- 30 mountain climbers
- 20 push-ups
- 10 crunches
- Rest and repeat.



Also, if you're looking for more, here's a full-body pyramid workout from this year that you can do at home!

##### 2. Mini Circuits

Mix and match cardio with strength in these mini circuits. You simply pick 3 to 4 exercises and do them one right after the other without a rest period. Include at least one lower body, one upper body plus core with an optional cardio (if you do them fast enough the whole program becomes a cardio workout!). Here's one idea:

- Push-ups
- Squats or lunges
- Crunches or planks
- High knees or jumping jacks
- Do as many as you can of each and then rest. Repeat for 2 to 3 sets.

# Healthy Happenings! BRSA January 2015

By Coy Hoskins

I also love this circuit from earlier this year to totally tone your glutes and butt.

##### 3. Intervals

Take any cardio workout and add hard and easier "rest" bouts. For example, here's a walk/run interval routine you can adjust for the elliptical or even a bike workout. Increase the intensity by bumping up the faster pace and shortening the easier interval.

- Walk 4 minutes
  - Jog/run 1 minute
  - Walk 2 minutes
  - Jog/run 1-1/2 minutes
  - Walk 1 minute
  - Jog/run 2 minutes
  - Walk 2 minutes
  - Jog/run 1-1/2 minute
  - Walk 1 minute
  - Jog/run 2 minutes
  - Repeat OR finish with a 2-minute steady walk and cool down
- It just takes a little creativity and a bit of effort to take your workout to the next level for 2015!





# Healthy Happenings! BRSA

November 2014

By Coy Hoskins

## What's On Your Plate?

### 10 Minute Health Tip

#### LEARN TO MEDITATE

<http://www.express.co.uk/44-style/health/399107/Give-yourself-a-booster-with-our-10-minute-tips>

"When you meditate you're aiming to achieve clarity of thought using breathing techniques," explains Andy Puddicombe, co-founder of meditation project Headspace. "People often confuse meditation with relaxing but actually it's a separate skill which, like any other, requires practice."



The website [www.headspace.com](http://www.headspace.com) offers books and an app as a guide to getting started.

There is even the specific program. Take 10 to help you establish a routine by meditating daily for 10 minutes over 10 days.

#### Exercise

#### POST-THANKSGIVING FULL-BODY WORKOUT PLAN

By Kiser S. Dhillon | For Active.com  
<http://www.active.com/fitness/articles/post-thanksgiving-full-body-workout-plan>

Many of us can't wait until Thanksgiving rolls around so we can feast on all of our favorite comfort foods, but that feasting certainly comes with a price. The average American consumes around 3,000 calories in a Thanksgiving sitting. That's not much to be thankful for, especially when it takes 3,500 calories to burn 1 pound of fat.

In order to burn off all of those calories, you have to commit to some serious working out. Many people don't want to run, bike, walk, or swim for hours to break even with their calorie consumption. So what's the solution? Include compound movements in your workout to burn fat and calories efficiently. These exercises use multiple muscle groups to perform the movement, which means more fat and calories burned.

Keep this workout on hand for when you over consume at the big feast!

#### Equipment Needed

- 8- to 10-pound dumbbells
- Mat
- Towel
- Water

This workout will alternate between a cardio movement to a compound movement to keep your heart rate up and to blast calories and fat. Complete six rounds, allowing 45 to 60 seconds of rest in between each round.

Begin with a 5 to 10 minute warm-up of your choice.

#### 50 Jumping Jack Squats

Do a jumping jack. Clap your hands at the top each time and bring your legs out and into a squat when coming down.



#### 20 Thrusters

Grab your dumbbells and hold them slightly above your shoulders. Squat down to 90 degrees and then push the dumbbells straight up as you stand up from your squat. Make sure to keep your core tight.

#### 60 High Knees (30 Each Knee)

Stand tall. Lift one knee up to your waist, and then switch knees. Continue in a rhythmic pattern.

#### 10 Walking Planks

Start in a low-plank position, forearms are on the ground.

Slowly transition

from your

forearms to your

hands, keeping

your hands

underneath your

shoulders. Then

lower back to your

forearms. Make sure your core is tight to

prevent swaying hips.

#### 10 Burpees to a Push-Up

Stand tall. Then in one quick movement, jump down to a plank position (slightly bend your elbows and turn out your feet). Do a push-up, jump your feet to your hands, jump high, and then return to your starting position.

#### Side Plank (Hold for 30 Seconds on Each Side)

Lie on your right side with your legs straight out and ankles stacked on top of each other. Bend your right elbow and place it under your shoulder. Make sure your neck is aligned with your spine. Tighten up your core and lift your body off the ground.

This high-intensity workout will get your heart rate up and boost your metabolism, which is what you need to burn the extra calories and fat you may have consumed during the Thanksgiving feast.



# 5 FOR 5 CHALLENGES

This month there are several challenges for everyone to participate in if you chose. Chose one, chose all. Each challenge is for 5 days.

## 1. "Grape eating" challenge.

Eat at least 5 grapes 5 times a day for 5 days. The reason for this challenge: May is Mediterranean Diet Month. One of the main concepts is to drink a glass of wine with your meals. Since so many chose not to drink I checked with the local dietician who said that eating grapes can create the same healthy effect.

## 2. "Good things in Life" challenge.

Write down 5 good things in your life for 5 days. Try not to write down the same 5 every day. The reason for this challenge: May is mental health month.

## 3 "Get up and move 5 times a day for 5 days" Challenge

Move 5 minutes 5 times a day, once in the morning, once in the evening and 3 times at work. (Morning break, afternoon break and lunch). The reason for this challenge: Sitting is bad for your health. Studies show that doing 30 minutes of exercise does not solve the problem. You need to move at least every 2.5 hours. Try small things, for example after walking your customer out to the lobby, take the long way back to your desk. Exercises that can be done at your desk are on the board in the exercise room.



Are You  
Prepared?



Celebrate International Mediterranean Diet Month!

# Healthy Tips to Make Every Day in May Mediterranean

## MONDAY

### PASS THE HUMMUS

Serve this heart-healthy spread as a dip for raw veggies, or in place of mayonnaise in wraps, sandwiches, and hard-cooked eggs. **4**

## TUESDAY

### PLAY WITH DESSERT

Dip whole strawberries, diced pineapple, or orange slices into Greek yogurt, then into chopped nuts or dried fruit for a yummy hands-on treat. **5**

## WEDNESDAY

### THINK SOUP

Make a batch of lentil or minestrone soup as a hearty lunch or as a first course for dinner. Homemade soups cut sodium and add flavor. **6**

## THURSDAY

### HEART-HEALTHY FATS

Enjoy healthy fats, such as extra-virgin olive oil, nuts, peanuts, seeds, olives, and avocados in your daily meals. **7**

## FRIDAY

### OLIVES ON THE GRILL

Thread olives on skewers along with bell pepper chunks and mushrooms, and grill until sizzling. **8**

## SATURDAY & SUNDAY

### BUILD A BETTER PIZZA

Start with a layer of tomato sauce, Greek yogurt, or pesto; add olives, capers, tomatoes and other fresh or sautéed veggies, bits of prosciutto, even seafood, including tuna, anchovies, and shrimp; top with small amounts of cheese. **9-10**

## EAT WITH OTHERS

Cooking and enjoying meals with others contributes to your good health. Break bread with friends or family. **1**

## SECRET INGREDIENT:

What adds zip to any sandwich, salad or even breakfast eggs? **Sandried tomatoes!** Always in season and packed with vitamin C, these flavor boosters are great in just about anything. **2-3**

### GREEK YOGURT

Use Greek yogurt in place of sour cream, for topping soups and stews, or mixed with herbs and spices to make fabulous dips. **11**

### EAT BREAKFAST

Start your day with fiber rich foods such as fruit and whole grains that can keep you feeling pleasantly full for hours. **12**

### EGGS FOR DINNER?

Sure! Cook a frittata filled with sliced zucchini, tomatoes, a hint of cheese, and some freshly chopped basil. Serve with a fresh green salad. **14**

### NUTS' SWEET SIDE

Add peanuts or walnuts to muffins and breads, and benefit from the added taste as well as the extra fiber and protein. **15**

## SECRET INGREDIENT:

What's rich in heart-healthy omega-3s, inexpensive, and keeps for weeks in the pantry? **Sardines** are a smart choice for quick protein fixes, as sandwich fillings, in salads, or paired with sauces for **16-17**

### GO MEATLESS

Cook a vegetarian meal one day a week, then aim for two days. Rely on beans, nuts, peanuts and whole grains for healthy proteins. **18**

### TURN UP THE FLAVOR...

with Mediterranean spices. Try cumin dusted chicken, or salmon with fennel. You will love the added flavors spices bring to any dish. **19**

### WHOLE GRAINS

Switch your white rice to brown in Med pastas, risottos or dolmas, or try farro or quinoa at dinner. Oatmeal and popcorn are whole grains too! **20**

### IN YOUR FREEZER

Keep frozen beans and peas on ice, and add them to pasta and grain dishes for fresh flavor and color. **21**

### REACH FOR BEANS

Drain and rinse cans of white, red or black beans. Sauté with garlic and olive oil then add spinach or other greens and cook briefly. A meal in minutes! **22**

### BUILD A ONE-MEAL BOWL

Start with lettuce and greens, then add fresh herbs, vegetables, cooked seafood, a bit of cheese, citrus, nuts, and olives, a few leftover cooked grains, and drizzle with olive oil for a quick and healthy meal. **AND** only one bowl to clean! **23-24**

### AVOCADOS FOR ALL

You're never too young (or too old) to love avocados! Smash with a fork and serve to babies, or use to top your morning toast. **25**

### GO FISHING AT YOUR SUPERMARKET

Look for fatty fish, such as salmon, tuna, and mackerel to maximize the brain and heart benefits of omega-3s. **26**

### SWEET ENDINGS

Save baked goods and ice cream for special occasions; end your meals with berries or melon topped with a dollop of Greek yogurt. **27**

### ROASTED VEGGIES

Bring out the flavor of fresh vegetables by tossing them lightly with olive oil and roasting at 425°F for 10 to 20 minutes. **28**

### A POT OF PASTA

Start with a cup of cooked pasta then add chopped veggies, beans, and shrimp for a healthy pasta meal. Bonus points for whole grain pasta! **29**

## SECRET INGREDIENT:

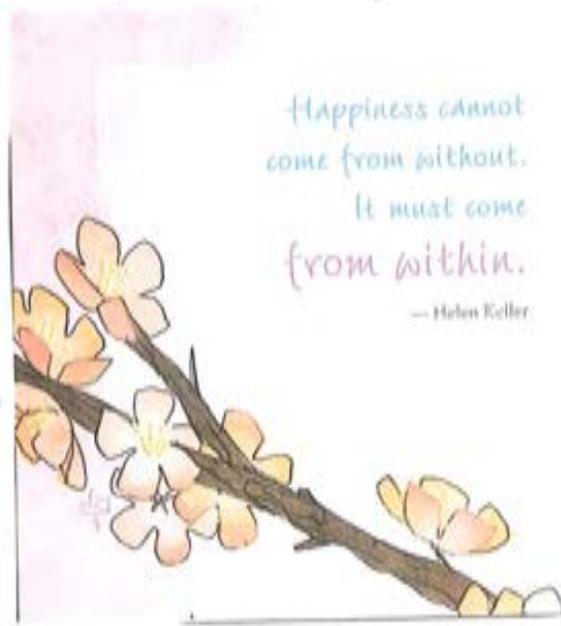
Lusciously sweet when fresh, slightly nutty when dried, there are endless ways to enjoy **figs** – baked on top of pizza, dried and added to trail mix, or marinated in port for a delicious dessert. Try a new fig recipe tonight! **30-31**



May is National Pet Month...



The Love and  
Commitment  
is for a Lifetime...



Happiness cannot  
come from without.  
It must come  
from within.

— Helen Keller



*The Employee Wellness Committee would like to invite you to participate in the Employee Wellness Program.*

*This packet explains the quarterly incentives, incentive rewards, exercise time off policy, health assessments, activities and more.*

*We hope you will join us. If you have any questions, please contact Sarah Leavitt at 801.404.6476 or stop by the Wastewater Treatment Plant office.*

# Payson City Employee Wellness

*A little of this and a whole lot of that!*

## Introduction

Payson City Employee Wellness Program is designed to promote health and educate employees and their families about overall health and way to prevent diseases. The Wellness Committee believes a healthy employee is a happy employee. The Goal of the Wellness Committee and the Wellness Program is to improve morale with quarterly incentives, educational classes/webinars, exercise classes/webinars, challenges, activities, release time and other such items.

Overall employee wellness is important for all employees. The Employee Wellness Program is open to all year-round employees, both part and full time, and their families.

## Terms of the Program

The Program is very simple, participate in the challenges, activities, classes, exercise release time and quarter incentives.

