



Wellness Council Resource Book

Volume 3

OTHER EVENTS/ACTIVITIES

ANNUAL SILENT AUCTION



We spent 2 days of basket wrapping/ preparation & raised \$450 auctioning 85 items! This fund-raiser is our biggest annual event and helps us maintain our snack room and filtered water cooler.

BIRTHDAY CELEBRATIONS



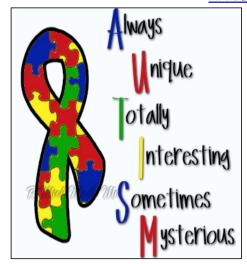
NATIONAL CHILD ABUSE MONTH-PINWHEELS

It was pouring outside but we still managed to get 1/3 of our employees involved.





APRIL IS NATIONAL AUTISM AWARENESS MONTH









MSW Grads Gift

Wellness had a local person create these mugs specifically for the staff. (our division requires licensures to perform our jobs)



Admin & Nurses Day

these plants & thank you cards were hand delivered to each administrative & nursing staff from wellness



Friday April 21 (Autism After 21 Day)

KUED and the Salt Lake Gallery Stroll are joining forces for "Autism after 21" Day by hosting an Easter egg hunt at participating galleries of the Salt Lake Gallery Stroll. Look for KUED's blue plastic eggs in the galleries. Participants who share the autism fact or quote and a picture of their egg on social media (tag KUED (@kued on Twitter or @kued7 on Instagram) will be entered into a drawing to win a Justin Wheatly Art print of the Spiral Jetty.

Friday, April 14

KUED and Downtown SLC are joining forces for Autism Awareness Month with an autism awareness Easter egg hunt. KUED's blue plastic eggs will be in the Downtown Alliance's Popup Parks along Main Street in Salt Lake City. Participants who share the autism fact and a picture of the egg on social media, (tag KUED (@kued on Twitter or @kued7 on Instagram) will be entered in a drawing to win a \$50 gift card to any store at City Creek.

ZEN ROOM

In the month of April, the Wellness Council worked hard creating our "Zen Room" on the 2nd floor as an addition to our already established 3rd floor Zen room. We can't express enough the level of emotional distress created in our world of Child Welfare. Often workers spend large amounts of time alone in their offices doing paperwork, mass emailing, on the phone, receiving negative and disrespectful treatment from others and traveling to all ends of Utah. This motive the council to put together our 2nd Floor "Zen Room" where workers can go to relax and take some time for themselves and receive a sense of emotional awareness and peace. Members of the council solicited the donation of a new couch for the space, obtained relaxing activities and gathered literature on mindfulness and other calming techniques employees can read while in there. The room was finished and introduced to the building the first week of May kicking off our "Mental Health May" and the building is loving this new addition.







4/3/17 - 4/28/17

Goal: WALK TO MEXICO CITY BY 4/28/17 SLC to Mexicali

4/3/17 – 12-12:30 Kick off with office walk meet at front doors on 1st floor

Rules

- M-F and during work hours
- If you have a **medical condition** preventing you from walking **desk exercises count** (separate handout)
- You can utilize the exercise policy 'Healthy Utah' to use work time for this challenge- please get this approved by your supervisor

Helpful Tips

- Desk Exercises
- Steps conversion charts
- Weekly info sheets
- Your work phone has its own tracking system called *S*Health
- 177 steps around the floor (2nd and 3rd both have 77 steps)

Teams: 10 teams

- Create **team name by** 4/7/17
- Each teams steps are added together to reach Mexicali
- Report totals to Wellness each Friday

Tracking:

Maps placed in reception area on 2^{nd} floor & snack room on 3^{rd} floor howing teams progress.

Prizes

Team Prize: Team with the most
steps by the end of the
challenge wins the team
prize

Individual Prize: Drawing 5/4/17

- Every day you hit 5000 = a raffle ticket to go towards a grand individual prize
- Participate with someone from another floor for ½ hour straight, = an extra raffle ticket towards individual prize.
- Person with the most steps each week gets an extra raffle ticket towards individual grand prize

10/team does 140 steps = 14 steps/person 7/team does 100 steps = 14.3 steps/person

Team with 7 people wins



MAP AND STEPS TRACKER IN OUR RECEPTION AREA. ONCE TEAMS START MOV-ING MORE WE WILL HAVE A LINE SHOWING THEM HOW FAR THEY ARE AND—THERE IS I OF THESE ON EACH FLOOR WHERE EACH TEAM IS AT.