## Council

**Chair/Coordinator:** Sarah Leavitt  
801.404.6476 or sarahl@payson.org or paysoncitywellness@gmail.com

### Council:

Trista Bishop	801.465.5213
Emily Trafny	801.465.5210
Jesse Bennett	801.420.0691
Steve Spencer	801.465.5216
Amanda Baker	801.465.5209

### Sub-committee:

Dave Tuckett	801.465.5234
Dora Edvalson	801.465.5202
Alice Heslop	801.465.5200

If you would like to become a member of the Wellness Committee, please contact Sarah.

# Payson City Employee Wellness

*A little of this and a whole lot of that!*

## **Incentives**

The Program will offer Quarterly Incentives to employees and their families. Employee/participant must sign-up with the Wellness Coordinator by the 15<sup>th</sup> of the first month in the quarter. Incentives must be 80% completed or exercise at least 72 of the 90 days in the quarter and tracked by a log. The log must be turned in to the Wellness Coordinator by the 6<sup>th</sup> of following month and the Incentive Rewards will be determined by the 30<sup>th</sup> of the same month.

Family members may participate in the quarterly incentive, but depending on the Wellness Program budget determines the value of the reward.

Please see Incentive Rewards and Incentive Outline for more information.

If you would like a particular Incentive, please contact a member of the Wellness Committee.

## **Incentive Rewards**

Incentive Rewards includes comp time, prizes and random drawing. Family members will only be eligible for prizes and random drawing. The face value of prizes and random drawing items is determined by the Wellness Program budget.

## **Activities**

The Program will offer activities, sport teams, exercise classes/webinars, potlucks, cooking demonstrations, seminars, webinars, surveys and challenges at varies times throughout the year. Activities will be announced in the monthly newsletter and via email. Employees are encouraged to participate, but not required. One of the activities employees are highly encouraged to participate in with their families is the Pay It Forward 5k/1 mile Challenge held annually in April. Help on the planning committee is also welcome.

If you have ideas about activities you would like to participate in, please contact a member of the wellness committee.

## **Exercise Release Time**

The Payson City Council and City Manager has approved employees to receive one and a half hours (1 ½) a week for exercising. To receive this benefit, employees must do the following:

1. Sign-up for the Quarterly Incentive with the Wellness Coordinator
2. Coordinate with the Supervisor for Release Time
  - a. Release Time CAN NOT be taken in ONE day
  - b. Release Time must be taken during the work week
  - c. Release Time must be indicated on the Timesheet
3. Complete the Log exercise
4. Follow the Incentive Rules (see above)
5. Turn-in Log to the Wellness Coordinator at the end of the Incentive
  - a. The Wellness Coordinator will compile the information and report to the Human Resource, City Manager and Department Supervisor.

# Payson City Employee Wellness

*A little of this and a whole lot of that!*

## **Newsletter**

A monthly newsletter will be available for employees. It will contain topics on the following:

1. Wellness Components
2. Physical Activity
3. Nutrition
4. Fruit and Veggies of the Month
5. Recipe of the Month
6. Mental Health
7. Tobacco Cessation
8. Awareness Observances
9. Incentives
10. Activities
11. Healthy Utah challenges, webinars and information

The newsletter will be sent out via email or hard copy with your paystub. If you do not use a City email address and would like to receive the newsletter or receive updates on activities, challenges, etc. please contact Sarah Leavitt at 801.404.6476 or email [paysoncitywellness@gmail.com](mailto:paysoncitywellness@gmail.com) or [sarahl@payson.org](mailto:sarahl@payson.org).

## **Health Assessment**

A Health Assessment provided by Healthy Utah or a similar provider will be available for employees, their spouse and dependents over the age eighteen on a yearly basis, typically held in March.

### **Testing Session Information**

Healthy Utah's testing sessions are provided free of charge to state and local government employees and their qualified spouse who are under PEHP's medical plans, and are eligible for the Healthy Utah benefit.

The testing session consists of a 20-30 minute appointment to check blood pressure, cholesterol (total and HDL), blood glucose, waist circumference and BMI (height and weight). A four hour fast prior to the appointment may be needed by some members to obtain a more accurate blood glucose reading. Sessions are conducted at various sites throughout the state.

Members can earn the \$50 First Steps rebate, and if they qualify, the \$50 Good For You rebate just by participating in the a testing session and completing an on-line Health Questionnaire. Other rebates are also available for members needing to make health improvements.

Members can use myHealthyUtah to schedule, update or cancel testing session appointments. The employee and their spouse must have their own account and unique email address.

Note: As of July 2014, Healthy Utah will be taking FEMA tax out of the rebates.

# Payson City Employee Wellness

*A little of this and a whole lot of that!*

## Healthy Utah

Benefited employees have additional resources from Healthy Utah. Wellness Council will create teams to help promote Healthy Utah Challenges and Incentives which will be open to all employees.

1. Health Challenges
2. PEHP Waist Aweigh
3. Workout Warriors
4. Wellness Seminars
  - a. Nutrition
  - b. Physical Activity
  - c. Stress Management
  - d. Special Seminars and In-services
5. Wellness Webinars
  - a. Webinars are available on-demand or through the webinar archive.
6. Healthy Lifestyles
7. Rebate Program
  - a. BMI Improvement (\$50 each drop of 5 BMI points)
  - b. Blood Pressure Improvement (\$50)
  - c. Diabetes Management (\$300)
  - d. Lipid Improvement (\$50)
  - e. Tobacco Cessation (\$100)
  - f. PEHP WeeCare & Postpartum Weight Improvement Rebates
    - i. Note: As of July 2014, Healthy Utah will be taking FEMA tax out of the rebates.
8. Lighten Up and Success for Life weight management classes
9. Personal Health Sessions
10. Healthy Utah monthly email service

Additional Healthy Utah information can be located at [www.healthyutah.org](http://www.healthyutah.org).

# Payson City Employee Wellness

*A little of this and a whole lot of that!*

## Work Well Challenge

The Program will participate and incorporate Healthy Utah (PEHP) WorkWell Challenge into their Incentives, Activities, Challenges and other aspects of the program.

The Work Well Challenge has the following sections:

1. Wellness Components
2. Physical Activity
3. Nutrition
4. Mental Health
5. Tobacco Cessation

What is Work Well?

The Governor's Work Well recommendations are designed to keep employees healthy while they are at work. The recommendations focus on creating healthy work environments, making the healthy choice, the easy choice for workers.

Governor's Work Well Recommendations

1. Offer healthy menu choices at each work meeting, conference, and training where food is served.
2. Post healthy eating messages in cafeterias, break rooms, and vending areas.
3. Work with vendors in state facilities to include healthy options in cafeterias and vending machines, based on customer preference.
4. Encourage employees to exercise, including utilization of the existing exercise release policy of 30 minutes, three times per week, with supervisor approval.
5. Promote the use of stairs as a way to get more daily physical activity.
6. Encourage employees to walk, bike, or bus to work and, where circumstances permit, provide showers, lockers, bike racks, discounted bus passes, and flexible working schedules.
7. Educate employees about trails and pathways that are safe and near worksites.
8. Implement a Tobacco Free Campus.
9. Implement a workplace lactation support policy that is supported by management and communicated to all staff.
10. Establish worksite wellness councils to support healthy eating and daily physical activity.

The Work Well Challenge is a point based system. Wellness Councils from around the State compete for the reward money of \$150 to \$2000 from Healthy Utah. The Challenge begins July 1 and end May 31. During that time the Employee Wellness Program works to accumulate points. If you would like to help with the Work Well Challenge, just contact Sarah Leavitt or a member of the Council.

# Payson City Employee Wellness

*A little of this and a whole lot of that!*

## Incentive Outline

Quarterly Incentives begin on the first day of each quarter and end on the last day of each quarter. Employee/participant must sign-up with the Wellness Coordinator by the 15<sup>th</sup> of the first month in the quarter. Incentives must be 80% completed or exercise at least 72 of the 90 days in the quarter and tracked by a log. The log must be turned in to the Wellness Coordinator by the 6<sup>th</sup> of following month and the Incentive Rewards will be determined by the 30<sup>th</sup> of the same month.

## Quarter Incentive Schedule

3rd Quarter Incentive July 1 through September 30, 2014 - Overall Wellness

4th Quarter Incentive October 1 through January 2, 2014 – Maintain Don't Gain

1<sup>st</sup> Quarter Incentive January 1 through March 31, 2015 – Biggest Loser

2nd Quarter Incentive April 1 through June 30, 2015 – Mayo Clinic Diet

3rd Quarter Incentive July 1 through September 30, 2015 – Change Anything

4th Quarter Incentive October 1, 2015 through January 2, 2016 – Maintain Don't Gain



# Payson City Employee Wellness

*A little of this and a whole lot of that!*

2014

## 3<sup>rd</sup> Quarter Incentive July 1 through September 30

### Overall Wellness

#### Requirements

Sign-up for the incentive  
Turn-in exercise log by October 6

#### Incentive Details

3rd Quarter Incentive July1-September 30—Overall Wellness Challenge

Sign up with Sarah by July 14—Exercise Time Off Rules Apply— Contact Sarah if you have questions

An individual based competition focused on establishing healthy habits, losing weight, and maintaining good health using common sense and accountability. Anyone who is self-motivated and sincerely wants to establish habits that promote overall wellness.

Have fun! Yes, you need to be active every day, but participants can choose all kinds of activities to meet this goal—playing with the kids, gardening, walking, playing basketball, running, yoga, and more—all while fueling your body with nutritious foods.

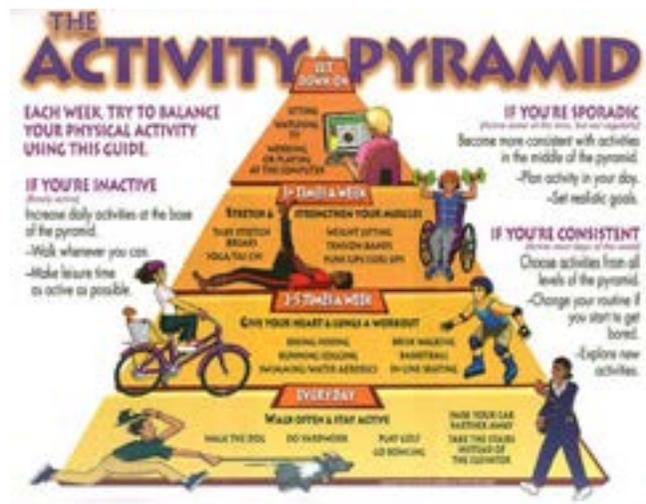
Let the Activity Pyramid Help you...

#### **BASIC RULES**

- Exercise - 5 days a week
- Eat 5 fruits and vegetables daily
- Limit sweet servings to 3 a week
- Not eating after 9 PM
- Weekly Bonus Challenge

#### **BENEFITS**

- Success is determined by self
- Accountability
- Affordability



# Payson City Employee Wellness

*A little of this and a whole lot of that!*

## **Adults (that's anyone aged 18 and older), your goals are:**

Physical activity. You need to be active 30 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (goal: 8,500).

Healthy eating. Each week, you'll also focus on a healthy eating goal.

## **Kids and teens (that's anyone between 6 and 17 years), your goals are:**

Physical activity. You need to be active 60 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (goal: 12,000).

Healthy eating. Each week, you'll also focus on a healthy eating goal.

## **Starting:**

Commit to daily physical activity—and stick with it.

Commit to making healthier food choices—one goal at a time.

Set realistic goals to encourage fitness and healthy eating habits for a lifetime.

Track your progress.

*This is an example of how to exercise – not a requirement – exercise the way works best for you.*

## **Incentive Reward**

All participants receive 2 hours of comp time when requirements are completed.

# Payson City Employee Wellness

*A little of this and a whole lot of that!*

Name \_\_\_\_\_

## 3rd Qtr 2014 Overall Wellness Incentive Log

Date	Exercise Time	Date	Exercise Time	Date	Exercise Time
1-Jul		1-Aug		1-Sep	
2-Jul		2-Aug		2-Sep	
3-Jul		3-Aug		3-Sep	
4-Jul		4-Aug		4-Sep	
5-Jul		5-Aug		5-Sep	
6-Jul		6-Aug		6-Sep	
7-Jul		7-Aug		7-Sep	
8-Jul		8-Aug		8-Sep	
9-Jul		9-Aug		9-Sep	
10-Jul		10-Aug		10-Sep	
11-Jul		11-Aug		11-Sep	
12-Jul		12-Aug		12-Sep	
13-Jul		13-Aug		13-Sep	
14-Jul		14-Aug		14-Sep	
15-Jul		15-Aug		15-Sep	
16-Jul		16-Aug		16-Sep	
17-Jul		17-Aug		17-Sep	
18-Jul		18-Aug		18-Sep	
19-Jul		19-Aug		19-Sep	
20-Jul		20-Aug		20-Sep	
21-Jul		21-Aug		21-Sep	
22-Jul		22-Aug		22-Sep	
23-Jul		23-Aug		23-Sep	
24-Jul		24-Aug		24-Sep	
25-Jul		25-Aug		25-Sep	
26-Jul		26-Aug		26-Sep	
27-Jul		27-Aug		27-Sep	
28-Jul		28-Aug		28-Sep	
29-Jul		29-Aug		29-Sep	
30-Jul		30-Aug		30-Sep	
31-Jul		31-Aug			

Must turn log into Sarah at end of incentive for the 1 1/2 a week exercise time.

# Payson City Employee Wellness

*A little of this and a whole lot of that!*

**4<sup>th</sup> Quarter Incentive October 1 through January 2**

## **Maintain Don't Gain**

### **Requirements**

Sign-up for the incentive

Turn-in exercise log by January 6

Weigh-in October 1; on your own (at home or at work) turn-in on October 2 to Wellness Coordinator

Weigh-in January 2; on your own (at home or at work) turn-in on January 6 with Log to Wellness Coordinator

### **Incentive Details**

Participant must maintain weight within two pounds over the Holidays.

### **Incentive Reward**

All participants receive 2 hours of comp time when requirements are completed.

Participants will be put into a random drawing plus receive double rewards by signing up for Healthy Utah's Maintain Don't Gain Challenge.

# Payson City Employee Wellness

*A little of this and a whole lot of that!*

2015

## 1<sup>st</sup> Quarter Incentive January 1 through March 31

### Biggest Loser

#### Requirements

Sign-up for the incentive

Attend Monthly Weigh-ins performed by Wellness Coordinator

Turn-in exercise log by April 1

#### Incentive Details

Choose a category that works for you

#### Categories

Overall

Men

Women

Couples

Healthy

Winners are based on percentage lost. Winners in any of the five (5) categories must *at least* maintain their weight during the incentive.

#### Incentive Reward

All participants receive 2 hours of comp time. Winners in the five (5) categories receive an additional 8 hours of comp time. Random prize drawing will be provided depending on the Wellness budget.

# Payson City Employee Wellness

*A little of this and a whole lot of that!*

## 2<sup>nd</sup> Quarter Incentive April 1 through June 30

### Mayo Clinic Diet

#### Requirements

Sign-up for the incentive

Turn-in exercise log by July 6

#### Incentive Details

Choose a plan that works for you, make it your own.

The Mayo Clinic Diet has two main parts:

**Lose It!** This is a two-week phase that allows you to jump-start your weight loss, losing as much as 6 to 10 pounds (2.7 to 4.5 kilograms) in a healthy way. In this phase, you focus on lifestyle habits. You learn how to add five healthy habits, break five unhealthy habits and adopt another five bonus healthy habits. This phase also includes getting at least 30 minutes of physical activity or exercise every day.

**Live It!** This phase is a lifelong approach to diet and health. In this phase, you learn more about food choices, portion sizes, menu planning and sticking to healthy habits. You continue steady weight loss of 1 to 2 pounds (0.5 to 1 kilogram) a week until you reach your goal weight. By continuing the healthy lifestyle habits you adopted, you can maintain your goal weight permanently. In this phase, you also learn how to set a goal weight and how to develop long-term healthy-eating patterns. Regular physical activity remains a central part of this phase.

#### Eat healthy foods and portions

The base of the Mayo Clinic Healthy Weight Pyramid focuses on generous amounts of healthy foods that contain a small number of calories in a large volume of food, particularly fruits and vegetables. Healthy choices in moderate amounts make up the rest of the pyramid, which encourages selecting whole-grain carbohydrates, lean sources of protein such as legumes, fish and low-fat dairy, and heart-healthy unsaturated fats. The Mayo Clinic Diet teaches you how to estimate portion sizes and plan meals. The Mayo Clinic Diet doesn't focus on counting calories, nor does it require you to eliminate certain foods.

#### Increase your physical activity

The Mayo Clinic Diet promotes regular physical activity and exercise, as well as healthy eating. When you're active, your body uses energy (calories) to work, helping to burn the calories you take in. If you've been inactive or you have a medical condition, talk to your doctor or health care provider before starting a new physical activity program. Most people can begin with five- or 10-minute activity sessions and increase the time gradually.

The Mayo Clinic Diet recommends getting at least 30 minutes of moderately intense exercise every day, and even more exercise for further health benefits. Moderately intense activity or exercise should

# Payson City Employee Wellness

*A little of this and a whole lot of that!*

increase your heart and breathing rates and possibly lead to a light sweat. Brisk walking and yard work that entails near constant motion are examples of moderately intense activity.

## **Typical menu for the Mayo Clinic Diet**

The Mayo Clinic Diet provides several calorie levels. Here's a look at a 1,200 calorie-a-day menu that follows the Mayo Clinic Diet plan:

Breakfast. A fruit yogurt parfait (1 cup fat-free yogurt mixed with 1 serving fruit).

Lunch. 1 serving tuna and pasta salad (combine 1 can water-packed tuna, 4 cups cooked shell pasta, 2 cups diced carrots and zucchini, and 4 tablespoons low-calorie mayonnaise — serves 4); 1 small orange.

Dinner. One-third of a 12-inch crust cheese pizza; green salad (2 cups lettuce with 1/2 cup sliced tomatoes, red onions and mushrooms); 2 tablespoons fat-free salad dressing.

Snack. 1 small apple, sliced.

You can include a calorie-free beverage with each meal.

## **Incentive Reward**

All participants receive 2 hours of comp time when requirements are completed.

# Payson City Employee Wellness

*A little of this and a whole lot of that!*

**3<sup>rd</sup> Quarter Incentive July 1 – September 30, 2015**

## **Change Anything**

### **Requirements**

Sign-up for the incentive  
Turn-in exercise log by October 6  
Use the Change Anything to help you with any aspect of your life including weight, attitude, relationships, etc.

### **Incentive Details**

#### **From the book *Change Anything***

#### **1. Be Highly Precise and Specific.**

Imagine a typical New Year's resolution to "exercise regularly." It's a prescription for failure. You have a vastly higher chance for success if you decide in advance the days and times, and precisely what you're going to do on each of them.

Say instead that you commit to do a cardiovascular workout Monday, Wednesday and Friday at 6 a.m., for 30 minutes. If something beyond your control forces you to miss one of those days, you automatically default to doing that workout instead on Saturday at 9 a.m.

Researchers call those "implementation intentions" and they dramatically increase your odds of success.

#### **2. Take on one new challenge at a time.**

Over the years, I've established a broad range of routines and practices, ranging from ones for weight training and running, to doing the most important thing first every morning without interruption for 90 minutes and then taking a break to spending 90 minutes talking with my wife about the previous week on Saturday mornings.

In each case, I gave the new practice I was launching my sole focus. Even then, in some cases, it's taken several tries before I was able to stay at the behavior long enough for it to become essentially automatic.

Computers can run several programs simultaneously. Human beings operate best when we take on one thing at a time, sequentially.

#### **3. Not too much, not too little.**

The most obvious mistake we make when we try to change something in our lives is that we bite off more than it turns out we can chew. Imagine that after doing no exercise at all for the past year, for example, you get inspired and launch a regimen of jogging for 30 minutes, five days a week. Chances are high that you'll find exercising that much so painful you'll quit after a few sessions.

It's also easy to go to the other extreme, and take on too little. So you launch a 10-minute walk at lunchtime three days a week and stay at it. The problem is that you don't feel any better for it after several weeks, and your motivation fades.

# Payson City Employee Wellness

*A little of this and a whole lot of that!*

The only way to truly grow is to challenge your current comfort zone. The trick is finding a middle ground — pushing yourself hard enough that you get some real gain, but not too much that you find yourself unwilling to stay at it.

## **4. What we resist persists.**

Think about sitting in front of a plate of fragrant chocolate chip cookies over an extended period of time. Diets fail the vast majority of time because they're typically built around regularly resisting food we enjoy eating. Eventually, we run up against our limited reservoir of self-control.

The same is true of trying to ignore the Pavlovian ping of incoming emails while you're working on an important project that deserves your full attention.

The only reasonable answer is to avoid the temptation. With email, the more effective practice is turn it off entirely at designated times, and then answer it in chunks at others. For dieters, it's to keep food you don't want to eat out of sight, and focus your diet instead on what you are going to eat, at which times, and in what portion sizes. The less you have to think about what to do, the more successful you're likely to be.

## **5. Competing Commitments.**

We all derive a sense of comfort and safety from doing what we've always done, even if it isn't ultimately serving us well. Researchers Robert Kegan and Lisa Lahey call this "immunity to change." Even the most passionate commitment to change, they've shown, is invariably counterbalanced by an equally powerful but often unseen "competing" commitment not to change.

Here's a very simple way to surface your competing commitment. Think about a change you really want to make. Now ask yourself what you're currently doing or not doing to undermine that primary commitment. If you are trying to get more focused on important priorities, for example, your competing commitment might be the desire to be highly responsive and available to those emailing you.

For any change effort you launch, it's key to surface your competing commitment and then ask yourself "How can I design this practice so I get the desired benefits but also minimize the costs I fear it will prompt?"

## **6. Keep the faith.**

Change is hard. It is painful. And you will experience failure at times. The average person launches a change effort six separate times before it finally takes. But follow the steps above, and I can tell you from my own experience and that of thousands of clients that you will succeed, and probably without multiple failures.

## **Incentive Reward**

All participants receive 2 hours of comp time when requirements are completed.

**HOOORIN' IT**



**WITH UDAF**

# Annual 5K Run or Walk

**WHEN: WEDNESDAY, MAY 20TH**

**WHERE: NORTH SIDE OF UDAF**

**RACE TIME: 3:00 PM**

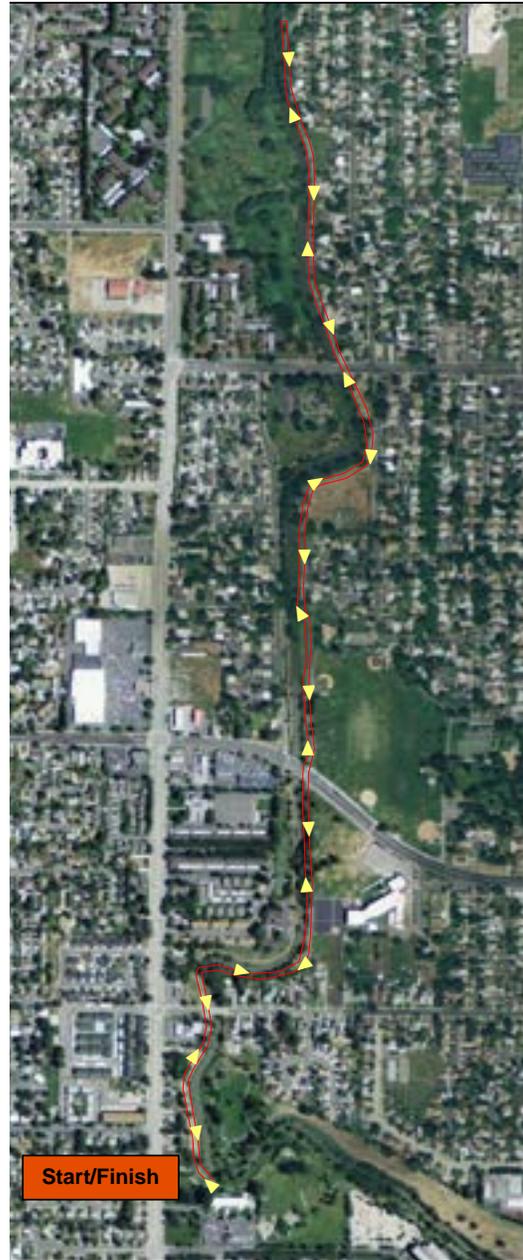
**Prizes for top finishers!**

**Sponsored by your UDAF Wellness  
Council!**

*Take Care and Live Happy*



**UDAF 5K Map**





*Wellness Council Presents*

# Git Fit

Angela Landcaster from Peake fitness will be speaking to us regarding Fitness level

**Wednesday June 3  
Main Conference Room**

From 2 PM to 3 PM

Take Care and Live Happy  
UDAF Wellness Council



*April 2, 2015*  
*Watch Your Body Fat and Muscle Mass*

**UDAF Wellness Council Presents**  
Angie Landcaster University of Utah Health Coach  
Thursday, April 2, 2015  
2:00 PM  
Second Floor Main Conference Room

Take Care and Live Happy



**UDAF**  
Fitness room open house

Come celebrate the official opening of UDAF's fitness room! Ribbon Cutting will be at 10:00am! Wellness council members will be there to demonstrate how to operate each piece of exercise equipment along with how to sign up using the google calendar.