UR KICK OFF WALK ON NATIONAL WALK DAY—WE WALKED I MILE (2 OF THESE INDIVIDUALS RAN TO CATCH UP TO THE GROUP)





WE HAD THESE ON ALL THE DOORS AND HAD FEET LIN-

HALLWAYS AS A VISUAL RE-MINDER FOR ALL STAFF IN

OUR BUILDING

ING THE FLOORS OF THE

WorkWell Being Challenge 2016-17

Physical

- **♦ "Healthy By Choice-Not By Chance" fliers throughout our building**
- **♦ Advertising of Exercise Policy and Healthy Utah options**
- **♦ Stair/Step Challenges (See Flyers in other attachments)**

Financial

March Madness Challenge

"I loved it! I even took the list home and changed some of the challenges for my kids. They are having a lot of fun with it too!"

EMAIL SENT ADVERTISING THIS EVENT

Since the Stair Challenge was such a fun success, the Wellness Council has come up with a new challenge for you for March!

This month, we want to focus on helping you **improve your financial well-being**.

You will soon be receiving a list of tips, tricks, and challenges to help you manage your money.

Each time you complete one of the challenges, you will put your name on a "gold coin" and placed in the "pot o' gold."

There will be gold coins and pots of gold located in the **2nd floor reception area** and in the **3rd floor snack room**.

Each Friday during the challenge period, a name will be drawn from the **pot o' gold** and the winner will receive a **gift card** from the Wellness Council. Hence, the more you participate, the more chances you'll have to win, and the more your personal wealth will increase!

This challenge will run for 4 weeks from **March 6 to March 31**. Watch for the challenge list to be delivered to you soon, and there will also be copies near each pot of gold.



It's not about how much money you make...it's how you save it!

Career

- ♦ Remodel of office (6D on Report 3 Final Doc)
- New Employee's, Birthday Celebrations and MSW grads (in Report 3 Template)
- Our 2nd floor administration has asked the Wellness Council to start every monthly learning group with a mindfulness activity to help promote a healthy and productive learning environment.
- Administrators and Nurses Day (See Misc. Events Attachment)

Social

- ♦ Annual Silent Auction (See Misc. Events Attachment)
- ♦ January Recipe Exchange event allowing staff to share their healthy recipes with all. (see other attachment for pics).
- Surveys asking staff their top 3 health goals, suggestions to improving the functioning of Council & ideas for Nutrition, Physical, Financial, Emotional, Social, Career, & Community.
- ♦ Cinco De Mayo Party celebrating our Steps challenge in April (See Cinco De Mayo Attachment)

Emotional

- ◊ Zen Room (See Misc Activities Attachment)

Community

- National Autism Awareness Flyers sent out (misc events attachment)
- National Child Abuse Month pin wheels (misc even'

DCFS METRO

Join the Wellness Committee in reaching the top of Mt. Everest!



Reaching the top of Mt. Everest seems like a great way to do it!! Our goal as a wellness committee is to get this building moving!

Did you know that 58,070 stairs, or 3,871 flights of stairs is

equivalent to climbing Mt. Everest??

lights of stairs (that's less than twice a day!), we could totally do it. The benefit? There are about 85 people in the building, so that means if each person climbs 46 Healthier heart, stronger body, oh... and PRIZES for the winning team!!

DCFS METRO

JANUARY BROWN BAG 1/11/17



Following the holidays and New Year's we're wanting to promote healthy eating. We're hosting the best recipe exchange ever!
Bring samples of your food and copies of your recipe.
We're also wanting to make a recipe book for the building, so also submit a copy of your recipe to us for the DCFS Metro Cookbook.

In December the Wellness Council created little paper mugs and placed a packet of hot chocolate in them. We placed one on each employee's desk before the holidays. (we sent out the below flyer)



Happy Friday Everyone!

We wish you all Happy Holidays and want you to enjoy your mug of hot chocolate we left in your offices or on your doors!

If you have any thoughts on things we've done, or things you'd like to see us do, let us know. Our website is listed below.

https://dcfswellnesscommittee.wordpress.com/



The Final Step... PARTY!



Why: Celebrate our Step Challenge & EAT!

When: Thursday May 4th 12pm-1pm

Where: Metro Room 328 Who: TAL and Metro

Nacho Bar! Music! Photo Booth! Prizes! Wellness!