**JANUARY 8TH 2014**  
**10 00AM TO 1200PM**

**MEMBERSHIP: \$FREE\$**

**LET'S GET STARTED!**

UDAF Wellness Council

Take Care and Live Happy [www.ag.utah.gov](http://www.ag.utah.gov)

**It's Your  
Lucky Day.....**  
to relax from your  
**Legislative stress**

**MARCH 5TH**

**FREE 10 Minute Massage**  
Donated by Highland  
Chiropractic  
Massage Therapists

To sign up for the 10 minute  
massage, contact Delia @  
[delia@rocey@utah.gov](mailto:delia@rocey@utah.gov)  
Limited availability



SPONSORED BY UDAF WELLNESS

**DEPT OF AGRICULTURE AND FOOD**

# January Wellness



## Fun Fact of the Month

The world's largest snowflake recorded was in Fort Keogh, Montana in 1887. It measured 15 inches across and 8 inches thick.

Source: <http://snowbrains.com/10-interesting-facts-about-snow/>

## October Winner

Leanne Beigle

# Beating the Winter Blues

It can be difficult to find your motivation in the cold winter months, even with the best of intentions. While it may seem counterintuitive, one of the best ways to beat the winter blues is to head out and exercise. Exercising releases endorphins into your system and burns cortisol. Cortisol is a hormone produced when under stress that inflames and damages organs. By exercising you are burning this dangerous cortisol. Meanwhile, while exercising your body is creating endorphins which create a euphoric feeling. These hormones help you feel better about the yucky winter and therefore help motivate you to get back out there and workout again!

Source: <http://www.livescience.com/10490-important-exercise-tip.html>

# The Challenge

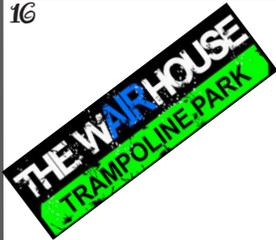
This month we are switching it up a bit. Please see Jessica Berdaguer or your Wellness Council representative to get your Winter Passport. The Winter Passport is full of activities to participate in. For every 4 activities completed you will get 1 ticket into a drawing for a \$20 Amazon wellness prize. As a bonus way to earn points, you may submit a photo of you (and your family) enjoying the activity (max. 1 photo per event). Make sure to read the back of the Winter Passport for more instructions.



Please turn in your completed Winter Passport to  
Jessica Berdaguer no later than  
February 6, 2015

URS/PEHP

<p>19</p> <h1>PEAK Fitness</h1>	<p>20</p> 	<p>1</p> 	<p>2</p> 
<p>1. skiing (downhill or cross country)          2. Snowboarding          3. Snow Tubing          4. Snow Shoeing          5. Cooking Class(es)          6. Bowling          7. Indoor Rock Climbing          8. Indoor Swimming          9. Loveland Living Planet Aquarium          10. Dance Lesson(s)          11. Utah Olympic Oval          12. Ice Skating          13. Winter Farmer's Market          14. Laser Tag          15. Utah Olympic Park          16. Indoor Trampoline Park          17. Sledding          18. Hiking          19. PEAK Fitness Class(es)          20. Yoga Class(es)</p> <p>Put a sticker on each activity completed.</p> <p>For every 4 activities completed you will get 1 ticket in the drawing for a \$20 Amazon Wellnes prize.</p> <p>BONUS for every photo submitted of you (and your family) enjoying an activity from the Passport you will receive an extra ticket for the drawing. Limit 1 pic/event.</p>		<p>3</p> 	<p>4</p> 
		<p>5</p> 	<p>6</p> 

<p>7</p> 	<p>8</p> 	<p>13</p> 	<p>14</p> 
<p>9</p> 	<p>10</p> 	<p>15</p> 	<p>16</p> 
<p>11</p> 	<p>12</p> 	<p>17</p> 	<p>18</p> 

This is an approved blue jeans and tennis shoe day.

For each event you participate in you will receive a raffle ticket into a prize drawing.

## EXCELLENCE

### Family Feud

9:00-11:00 540 Basement Conference Room  
Play this employee favorite game with a Team of 3. Advance sign up with Jessica Berdaguer is required.

## TRUST

### Blindfolded Obstacle Course

11:30-1:30 540 West Parking Lot  
Put trust to the test, complete the obstacle course blindfolded with the help of a partner.



## Employee Health & Fitness Day 2016

### Wednesday, May 27th

## COMMITMENT

### Bounce House

11:30-1:30 540 West Parking Lot  
Show your commitment by making it through the bounce house obstacle course.

## INNOVATION

### Outdoor Kerplunk

11:30-1:30 540 West Parking Lot  
Show your innovative skills by competing against 2 of your peers in outdoor kerplunk.

## VALUE

### Value Walk

8:00-4:30 Map will be on Portal  
Get to know how each department adds value to the organization by walking the outdoor route and looking for department posters.

## BRAIN TEASER

May 27th At your desk.  
A brain teaser will be posted on the Portal on the 27th. Turn in your brain teaser to Jessica Berdaguer by the end of the day.



# We Are Thirsty! May Wellness Challenge



## Fun Fact

It takes about 6,800 gallons of water to grow a day's worth of food for a family of 4.

Sources: <http://www.seametrics.com/blog/water-facts/>

## Reasons to Drink H2O

1. Water revs up your metabolism (especially if it's ice cold) and helps you stay full.
2. Being dehydrated makes you feel tired, by keeping hydrating you will feel more energetic.
3. Since 70-80% of your brain tissue is water dehydration causes your mind and body stress.
4. Drinking water helps prevent muscle cramping and lubricates the joints-helping you exercise longer.
5. Hydration minimizes fine lines and wrinkles and helps your skin glow.
6. Water is an important factor in digestion.
7. Drinking plenty of water reduces your risk of kidney stones.
8. There is no rule on how much water you should drink, amounts vary on your size, activity, weather, and general health.

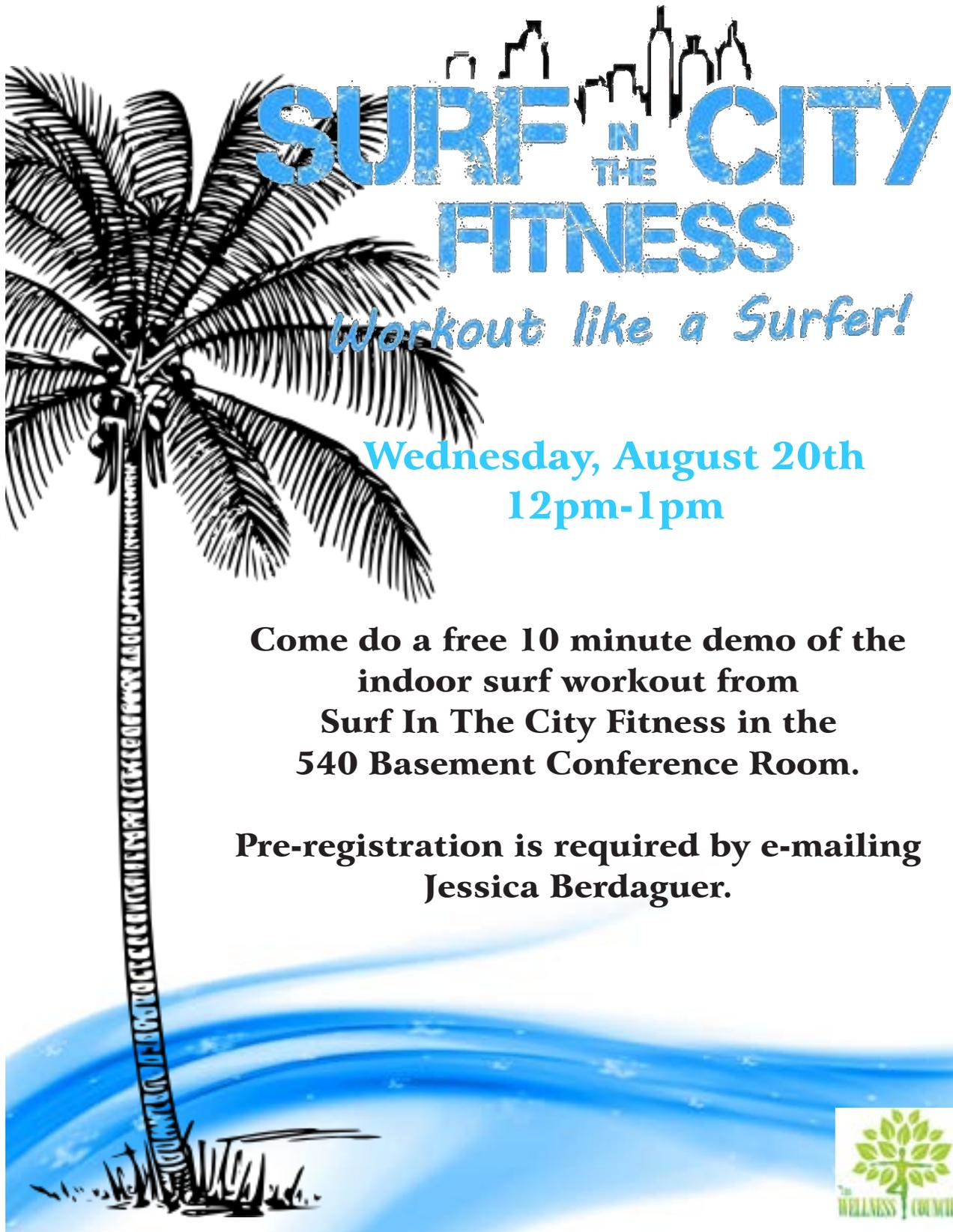
## The Challenge

We Are Thirsty! Aren't you? "We are thirsty" to kick-off Employee Health and Fitness Day by doing a month long water challenge. We are going to drink 1 acre foot of water which equates to 326,000 gallons of water by the day of Employee Health and Fitness Day, May 27th. This may seem like a mighty goal but if 50 people drink 8 ounces of water a day we can "fill up" the reservoirs! Complete the water tracker on the Portal and turn in to Jessica Berdaguer every Friday to track your progress. The company's progress will be displayed on the Portal. For every tracker turned in you will get a raffle ticket into the EHFD drawing.

## Helpful Tip

Need help remembering to drink your water? Try a free app from the Apple or Google Play store such as Hydro Coach or Hydro Drink Water.





**Come do a free 10 minute demo of the indoor surf workout from Surf In The City Fitness in the 540 Basement Conference Room.**

**Pre-registration is required by e-mailing Jessica Berdaguer.**





## Salt Lake City Wellness Program Health Challenges 2014-2015

### 10,000 STEPS PER DAY CHALLENGE

The City's Wellness Committee challenges all employees to take 10,000 steps or its equivalent per day. This challenge will run for 6 months. Participants will compete individually and within their department.

- Employee must create an American Heart Association Account before November 3, 2014 to be eligible to participate. Log into [www.startwalkingnow.org](http://www.startwalkingnow.org)
- Each month employees with 10,000 or more steps reported in the tracking system will be entered into a raffle to win a \$25 gift card. We will draw 10 individuals from the raffle, (Gift card is taxed).
- The department with the highest average number of steps per person in the group will receive a trophy and lunch provided by Subway for all of the registered participants.

One employee from each department who has the most tracked steps for the duration of the program will choose from the following prizes:

- Fitbit activity tracker or Jawbone UP 24 activity tracker
- 12 month subscription to Planet Fitness
- Standing Desk for their work station

### BIGGEST LOSER CHALLENGE

The Biggest Loser Challenge is designed to provide tools and education for those who would like assistance with their weight loss goals for 2014-2015. This program will run for 6 months beginning November 3, 2014. Participants must qualify through a Healthy Utah weigh-in and must have a Body Mass Index (BMI) of 35 or higher. Initial eligibility and monthly weigh-ins through Healthy Utah will be provided at major department locations. These weigh-ins must be completed to be eligible for monthly and grand prizes.

Each participant in the Biggest Loser Challenge will be provided with the following tools to aid them during this challenge:

- Unlimited free health coaching through ComPsych, our Employee Assistance Program
- Weekly nutrition plans from Healthy Utah's dietitian
- Free 12 month gym membership to Planet Fitness
- Nutrition and Activity Tracking through the American Heart Association website

**Each month** one female and one male who have lost the largest percentage of weight from their initial weigh-in for that month will receive a \$75 Gift Card.

At the end of the challenge (6 months), one female and one male who lose the greatest percentage of weight from their initial weigh-in will receive an additional 12 month membership to Planet Fitness and their choice of the following prizes:

- FitBike w/workstation
- \$350 towards the purchase of a bike
- Fitbit activity tracker or Jawbone UP 24 activity tracker
- Standing desk for their work station.

# First Annual Salt Lake City Corporation Employees In Motion



## Event Details:

The event will be held Thursday, June 18<sup>th</sup> at Memory Grove Park. This event is a **FREE** event that is open to all Salt Lake City Employees and their spouses!  
See the course map [HERE](#)

## Registration:

Click the link below to register  
<https://www.surveymonkey.com/s/2HBK6G9>  
Registration ends May 31<sup>st</sup> 2015  
**Online pre-registration is required**

## Schedule of events:

**5:00pm-6:00pm** Registration- pick up race information and race bib (there will be **NO** same day sign ups)  
**6:00pm 6:15pm** Opening Ceremony  
**6:15pm-6:30pm** Warm-up period  
**6:30pm** 5K Run/Walk Start  
**7:30pm** Award Presentations/Vendor Booths



## LET'S GET MOVING!

For any questions about this event or for help with registration, please contact Trent Steele



Join Mayor Becker and Your Fellow Salt Lake City Employees at this great event!



## Prizes:

**FREE T-Shirts** for each participant  
**Department Champion Medals** (Women's and Men's)  
**Fastest Time Overall: Women** (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place)  
**Fastest Time Overall: Men** (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place)  
Right after the race, everyone who finishes will be entered into a raffle drawing for prizes!



**SALT LAKE CITY CORPORATION**

The need is constant.  
The gratification is instant.  
Give blood.



**American  
Red Cross**



## **Salt Lake City and County Building Blood Drive**

**Salt Lake City Corp.**  
451 South State Street- Bloodmobile  
Wednesday, April 22, 2015  
8:30am-12:30pm

To schedule your appointment or for more information, please log on to  
[www.redcrossblood.org](http://www.redcrossblood.org) and enter the Sponsor Code: **SLCCORP**.

If you have questions regarding your eligibility to donate blood, please call  
1-866-236-3276

[redcrossblood.org](http://redcrossblood.org) | 1-800-RED CROSS

© 2010 The American National Red Cross, Mid-America #0388 Oct. 2010

**SALT LAKE CITY CORPORATION**

**THE IDEA: Bike Share in Downtown SLC**

**GREENbike is Salt Lake City's non-profit Bike Share program.** We are a 501(c)3 charitable organization and public/private partnership between Salt Lake City, The Downtown Alliance, The Wasatch Front Regional Council, The Salt Lake City Redevelopment Agency, UDOT, UTA, Visit Salt Lake, SelectHealth and other private sector sponsors.

GREENbikes are designed for one purpose, **short trips in the city** by people **wearing regular clothes** and carrying ordinary stuff. They don't take you up the canyon and they don't take you down the mountain. The bikes are one-size-fits-all and the only thing you adjust is the seat. Bike Share gets you from point A to point B in downtown SLC.

GREENbike memberships give you access to all of the bikes at every downtown Bike Share Station. **You can take an unlimited number of 30 minute trips with a 24-Hour (\$5) or 4-Day(\$15) Membership. And you can take unlimited 60 minute trips with a 1-Year Membership.** Want to keep a bike out for longer than 30 minutes? No problem. It's \$3 for every hour after the first 30 minutes of your ride.

Stations are located near every major downtown destination, from the Gallivan Center, Gateway to City Creek to Squatters Pub Brewery.

**NEVER AGAIN** worry about **YOUR BIKE** getting **STOLEN**.

And we do all the MAINTENANCE!



The free **Bicycle Now** app shows bike availability and station locations! Search **Bicycle Now** on your smart phone or visit [greenbikeslc.org](http://greenbikeslc.org)



**BICYCLE FEATURES**



- 1. Basket to carry a briefcase or take-out
- 2. Automatic front and rear LED lights
- 3. Chain guards, & dress guards to protect clothing
- 4. Adjustable seat to fit any height



**FREE "I BIKE SLC" HELMET WITH 1-YEAR MEMBERSHIP**



Download the map [greenbikeslc.org](http://greenbikeslc.org)

**WANT TO KNOW MORE? [info@greenbikeslc.org](mailto:info@greenbikeslc.org)**



# Wellness Program

## Salt Lake City Corporation 10K per Day Challenge

### How to register on [www.startwalkingnow.org](http://www.startwalkingnow.org)

1. On the home page, click the "Register" button in the "Register Today!" box.
2. Enter all required contact info so that we can contact you if you win a prize.
3. In the box that says "Company", click the orange phrase that says "Search for Company" then type "Salt Lake City Corporation" in the box and click "Search." Select "Salt Lake City Corporation" by clicking on it. Next type in your "Department Name" i.e. (Airport, Public Services, Public Utilities, etc.)
4. Create your own password, and re-enter it where it says "Confirm."
5. Enter your weight and height.
6. Under Preferences, make sure the first box is checked to make sure that your activities are counted. This helps us to determine if you are eligible to receive an incentive at the end of the



### How to Track your Activity on [www.startwalkingnow.org](http://www.startwalkingnow.org)

1. Login in [www.startwalkingnow.org](http://www.startwalkingnow.org)
2. Go to the tracking tab located at the top of the page.
3. Click the "Add an Activity" on the left hand column.
4. Select the type of activity, intensity, date, time, and any comments from that activity.
5. Once all of the information is entered click "Save Activity".
6. Remember to track all of your activity to reach the 10,000 steps per day!

### Know your activity level!

Steps Per Day	Category
<5,000	Sedentary
5,000-7,499	Low Activity
7,500-9,999	Somewhat Active
10,000-12,499	Active
12,500+	Highly Active

For questions please contact Trent Steele at 801-535-7725 or at [Trent.Steele@slcgov.com](mailto:Trent.Steele@slcgov.com).



AT WORK TWELVE (12)-WEEK SERIES PREREGISTRATION

Print form and write clearly OR type information into field, save, & email
PLEASE CHECK ONE

- AT WORK MONTHLY PASS - \$42.95
NEW MEMBER - 12 WEEKS/PRE-PAY SPECIAL - \$135.00
12 WEEKS CONTINUATION (CURRENT REGULAR MEMBER) - \$115.00
NEW SENIOR CITIZEN (65 [this calendar year] OR OLDER) - 12 WEEKS/PRE-PAY - \$116.00
12 WEEKS CONTINUATION (SENIOR MEMBER) - \$96.00
LIFETIME MEMBER (NOT AT GOAL) 6 PREPAID ATTENDANCES - \$54.00
LIFETIME MEMBER (NOT AT GOAL) 12 PREPAID ATTENDANCES - \$108.00
SENIOR LIFETIME MEMBER (NOT AT GOAL) - 6 PREPAID ATTENDANCES - \$48.00
SENIOR LIFETIME MEMBER (NOT AT GOAL) - 12 PREPAID ATTENDANCES - \$96.00

If a continuing Member:

CURRENT MEMBER REGISTRATION NO. LOCATION ATTENDING:

OR

LIFETIME MEMBER REGISTRATION NO. LIFETIME WEIGHT GOAL:

REQUIRED MEMBERSHIP INFORMATION

LAST NAME FIRST NAME
ADDRESS
CITY STATE ZIP
TELEPHONE: home cell work
BIRTHDATE / / AGE HEIGHT (feet, inches) MALE/FEMALE:
DRIVER LICENSE NUMBER Issuing State:
EMAIL ADDRESS
COMPANY NAME

TYPE OF PAYMENT & DOLLAR AMOUNT PAID

PLEASE CHECK SELECTION

CASH \$
CHECK \$ We accept personal checks only. Make check payable to "Weight Watchers."
CREDIT CARD \$
CREDIT CARD# VIN# EXP (mo/yr) /
DATE SIGNATURE
PRINT FIRST NAME PRINT LAST NAME

OFFICE USE ONLY: WW Leader Name:

9-9-13





# South County Wellness News

## Happy New Year!

### ONGOING EVENTS:

- \***Biggest Loser January 20-April 7**  
Weekly weigh-in, incentives, fun competition
- \***PEHP Healthy Utah's Workout Warrior**
- \***Healthy Utah Workshops – Room 114 from 11:00-12:30**  
January 22<sup>nd</sup>, January 29<sup>th</sup>, February 6<sup>th</sup> & February 12

### UPCOMING EVENTS:

- HEART HEALTHY for 10 days – 5X5 Challenge:** 5 flights of stairs 5 times per day February 2-13
- Healthy Utah Webinar – Monday, February 2 at noon (30 minutes) Cholesterol 101,** register at [www.healthyutah.org/programs/webinars.php](http://www.healthyutah.org/programs/webinars.php)
- PEHP Challenge: Project Happiness – February 2-27, 2015:** What brings you happiness and how do you hang on to it even when you want to give up?

#### Always Eat Breakfast

Numerous studies show that eating a healthy breakfast can improve memory, concentration, creativity, problem solving and mood. Eating breakfast also helps you reach and maintain a healthy weight.

#### Yogurt



Yogurt provides a balance of carbs and protein to maintain a steady flow of energy. Yogurt is high in calcium and has live cultures that contain probiotics, which are helpful for digestion and immunity. Not all yogurt is healthy so make sure to look for these things:

- \*Serving size of six to eight ounces
- \*Less than 200 calories per serving
- \*8+ grams or more of protein
- \*Four grams or less of fat

### SMOOTHIE OF THE MONTH...

#### Green Smoothie (January)

##### Ingredients:

- 1 c. chopped fresh pineapple, plus a pineapple wedge for garnish
- 2 c. packed chopped kale, stems removed
- 2 c. frozen green grapes
- 2 Tbsp. fresh lemon juice
- 2 tsp. finely grated fresh ginger
- 2 tsp. ground flaxseed

**Directions:** Put the pineapple, kale, frozen grapes, lemon juice, ginger and flaxseed into a blender. Blend on high until very smooth, turning off the blender and pushing down on the ingredients with a spatula or wooden spoon as needed to help the blending process. Add 1 to 2 tbsp of water if needed to get desired consistency. Pour into a glass and garnish with a pineapple wedge.

MAY 2015

Get up and WALK



You don't have to go FAST. You just have to GO!!

### Sitting DISEASE

- *Sitting for more than 6 hours a day makes you 40% more likely to die 15 years earlier than someone who sits less than 3 hours (sitting at home counts)*
- *Increased risk of heart attack, heart disease, and diabetes*
- *Exercising for a block of time is not enough to combat this, you have to move frequently throughout the day*

#### This month in review...

**Bike to Work week** May 11-15

**Get up and move!** Frequently

**View Outdoor Adventures Webinar** Anytime  
(access via PEHP website)

**Register for "Spring Outdoors"** Due May 3

# Wellness Focus-Newsletter

"If it doesn't challenge you, it doesn't change you." Fred Devito

## Utah Employee Health and Fitness Day

May 19th is Utah Employee Health and Fitness Day and

May 20th is National Employee Health and Wellness Day.

*We encourage everyone to make one small change in their lifestyle this month that they can maintain.*

So let's dust off those New Year's resolutions and renew our efforts to be healthy!!

Remember for those of us that sit at a desk all day, it's important to get up frequently throughout the day to stave off the negative health effects of sitting.



## Celebrate Bike to Work Week May 11-15

Join us and bike to work! Try it for a day, a week, or the month!

#### Benefits:

- \*Save Money
- \*Preserve the Environment
- \*Get Healthier
- \*Explore your community
- \*Bragging Rights!
- \*\*\*\*Pedal bike only...nice try Jay ;)



#### Office Clean-up May 5th

- \* Take this time to clean up your life as well as

#### Cinco de Mayo Party 5/5/15

- \*Think about bringing healthier, lower calorie offerings to support your workers wellness goals (get creative!)

get we are always here to help you with your wellness please come see us if you need help or just a buddy to work Tracy, Joanne, Heather, Jessica, and Amber.

*...can make a huge difference!*



**DWS ST. GEORGE**



**Join the Wellness Council's 10-Week Weight Loss Challenge!  
Win money and get in shape for summer!**

**When:** March 4—April 15, 2015

**What:** Participants will weigh-in each week and **weight will be tracked by % lost. BMI must be over 25 to compete.** Check our leaderboards to see where you anonymously rank each week!

**Where:** Registration day is Wednesday, March 4th from 9-11 in Candy's office. Bring \$10 cash to register and we will put it into the pot. You must register and weigh-in to participate. Weekly weigh-in's will continue. More information to come.

**Prizes:**

Winners will be announced at our participant party the first week in May.

- 1st place winner takes all cash!
- 2nd and 3rd place winners will receive a gift card.
- All participants win a small gift.

# MEDICAL TRIANGLE BULLETIN

The UDOH 44 Med Wellness Council is a joint venture of the UDOH staff at the 44 & 48 Mario Capecchi Drive Buildings. Funding provided by UDOH and PEHP. Help us with our Work Well Challenge by participating in events.

## SPRING CHALLENGE—MONEY MATTERS

Did you know that more than one third of adults admit they spend more than they can afford and almost 70 % of Americans are living paycheck to paycheck?

This April, PEHP is providing resources, sound advice, and tools to help us to find a sys-

tem that works for us individually, set financial goals, pay off debt, and build up savings.

As part of the challenge, CHSCN employees who took a quick money quiz were entered into a drawing to win a gift card. If you didn't have a chance to take the quiz, just

go to <http://www.funquizcards.com/quiz/money/how-money-smart-are-you.php>

Starting steps for financial health include paying off credit cards, paying down the mortgage, and saving for retirement.