On May 4th we celebrated the completion of our Steps Challenge with a Cinco De Mayo Party. We did not have enough participation to walk to Mexicali as planned. However, As a Building we were able to walk just past Puerto Penasco, Mexico (Around 2,106,685 Steps). This party was the best turn out yet for having 2nd and 3rd floors together. We served a Nacho Bar with all the right fix'ns. We had great feedback









DCFS METRO



Wellness Council

Brown Bag Luncheon

Meet & Greet

September 20

North Conference Room

@Noon

Bring your lanck, support the Wellness Council by promoting physical, mental, and financial fitness with your creative ideas!

Please feel free to bring donations for the Utah Food Bank!



Cooking & Eating Whole Grains

You can add whole grains to your meals without cooking, simply by choosing breads, breakfast cereals, and other prepared whole grain foods. If you'd like to enjoy delicious whole grains at home as a side dish, however, here are some guidelines for cooking them from scratch.

PLAIN GRAINS, GENERAL DIRECTIONS

Cooking most grains is very similar to cooking rice. You put the dry grain in a pan with water or broth, bring it to a boil, then simmer until the liquid is absorbed. Pasta is generally cooked in a larger amount of water; the excess is drained away after cooking. Don't be intimidated!

GRAIN PILAF, GENERAL DIRECTIONS

Brown small bits of onion, mushroom and garlic in a little oil in a saucepan. Add grain and cook briefly, coating the grains in oil. Then add broth in the amount specified below, and cook until liquid is absorbed.

IMPORTANT: TIME VARIES

Grains can vary in cooking time depending on the age of the grain, the variety, and the pans you're using to cook. When you decide they're tender and tasty, they're done! If the grain is not as tender as you like when "time is up," simply add more water and continue cooking. Or, if everything seems fine before the liquid is all absorbed, simply drain the excess.

SHORTCUTS

If you want to cook grains more quickly, let them sit in the allotted amount of water for a few hours before cooking. Just before dinner, add extra water if necessary, then cook. You'll find that cooking time is much shorter with a little pre-soaking.

Another shortcut is to cook whole grains in big batches. Grains keep 3-4 days in your fridge and take just minutes to warm up with a little added water or broth. You can also use the leftovers for cold salads (just toss with chopped veggies, dressing, and anything else that suits your fancy), or toss a few handfuls in some canned soup. Cook once, then take it easy.

There are also many quick-cooking grain side-dishes on the market, even including 90-second brown rice. These grains have been pre-cooked so you only need to cook them briefly or simply warm them through in the microwave.

STICKY BOTTOMS

If whole grains are sticking to the bottom of the pan, turn off the heat, add a very small amount of liquid, stick a lid on the pan, and let it sit a few minutes. The grain will loosen, easing serving and cleanup.

See next page, for a handy table detailing cooking times for various grains >

Whole Grains Council / Oldways • 266 Beacon St., Boston MA 02116 • www.wholegrainscouncil.org





OPENED BY

"As we work to create light for others, we naturally light our own way."

Mary Anne Radmacher

December 2016

Department of Commerce Wellness Breka Foster 160 East 300 South - DOPL Salt Lake City, UT 84111 RECEIVED

DIVISION OF OCCUPATIONAL APROFESSIONAL LICENSING

Dear Breka,

On behalf of Primary Children's Hospital, thank you for the assorted gifts for teens as part of your Wellness Council service project. The light you have given to children is brightness that shines all around!

Last year 82,974 children came to Primary Children's Hospital for care. Your support helps these children to feel encouragement during a difficult time. You exemplify the hospital's philosophy, "*The Child First and Always*," by sharing your goodness with ill and injured children at Primary Children's Hospital.

Primary Children's Hospital could not do what it does without the generous support of a caring community. On behalf of the children and families we are privileged to serve, we express our heartfelt gratitude for your kindness!

Warmest regards,

Marie Hendriksen

Gift-in-Kind Coordinator

This letter serves as the receipt for your in-kind donation and an acknowledgment that no goods or services were provided in exchange for your gift. Intermountain Foundation - Primary Children's Hospital is a 501(c)(3) non-profit organization, Tax ID# 80-0225150. All or part of your gift may be tax deductible as a charitable contribution. Please consult your tax advisor. For gift-in-kind donations, it is the donor's responsibility to describe and assign value to donated items.