## WELLNESS COUNCIL MEMBERS:

- Candy Bleazard (Co-Chair)
- Jennifer Bryant
- Les Davies
- Tanayia Pomikala (Co-Chair)
- Al Romeo (Treasurer, Bulletin Writer)
- Deiadra Schrenk
- Tiana Teuscher (Blog)
- Your Name Here (join us)

Meetings are the first Tuesday of the month at 1:00 pm in the Library (fishbowl).

Everyone is welcome.

Every program is encouraged to send a representative.  
Copyright 2015

## BIGGEST LOSER CHALLENGE

The Biggest Loser challenge ended on April 15th. There were 12 contestants from our building. The first, second and third place winners were announced at a celebration on Thursday, April 16th.

First Place went to Walt Torres, Second Place to Jen-

nifer Bryant and Third Place to Tanayia Pomikala. Besides being weighed in each week, contestants had the chance to attend special Biggest Loser exercise classes. Congratulations to the winners and everyone who participated.



Biggest Loser Winners



## HEALTH OBSERVANCES

Get ready for the Health Observances in May including Better Hearing and Speech Month, Skin Cancer Detection and Prevention Month, Mental Health Month, National Celiac Disease Awareness Month,

Bike to Work Day (5/15), National Employee Health and Fitness Day (5/20) National Physical Fitness and Sports Month, National Stroke Awareness Month, and World No Tobacco Day (5/30).

## FUTURE BROWN BAGS

1) April 29th from 12:00 to 12:45 pm in conference room F, Brent Sonzini from URS will give a presentation titled: Understanding your URS Retirement Savings Plans; steps to a happy retirement. Everyone in attendance will have their names entered into a drawing for

a gift card.

2) May 12th from 12:00 – 12:45 pm in conference room F, someone from Healthy Utah will give a presentation on physical activity. Everyone in attendance will have their names entered into a drawing for a gift card.

## UPCOMING EVENTS & UPDATES

- \* Watch for details for our employee walk for National Employee Fitness Day in May.
- \* Get ready for Bike to Work Day on May 15th.
- \* Watch for details for the next Nutrition Seminar in May. We didn't have

- enough people attending to get points at the last Nutrition Seminar so we hope you will join us this time.
- \* Check out the PEHP Wellness Newsletter at [www.PEHP.org](http://www.PEHP.org)
- \* Check out the Medical Triangle Wellness Council Blog for the UDOH newsletter, PEHP webinars, recipes, cooking

videos, and future events. <http://goo.gl/Z14IOG>

- \* We had a great time at the employee bowling break on April 21st.
- \* Take the CSHCN Fitness Center Survey (tell us what you think): [www.surveymonkey.com/r/XFHYL9T](http://www.surveymonkey.com/r/XFHYL9T)



# MEDICAL TRIANGLE BULLETIN

*The UDOH 44 Med Wellness Council is a joint venture of the UDOH staff at the 44 & 48 Mario Capecchi Drive Buildings. Funding provided by UDOH and PEHP. Help us with our Work Well Challenge by participating in events.*

## PEHP DIABETES REBATES

Your insurance program, PEHP, has rebates for improving your health. The Diabetes Management Rebate provides up to \$300 cash back for participation in classes, control of your HgbA1c, and routine health checks such as cholesterol. PEHP Integrated Care, in collaboration with the rebate

program, provides pharmacy and case management benefits.

Risk factors for Type II Diabetes, or Adult Diabetes, include age, family history, increased weight, gestational diabetes, high blood pressure, high cholesterol, and a sedentary

lifestyle.

Management of diabetes includes healthy eating, exercise, and medication management.

To find out more, visit: <http://www.healthyyutah.org/programs/rebates.php#diabetes>

## WELLNESS COUNCIL MEMBERS:

Candy Bleazard (Co-Chair)  
Janice Boswell (moving to Highland)  
Jennifer Bryant  
Les Davies  
Jenna Fluckey  
Sherri Lizotte (moving to Highland)  
Tanayia Pomikala (Co-Chair)  
Al Romeo (Treasurer, Bulletin Writer)  
Deiadra Schrenk  
Tiana Teuscher (Blog)  
Delia Zavala

Meetings are the first Tuesday of the month at 1:00 pm in the Library (fishbowl).

Everyone is welcome.

Every program is encouraged to send a representative.

Copyright 2014

## THANKS FOR A GREAT 2014



Thanks to the Wellness Council members and everyone at 44 and 48 Mario for making 2014 a fun and successful year. Big changes are coming for 2015 and we'll be there to support our co-workers.

## HEALTH OBSERVANCES

December is Safe Toys and Gifts Month. Now that your children and grandchildren have new toys from the holiday season, you can help keep kids safe by following some common safety tips. Read the warnings and instructions for toys and use the toys as

designed. Keep small parts away from infants and toddlers. Make sure kids are using protective gear with sports equipment. For more tips, visit: <http://www.preventblindness.org/make-safe-toys-and-gifts-priority>

## UPCOMING EVENTS & UPDATES

- \* Warm Wednesdays are back. Join us in the Break Room for hot chocolate. Watch for dates.
- \* Check out the PEHP Wellness newsletter at <http://www.healthyyutah.org/newsletter/>.
- \* Did you miss the Stress Less

- Tuesday Webinar Series in December? See archived sessions at [Healthy Utah.org](http://www.healthyyutah.org).
- \* Check out the Medical Triangle Wellness Council Blog for the UDOH newsletter, PEHP webinars, recipes, cooking videos, and future events. <http://goo.gl/Z1410G>
- \* Looking for somewhere to

## WELLNESS COUNCIL

Thanks to the hard-working Wellness Council members and your support, the Medical Triangle Wellness Council is in the running for the first-place Work Well Challenge cash prize. Your support with activities helps! Your Wellness Council is work-

ing with PEHP to schedule seminars in the winter and spring months. Topics being explored include physical activity, financial management, mental health, nutrition, and Healthy Utah programs.

walk on a cold day? Try the Indoor Mile at the U Hospital. <http://goo.gl/WXIE8o>

- \* Tobacco-Free Awareness Week coming in January.
- \* Watch for details for the Winter Health Challenge in February: Project Happiness. <http://www.healthyyutah.org/programs/hc.p>



# MEDICAL TRIANGLE BULLETIN

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## THROUGH WITH CHEW WEEK

February 15-21, 2014 is Through With Chew Week to promote awareness about quitting smokeless tobacco.

Chew and other forms of smokeless tobacco often have greater concentrations of nicotine. They can increase the risk of cancer in the

cheeks, gums, throat, and pancreas. They can cause sores in the mouth, bad breath, tooth discoloration, and tooth decay. For help quitting visit [utah.quitnet.com](http://utah.quitnet.com) or call the National Cancer Institute Quitline at 1-877-44U-QUIT (1-877-448-7848).



## WELLNESS COUNCIL MEMBERS:

- Candy Bleazard (Co-Chair)
- Jennifer Bryant
- Les Davies
- Jenna Fluckey
- Tanayia Pomikala (Co-Chair)
- Al Romeo (Treasurer, Bulletin Writer)
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Every program is encouraged to send a representative.

Copyright 2014

## NATIONAL NUTRITION MONTH

It is still February, but it is time to get ready for National Nutrition Month in March. Start making your grocery list to plan ahead for buying healthier foods.

Eating healthy doesn't mean eating only fruits and vegetables. Making choices about

foods is part of the process. Low-fat meats and small portions of treats can be part of a balanced meal. Milk and cheese provide needed calcium so look for low-fat options.

When eating out while traveling, look for lower-calorie options, such as grilled or steamed foods. Ask for sauces

on the side or skip butter or mayonnaise. Child portions are often similar to what we eat home. Most restaurants also offer side dishes than can add up to a meal. Share portions with someone else. Try visiting a grocery store for soups, sandwiches, salad bars, and fresh fruit.

## HEALTH OBSERVANCES

Health Observances for March include National Nutrition Month, National Sleep Awareness Week, Patient Safety Awareness Week, National Women and Girls HIV/AIDS Awareness Day, World Kidney Day, National Poison Prevention Week, National

Youth Violence Prevention Week and American Diabetes Alert Day.

There were some others that you might find interesting: Flood Safety Awareness Week and Tsunami Preparedness Week.

## SLEEP AWARENESS WEEK

National Sleep Awareness Week is March 2-8, 2014. Not getting enough sleep may increase the risk for high blood pressure, obesity, bad moods, safety issues, and lower productivity.

Help prevent drowsy driving by

making sure you get enough sleep before road trips.

March 9th is the start of Daylight Saving Time where we set clocks forward one hour and lose that sleep.

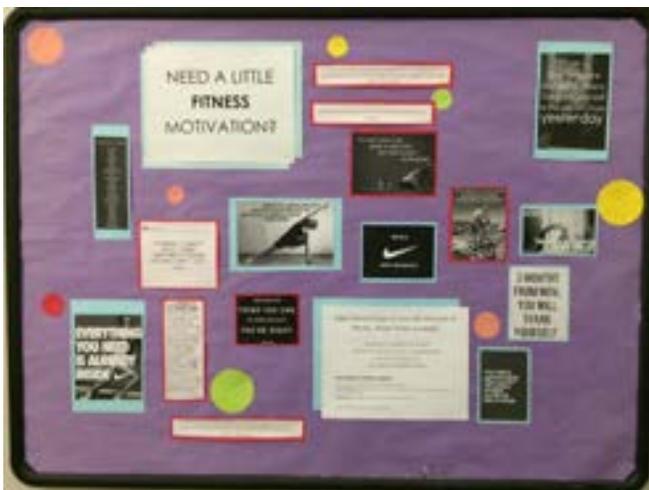
## UPCOMING EVENTS & UPDATES

- \* The Biggest Loser Challenge is back at 44 Mario. See information posted around the building for details. Registration is March 4th and the competition goes through April 15th.
- \* Check out the PEHP Wellness newsletter at <http://www.healthyutah.org/newsletter/>.

- \* We look forward to seeing you at the CSHCN Employee Appreciation Day, Feb. 23rd.
- \* Check out the Medical Triangle Wellness Council Blog for the UDOH newsletter, PEHP webinars, recipes, cooking videos, and future events. <http://goo.gl/Z1410G>

- \* Check out the Happiness Heart by the bulletin board in the main stairwell. I has notes of things that make us happy. Have fun, take care of yourself, and share a smile with a friend. This activity was brought to you by participants of the Project Happiness Winter Challenge.





## 2014 Accomplishment: Region Four has launched the Wellness Council!

The Wellness Council was started with a small group of employees from different areas and positions in the Region. With the support of Leadership, the Region Four Wellness Council was developed in January of 2014. Wellness Councils create environmental change and implement programs designed to facilitate the improved wellness of employees.

- Preventable illnesses make up approximately 70% of the entire burden of illness and associated costs in the U.S.
- For Every 1% in BMI, a person's healthcare costs increase by \$120 per year
- An overweight employee costs their employer an additional \$450 to \$2,500 annually in medical expenses and absences
- 80% of obese adults suffer from diseases like diabetes and high blood pressure which results in more than 39 million days of lost work time each year
- Productivity losses related to health problems cost U.S. employers \$1,685 per employee per year
- Employees spend about 50% of their waking hours at work. Worksite wellness has the potential to increase productivity, decrease absenteeism and improve overall morale, loyalty and culture

### 2015 Goal:

The primary goal of the Region Wellness Council is to encourage at least 50% of Region employees to participate in Healthy Utah Testing Sessions.



Employees are paid a \$50 bonus when they are tested and complete the online health questionnaire and spouses are invited to participate as well. Healthy Utah offers several rebate programs for employees that are healthy or work



Exercise Room at Richfield Office

to improve their health. To sign up, employees need to have a Healthy Utah account at [healthyutah.org](http://healthyutah.org).

### Employee Survey Results:

**85%**

are interested in a program to improve their health

**21%**

of the Region attended Healthy Utah testing sessions in 2013

**30%**

are not familiar with the UDOT exercise policy

**80%**

do not use the provided exercise time

# Wellness News

VOLUME I, ISSUE I

FEBRUARY 2015

## UDOT, REGION FOUR WELLNESS COUNCIL

*2015 is going to be a good year - purposeful work and much to look forward to this year. Health and Safety Awareness can help make it better for you, your families, and for coworkers.*

Wellness Council Members can be contacted with ideas or suggestions, including exercise facility needs:

Randy Taylor, Region Building

David Black, Price

Branden Anderson, St George

Nathan Merrill, Cedar

Karen Julander, Richfield Admin Bldg.

Ken Ballantyne, Moab



### R4 Wellness Council Awarded Grant

The Region 4 Wellness Council has been awarded a \$400 grant from PEHP Healthy Utah! The council will be sending out monthly Newsletters such as this one providing a current schedule for Testing Sessions and a

health/safety tip that hopefully will prompt Wellness Awareness. The grant money will be used to purchase items such as pedometers that will be used as prizes for drawings. To enter the drawing, answer the ques-

tion on the second page of this newsletter by sending your response to [r4wellnesscouncil@utah.gov](mailto:r4wellnesscouncil@utah.gov). Feel free to give us suggestions for prizes in the \$20 range or health tips for future newsletters.