100 North Mario Capecchi Drive, P.O. Box 58249, Salt Lake City, UT 84158-0249 • 801-662-5959 • www.primarychildrens.org/donations





New Test Kitchen Classes

Attend, enjoy and leave inspired! PEHP Test Kitchen staff will come to your worksite to present basic concepts of nutrition while discussing ways to make simple, healthy and satisfying recipes. Included in each Test Kitchen class is an optional taste test members can enjoy. Choose one recipe for the class you would like to attend. A modest fee (\$5-\$10 per class) is required to cover the cost of the ingredients depending on how many people sign up. To arrange a presentation, please send an email to testkitchen@pehp.org. We ask for at least 15 participants to attend. All classes are 30 minutes long.

Breakfast Made Simple

Easy, balanced ideas to start the day well Taste test options (choose one):

- Baked Oatmeal with Fruit
- Breakfast Pitas
- · Easy Muffin Tin Eggs

Eat Your Veggies

Simple, fast, and delicious recipes Taste test options: (choose one):

- Massaged Kale Salad
- Carrot Bisque
- Smoked Gouda Macaroni & Cheese w/ Spinach

Great Grains

Eating whole never tasted so good Taste test options (choose one):

- Easy Chicken and Bulgur Salad
- Cherry, Wild Rice, and Quinoa Salad
- Asian Buckwheat Noodle Bowls

Recipe Makeover

Smart swaps to keep you happy and healthy Taste test options (choose one):

- · Lightened Up Broccoli Cheddar Soup
- Blueberry Ginger Muffins
- · Pumpkin Spice Bread

Holiday Desserts

Celebrate this festive time of year w/ lighter options Taste test options (choose one):

- No Cook Peanut Butter Pie
- Apple Harvest Cake
- Triple Chocolate Cookies

Soup's On!

Tips and tricks to get the most from your bowl Taste test options (choose one):

- Tuscan Spinach, Bean, and Sausage Soup
- Curried Zucchini Soup
- Simple Creamy Chicken and Wild Rice Soup

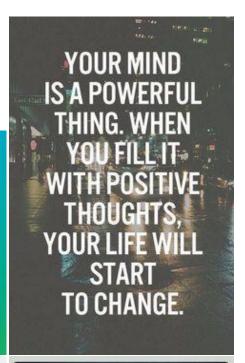
Date:	Time:
Location:	Class Topic:

Positive quotes were shared each week as part of our weekly check in



START WHERE
YOU ARE, USE
WHAT YOU HAVE,
AND DO WHAT
YOU CAN.

Health





TODAY IS A NEW DAY.
FRESH START!
THINK HAPPY THOUGHTS,
EXERCISE,
DRINK LOTS OF WATER.
DON'T JUST EAT,
FUEL YOUR BODY.
BE HEALTHY & HAPPY!

It takes 4 weeks
for you to notice a difference,
8 weeks
for your friends to notice,
and 12
for the rest of the world!

I AM COMMITTED TO BEING A BETTER PERSON TODAY THAN I WAS YESTERDAY. BETTER THOUGHTS.. BETTER DECISIONS.. BETTER ACTIONS. TO WORK TOWARDS BEING THE HEALTHIEST

NON-SCALE VICTORIES

Clothes fit better
More energy
Improved endurance
Sleep quality
Fewer cravings
Feel healthier

DWS BEAR RIVER

FITNESS IS ABOUT SO MUCH MORE THAN EXERCISE. IT'S A CATALYST FOR POSITIVE CHANGES, AND IT AFFECTS EVERY ASPECT OF YOUR LIFE.

EVEN IF YOU CAN'T
PHYSICALLY SEE THE
RESULTS IN FRONT OF YOU,
EVERY SINGLE EFFORT IS
CHANGING YOUR BODY FROM
THE INSIDE.

NEVER GET DISCOURAGED!

THREE MONTHS From Now, You Will Thank Yourself.

ELITE DAILY

REMEMBER THAT ANY EXERCISE IS BETTER THAN NO EXERCISE.

Health

I never regret it when I do it, but I always regret it when I don't. "You messed up your diet and you didn't exercise today—So what? You didn't ruin anything. Get back on track tomorrow. If you have one flat tire, do you slash the other three? Of coursenot."

Jillian Michaels



NEVER QUIT.

LYOU STUMBLE 띵 BACK UP.

WHAT HAPPENED NO LONGER YESTERDAY NO MATTERS.