### Updated Exercise Policy

The updated exercise policy (updated through our R-4 Director's help) allows for increased flexibility (with supervisor's approval) of when the 7G99 exercise time can be used. Prior to using this time the approval form needs to be signed by the supervisor and submitted to Payroll. The form must be submitted each year and should

be in place now for 2015 use of 7G99. The policy can be found under UDOT policies at <http://www.udot.utah.gov/main/uconowner.gf?n=15085007715736966>. The form can be found under R-4 employee forms, <http://www.udot.utah.gov/main/uconowner.gf?n=19521516385656475>



### Upcoming R4 Wellness Testing Schedule

Everyone who participates in an annual Healthy Utah Testing Session receives a \$50 rebate! Additional rebates may also apply. Go online and schedule yours today.

Region 4 has had 21% participation in this free screening and we would like to increase our participation. *One of our Wellness Goals is to increase Wellness Testing attendance considerably in 2015. Help us reach our goal.*

<http://www.healthyyutah.org/programs/testings.php>



March 2	Heritage Center/DCFS	105 N 100 E	Cedar City	Room #1
March 3	Workforce Services	40 S 200 E	St George	Conference Room
March 4	Dixie State University	225 S 700 E	St George	Gardner Center Conf. Rm B
March 5	Human Services	178 N 200 E	St George	Conference Room A, B & C
March 16	USU Eastern (Price Campus)	451 E 400 N Jennifer Lovett Bld.	Price	Alumni Room
March 17	Workforce Services	475 W Price River Dr.	Price	#256 North Conference Room

# Wellness News

## UDOT, REGION FOUR WELLNESS COUNCIL

### PROMOTING HEALTHY LIFESTYLES TODAY, TOMORROW AND FOR RETIREMENT

**Myth or Fact**  
from February's newsletter

*Even people with coronary heart disease can safely eat two eggs a day without negatively affecting their blood pressure, cholesterol, or body weight.*

*Answer:* You're going to have to find out for yourself what is right for you.

The January American Heart Journal suggests even people with coronary heart disease can safely eat two eggs a day without negatively affecting their blood pressure, cholesterol, or body weight. Eggs contain lutein, an antioxidant essential for healthy eyes.

There is good reason to believe that the answer depends on your age, activity level, existing conditions and future goals. A personal nutrition experience is given for whatever value may apply.



## Randall's Health Score

I've been running for over 30-years and competing in events from 100-meter track to 26.2 mile road race marathon events. Last December, after a noontime 4.7 mile run, I completely fainted and came to a stop by sliding my face across the rough chip seal roadway in front of the Region 4 office – facial stitches were needed and my appearance was a little scary.

My sister has a master's degree in Nutrition and teaches at Davis High. For years, I've looked to her for nutrition coaching. A basis for a healthy diet was in place, but now a clear message was received (didn't need to be quite this forceful, but I can take a hint) that for this time in life something wasn't working.

A \$3,750 visit to the Hospital Emergency plus follow up tests and visits to a cardiologist revealed Aortic Stenosis (blockage of the main heart aorta valve) – wow, even with a strong heart this restriction was causing a big limitation and it had probably been developing over a period of time.

Medical Response: it doesn't get better, but only gets worse. When it comes time for treatment this can only be dealt with by open heart, cut the chest open surgery (not in my plans).

A February trip to the cardiologist in Provo helped me learn more about my heart condition, but didn't include guidance about nutrition during the 6-minute session (recorded to

make sure I got all the instructions right). The medical field seems to receive limited training about the impacts of nutrition, but focuses on surgical and pharmaceutical responses to conditions when they occur without addressing the cause.

I began investigating how nutrition might help with Aortic Stenosis. I found the same nutrition practices that benefit the Heart, Arteries, and Veins can also benefit Cancer and Type 1 or Type 2 Diabetes prevention.

Being called as the Region Wellness Council Chairman had significant benefits when the Region Director and I attended the Utah Workplace Wellness Conference in Orem on March 5<sup>th</sup>.

## Upcoming Healthy Utah Testing Sessions

April 13	Wayne County	18 S Main	Loa	Court Room	12:00—4:30 PM
April 14	Loa Elementary	34 S 100 E	Loa	Library	10:00—1:00 PM
	Hanksville Elementary	50 S Center	Hanksville	Lunch Room	3:00—6:00 PM
April 15	Wayne High School	265 N 400 W	Bicknell	Lunch Room	1:00—6:00 PM
April 16	Human Services	201 E 500 N	Richfield	Lg Conference Room	8:30—4:00 PM
April 28	Snow College	150 E College Ave	Ephraim	Founders Hall, Noyes Bld	8:30—4:30 PM
April 29	Correctional Facility	255 E 300 N	Gunnison	Training Rom #2	9:00—4:30 PM
April 30	Workforce Services	115 E 100 S	Richfield	Conference Room	8:30—3:30 PM

# Wellness Walk/Run & Bike Ride

**Date: August 12th**

**Time: 10:00 AM**

**Salina City Park**



## PRIZES

Walk/Run participants will earn tickets for every half mile walked or ran. Trophies will be awarded to winners and a participant drawing will be held for \$50 Prizes.

**Come early to the Region Picnic for some physical activity. Run, bike or walk, it doesn't matter.**



**Sponsored by:  
Region Four  
Wellness Council**

Picnic Schedule:  
10:00 AM - Wellness Walk/Run and Bike Ride  
11:30 AM - Steak Lunch  
12:30 PM - Awards





# NO FAST FOOD CHALLENGE

## TRACKING CALENDAR



NAME \_\_\_\_\_ WORK LOCATION \_\_\_\_\_

**SEPTEMBER 15 - OCTOBER 24**

If you eat Fast Food, write the dollar amount you spent and note whether it was for Breakfast (B), Lunch (L), or Dinner (D).

WEEK	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D
SEPT 15 - 21																					
SEPT 22 - 28																					
SEPT 29 – OCT 5																					
OCT 6 - 12																					
OCT 13 - 19																					
OCT 20 - 26																					

Total Spent in Six Weeks: \$ \_\_\_\_\_

Circle the meal most often eaten out:    Breakfast    Lunch    Dinner

Completed tracking calendars must be turned into your Wellness Council Representative by *Tuesday, October 28, 2014* in order for this 100 point event to count towards your goal of earning 800 points.

*The Uintah School District Wellness Council functions to enhance and foster the health and well-being of all employees of Uintah School District.*

# MEDICAL SELF CARE CHALLENGE

## Uintah School District Wellness Incentive

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Event Dates: September 17-October 26

### Rules

- Participants will receive a free copy of “Healthier at Home” self care book.
- Each activity is worth points. You must earn at least 75 points to get credit for this challenge.
- You must earn 100 points or more and complete the post survey to be eligible for the drawing for gift cards.
- Completed tracking sheets must be turned into your Wellness Council Representative by Monday, October 29<sup>th</sup> in order for this event to count towards 1 of the 2 required yearly wellness incentives.

*The Uintah School District Wellness Council functions to enhance and foster the health and well-being of all employees of Uintah School District*

# NO FAST FOOD CHALLENGE

## UINTAH SCHOOL DISTRICT WELLNESS

EVENT DATES: SEPT. 15 – OCT. 24



### RULES

- **NO FAST FOOD AT ALL!!** Definition of fast food: *Food that can be prepared quickly, easily and is sold in restaurants and snack bars as a quick meal or to be taken out.*

- **How much do you spend per fast food meal?**

If you eat fast food, write the dollar amount you spent on your tracking calendar (only you, not others) noting whether it was for breakfast, lunch or dinner. The running tally will keep you motivated as you see how much money you spend eating fast food.

- **Completed tracking calendars must be turned into your Wellness Council Representative by *Tuesday, October 28, 2014* in order for this 100 point event to count towards your goal of earning 800 points.**

*The Uintah School District Wellness Council functions to enhance and foster the health and well-being of all employees of Uintah School District.*

NAME: \_\_\_\_\_ WORK LOC: \_\_\_\_\_ POINTS EARNED \_\_\_\_\_



## MEDICAL SELF CARE CHALLENGE

### UINTAH SCHOOL DISTRICT WELLNESS INCENTIVE

## Tracking Calendar

Each individual activity listed below is worth 15, 20, or 25 points. You must earn at least 75 points to get credit for this challenge. If you earn 100 points or more, you will be eligible for the drawing for gift cards. **Add your points at the end of the event and enter the total under "POINTS EARNED" at the top of your tracking calendar.**

**Earn points by completing the activities of your choice!**

### 15 Points per Immunization

- ❖ **Adult Immunizations:** Completed between August 1, 2012 and October 26, 2012.

Tdap      *Date* \_\_\_\_\_                      Pneumonia      *Date* \_\_\_\_\_  
Flu      *Date* \_\_\_\_\_                      MMR      *Date* \_\_\_\_\_  
Hepatitis      *Date* \_\_\_\_\_

---

### 20 Points per Activity

- ❖ **Preventive Care:** Doctor, Dentist, Optometrist visit within the past 6 months.

*Date* \_\_\_\_\_                      *Provider's Name* \_\_\_\_\_  
*Date* \_\_\_\_\_                      *Provider's Name* \_\_\_\_\_  
*Date* \_\_\_\_\_                      *Provider's Name* \_\_\_\_\_

- ❖ **CPR/AED/First Aid Class:** Completed within the past 6 months

*Date* \_\_\_\_\_                      *Instructor's Name* \_\_\_\_\_

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### 25 Points per Activity

- ❖ **Healthy Utah Stress Management Webinar:** Link to register will be emailed out prior to dates.

**When:** September 25<sup>th</sup> **Time:** 4:00 – 5:00 pm    **and**    **When:** October 10<sup>th</sup> **Time:** 4:00 – 5:00 pm

*Date* \_\_\_\_\_                      *Instructor's Name* \_\_\_\_\_

- ❖ **Healthy Utah Nutrition Webinar:** Link to register will be emailed out prior to date.

**When:** October 2<sup>nd</sup> **Time:** 4:00 – 5:00 pm    **and**    **When:** October 17<sup>th</sup> **Time:** 4:00 – 5:00 pm

*Date* \_\_\_\_\_                      *Instructor's Name* \_\_\_\_\_

- ❖ **Healthier at Home Self Care Book:**

Write a brief summary below of how you used the self care book to help yourself or a family member.

\_\_\_\_\_  
\_\_\_\_\_



## **CINCO DE MAYO LUNCH STEPS CHALLENGE AWARDS**

We hosted a pot luck luncheon with a Cinco de Mayo theme that celebrated the accomplishment of garnering enough steps to have walked from our office to Tijuana for our steps challenge. We also featured a healthy salsa contest in which the winners were awarded prizes and the recipes gathered for our cookbook. Cinco De Mayo is an annual event that everyone looks forward to, we just had an extra special event to celebrate this time.



## **OFFICE OLYMPICS**

We hosted an all-week Olympic event in which we kicked it off with an opening ceremony, including the torch! Teams were created and throughout the week, each team completed a series of activities. Points were awarded for several categories. We then held a closing ceremony with a pot luck and gave out medals and prizes. The events focused mainly on problem-solving and physical activities. It was well received.



**USOR SWAP**

## OFFICE OSCARS

Every year at the close of our Federal Fiscal Year, we hold a potluck celebration in honor of our hard work and dedicated staff. For our New Year's celebration this time, we focused on the humor aspect of wellness and sent out ballots with categories that our staff could nominate others for these much coveted awards! We put together a slide show presentation of movie clips which illustrated each award category along with a summary of why this person was nominated – along with tidbits about humor and its' health benefits. This event was also well received.



**\$ Save Money \$**

**DROP  
THE  
FAST  
FOOD**



**CHALLENGE**

Reduce or eliminate your fast food intake for

**5 weeks**

*Feb 23 – March 29, 2015*

**See how much money you save!**

# For about \$20, you could buy...

**X**



- 4 Whopper Combo Meals at Burger King (\$5.44 each)

**Total: \$21.76**

**OR**

**✓**



- 1 box Morningstar Farms Grillers Original Meatless Burgers (\$2.98)
- 1 pound 96% lean ground beef (\$2.98)
- 16 ounces cashews (\$4.18)
- 1 pound of strawberries (\$1.67)
- 10 pounds of potatoes (\$2.97)

- 1 gallon of 100% orange juice (\$3.26)
- 1 pound of frozen mixed vegetables (98 cents)
- 1 bunch of broccoli (\$1.58)
- 1 pound bag of dried pinto beans (\$1.08)

**Total: \$21.68**



# WCSD Wellness Program Presents

# SUGAR



6 Week Challenge September 15—October 26

## How much sugar do you eat?

*See your schools wellness rep for your materials and more details.*

SUGAR SMACK DOWN TRACKING SHEET								
Week 1 Sept 15 -21	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total Points
<b>No High Fructose Corn Syrup</b> <i>Read labels</i> <span style="float: right;">5 pts per day</span>								
<b>No dried fruit or canned fruit in syrup</b> <span style="float: right;">2 pts per day</span> <small>Buy fresh fruits or fruits canned in water or natural juice</small>								
<b>Total for week 1</b>								
<b>Week 2 Sept 22 -28</b>								
<b>No cereal or oatmeal that has more than 6 grams of sugar per serving</b> <span style="float: right;">2 pts per day</span> <small>(instead of adding sugar to cereal or oatmeal, add fresh fruit (try bananas, cherries or strawberries)</small>								
<b>No cereal bar or protein bar that has more than 6 grams of sugar per serving</b> <span style="float: right;">2 pts per day</span>								
<b>Total for week 2</b>								
<b>Week 3 Sept 29 - Oct 5</b>								
<b>No bread with more than 3 grams of sugar per slice</b> <span style="float: right;">2 pts per day</span>								
<b>No self added sugar</b> <span style="float: right;">2 pts per day</span> <small>Cut back on the amount of sugar added to things you eat or drink regularly. Remove sugar (white and brown), syrup, honey and molasses from the table — out of sight, out of mind!</small>								
<b>Total for week 3</b>								
<b>Week 4 Oct 6 - 12</b>								
<b>No packaged products where sugar is listed in the top 3 ingredients</b> <span style="float: right;">10 pts per day</span> <small>sucrose, fructose, corn syrup, malodextrin, dextrose, glucose, lactose, maltose. See "50 names for sugar bookmark"</small>								
<b>No sweetened milk, milk products or sweetened yogurt</b> <span style="float: right;">2 pts per day</span>								
<b>Total for week 4</b>								
<b>Week 5 Oct 13 -19</b>								
<b>No packaged products where more than one type of sugar is listed in the ingredients</b> <span style="float: right;">10 pts per day</span>								
<b>No desserts</b> <span style="float: right;">5 pts per day</span>								
<b>Total for week 5</b>								
<b>Week 6 Oct 20 -26</b>								
<b>No sweets or candy</b> <span style="float: right;">5 pts per day</span> <small>- exception 1 oz 70% or higher Dark Chocolate</small>								
<b>No soda, diet soda, energy drinks, sweetened fruit juices/drinks</b> <span style="float: right;">10 pts</span>								

**WCSD**

6 Week Challenge  
September 15—October 26

# SUGAR



How much sugar  
do you eat?

## How To Reduce Your Sugar Consumption

- Each week there are **2** new **Sugar Smack Down** strategies. Work on the weekly strategies and record your earned points each day.
- At the end of the week record your total points on the tracker.
- Report your Total Weekly Points to your schools wellness rep Every Monday. *Earn 2 extra points from your wellness rep if you turn in your points on Monday.*
- Read Labels, Read labels, **READ LABELS!**
- Complete the **Extra Credit Activities** and earn additional points.
- Turn in your **Total Points** and request your prize by Oct 29th.

**Level 1 = 140 – 274 points**



Flavor infuser water bottle

## Points = Prizes

**Level 2 = 275 – 379 points**



Workout tee

**Level 3 = 380+points**



Hoodie



1 hour  
Massage

# 2015 Big Event

## “DHS-Don’t Sit, Get Fit!”

March 16 to May 10, 2015



**Select a Team of 6-8 DHS employees**

**Choose Team Name and Team Captain; register by March 10**

**Each member earns 3 points by exercising 30 minutes or 2 points for 20 minutes continuously in any one day**

**Earn an additional 1 point per day by following healthy practices**

**May earn no more than 3 points per day or 18 points per week**

**Team with highest average points per week will be recognized and team name will be engraved on a plaque**

**All teams will be invited to the May 20th luncheon for a cost of \$2 per person**



**To register your team, contact  
Steve Hillabrant 538-4196,  
Karen Krommenhoek 538-4277  
or Laura Pare' 538-4508**

**DEPT OF HUMAN SERVICES**

# Highland Plaza Wellness Council

## Best Practices

### Organization of Responsibilities

- ⇒ Use the Work Well Challenge book as a guide to create an action plan
- ⇒ Assign individuals with specific tasks or responsibilities; especially those that are recurring
- ⇒ Systematically develop a calendar to address: Health observances, wellness challenges and monthly activities
- ⇒ Use the Work Well Challenge book as a focal point each month in wellness council meetings to determine how to complete each activity and check off what you have already completed



### Employees at the Center of your Work

- ⇒ Send out a monthly newsletter
- ⇒ Send out a weekly email listing all of the upcoming activities
- ⇒ Post flyers around the building: Bathrooms, elevators, break rooms, free-standing tables and on every wellness council member's door or desk
- ⇒ Offer a variety of activities and programs. Always have something going on for someone to participate in; even if participation is low
- ⇒ Have door prize drawings for each of your activities; incentive gifts are a great way to encourage people to participate
- ⇒ Regularly survey employees to help determine needs. Once you have received employee feedback, plan activities that address the highest interests and needs
- ⇒ Support all the wellness council activities, employee health challenges and follow the guidelines in the Work Well Challenge book



## Tax Commission

Here are just a handful of the activities we were involved in:

- 1) Take the Stairs Day on Tuesday, July 31 - All employees were encouraged to take the stairs and signs were posted in the stairwell encourage use of the stairs
- 2) Break Walks - Several different routes from our main building were mapped and emailed to employees. These included routes of different lengths and distances and one to a healthy sandwich shop.
- 3) A charity drive for The Road Home - Dozens of employees participated in a drive for those who are working toward stepping out of homelessness and back into our community. We focused on collecting items that were of urgent need for this population.
- 4) A Saturday hike in the Bell Mountain area of Little Cottonwood Canyon. Employees were encouraged to participate in this activity with their families that included hikes of easy, moderate and strenuous levels.

I believe the most important that the agency did was begin to change the culture. I am noticing more people taking the stairs more often, treat tables being filled with healthier foods instead of doughnuts and cookies, and more people walking outside during their breaks instead of hitting the Coke machines.

With one of our Commissioners serving as chair of the Wellness Council, it sends a clear message to all employees of the important role that good health plays in work life.

Wellness Council  
NEWSLETTER

VOLUME #2

ISSUE  
1

# Fit4 LIFE



HEALTH FOR EVERY BODY

SUMMER 2015

IN THIS ISSUE

## Is Diet Soda An Oxymoron?

Many studies seem to have demonstrated the negative effects of diet soda, including cancer, weight gain, and other problems. So are these drinks really that evil? According to the Mayo Clinic, drinking a reasonable amount of diet soda a day isn't likely to hurt you and there's no credible evidence that the artificial sweeteners and other chemicals currently used in diet soda cause cancer.

However, while switching from regular soda to diet soda may save you calories in the short term, it's not yet clear if it's effective for preventing obesity and related health problems. In other words, studies have not proven that diet sodas will help you lose weight. So, rather than consuming a drink full of artificial ingredients and chemicals, the experts at the Mayo Clinic suggest you enjoy one of the many healthier low-calorie choices, such as skim milk, unsweetened tea or coffee, or the most natural drink of all—water.

[mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/diet-soda/faq-20057855](http://mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/diet-soda/faq-20057855)



## Staying Active

Page #2



## Bicycle Safety

Page #3



## First Aid

Page #7

### Plus . . .

Managing Back Pain – Page #4

Using Resistance Bands – Page #5

Learning to Love Tofu – Page #6

TAX COMMISSION

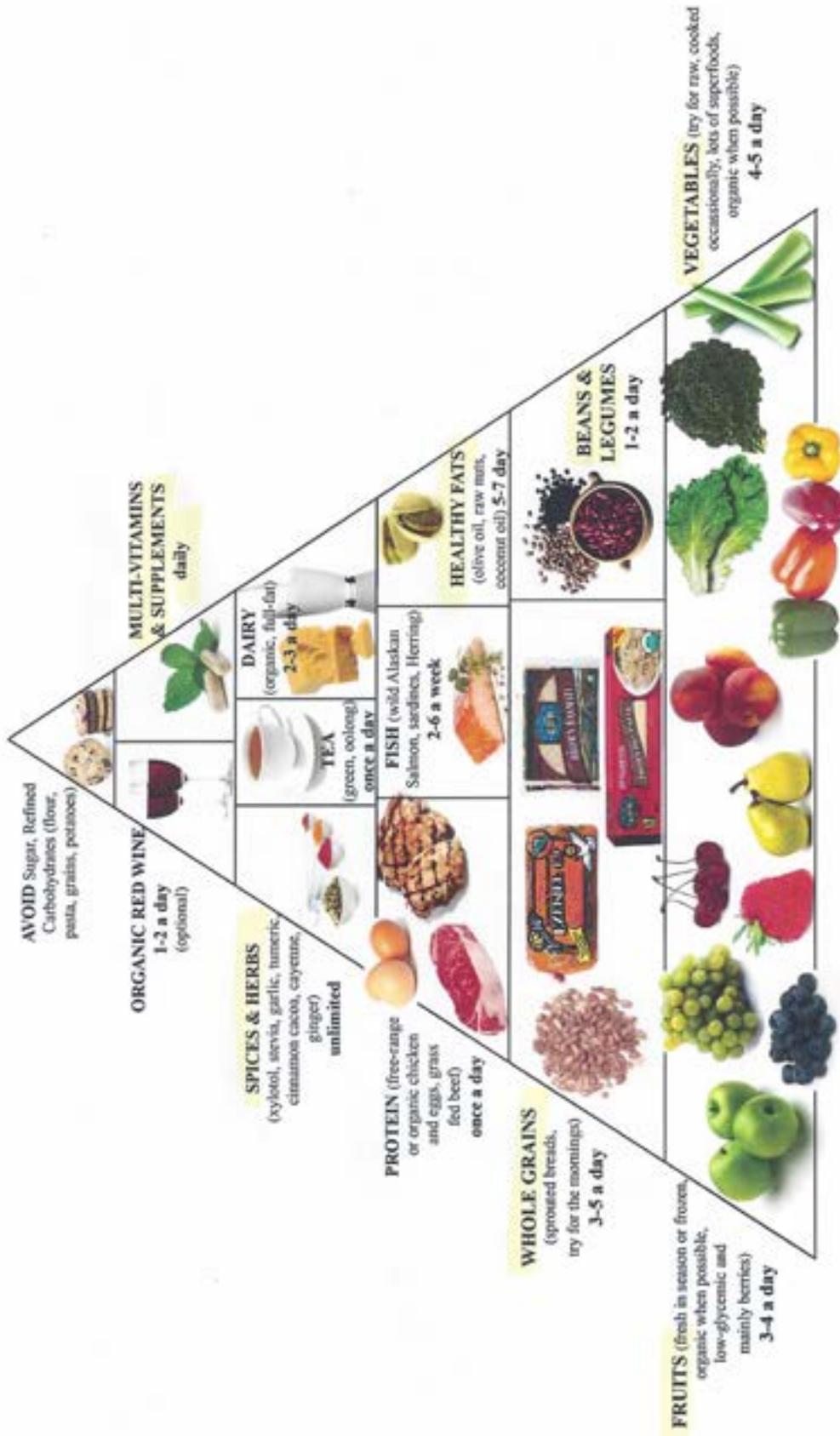


## USBAFit

Our latest wellness activity was a trek across the US using our individual FitBits to track steps and miles. We split up into teams of 4 and each team would move their game piece along the route on a big map of the US (displayed in our office) as they walked. Along the way there would be stops in various cities with accompany challenges that the whole team had to complete.

I have attached a copy of the activity description, and documents needed for two of the challenges.

We had a great response to this activity, although, it was more challenging and competitive than we initially planned on.





South Valley Wellness Committee  
Wellness Ideas

May 2015

WALKING CHALLENGE

Our office participated in a one month walking challenge. Participants formed teams of 3 or 4 to log steps taken. At the end of each week, individuals and teams submitted their step totals to the challenge coordinator. The weekly step totals were posted to the Wellness Board. The winning team chose the next 'challenge.'

The rules:

It's simple, we are all going to be counting our steps from (date) to (date). You can do as much or as little activity as you would like and your normal everyday tasks COUNT as steps taken (i.e. walking to the bathroom, going to the copier, getting ready in the morning, etc.). There are 3 options to count your steps:

- 1) Using a pedometer (I still have a couple of free ones if anyone is interested in them)
- 2) Using a smartphone app of your choice (or other Fit Bit / Nike + / Garmin product (etc.) of your choice)
- 3) Using an activity converter, such as the one here:

<http://und.edu/health-wellness/workwell/documents/walking-challenge/wc-stepcounter.pdf>

The team that accrues the most number of steps combined wins and has the opportunity to select a future challenge for the office.