TODAY'S ANOTHER DAY

SO get back on track and MOVE CLOSER

dreams & goals. YOU CAN

Positivity Plegge

I shall no longer allow negative thoughts or feelings to drain me of my energy. Instead I shall focus on all the good that is in my life.

I will think it, feel it and speak it. By doing so I will send out vibes of positive energy into the world and I shall be grateful for all the wonderful things it will attract into my life.

Trust the process

Eat clean, trust yourself, make good choices, be patient with yourself, work hard. DON'T WAIT
UNTIL
YOU'VE REACHED
YOUR GOAL TO BE
PROUD OF YOURSELF.
BE PROUD OF
EVERY STEP
YOU TAKE TOWARD
REACHING
THAT GOAL.

WHAT SEEMS
IMPOSSIBLE
TODAY WILL
ONE DAY
BECOME YOUR
WARM-UP.

Health

Employees and Families are invited to come...

TAKE A HIKE!

On Logan Canyons'



Ç



SATURDAY JULY 9, 2016

Meet at 8 A.M. at Spring Hollow Campground up Logan Canyon ** More instructions to come

Wellness Committee will be providing water and snacks

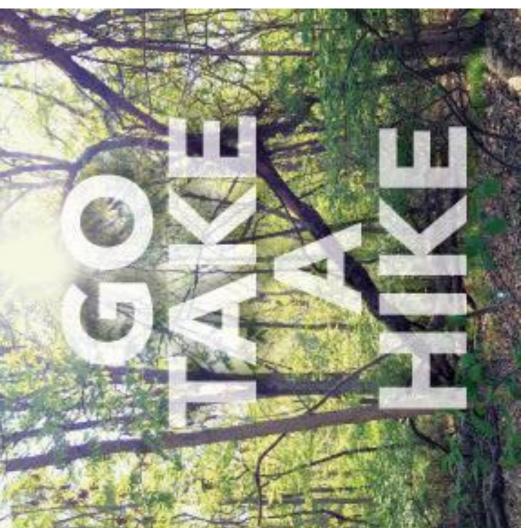
Easy Hike

The Riverside Nature Trail has interpretive signs along its 1.5-mile route. Learn interesting facts about the plant and animal communities that make their home in this lively river habitat. Access to the trail is found on the east side of the campground. The first portion of the trail is wheelchair accessible. The remaining portion of the trail is easy.

Moderate Hike

At the top of Spring Hollow is the beginning of the

Crimson Trail, a 3-mile hike upriver from Spring Hollow to the Guinavah-Malibu Campground. To make this a loop trail back to Spring Hollow, use the Riverside Nature Trail to make a 4-mile loop. The Crimson Trail is steep and skirts the upper edge of an immense band of limestone rock known as the China Wall. Over millions of years, the sediment that was once the bed of an ancient tropical sea eventually formed the rock wall. The wall has preserved the fossilized remains of several marine animals. Search and find fossils of creatures such as crinoids, brachiopods, and corals. Please leave the fossils in place for others to enjoy







TAKE A HIKE!

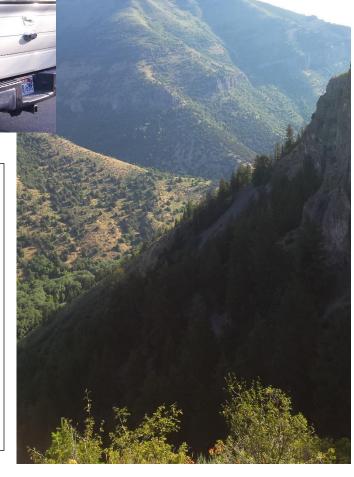
On Logan Canyons'

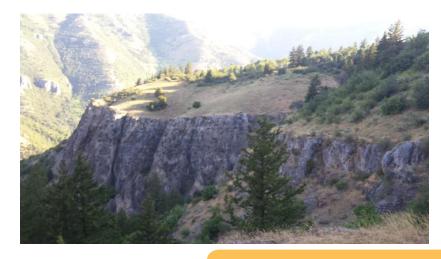
Crimson Trail

Or

Riverside

Nature Trail





Wellness Council Committee | MINUTES

2/3/2017 | 10:00 a.m. | DWS Office, Logan, UT

Meeting called by Erica Steiner Attendees

Type of meeting Monthly Planning Meeting Erica Steiner, Coy Hoskins, Ruth Warby, Delma White

Facilitator Erica and Judy Kearns

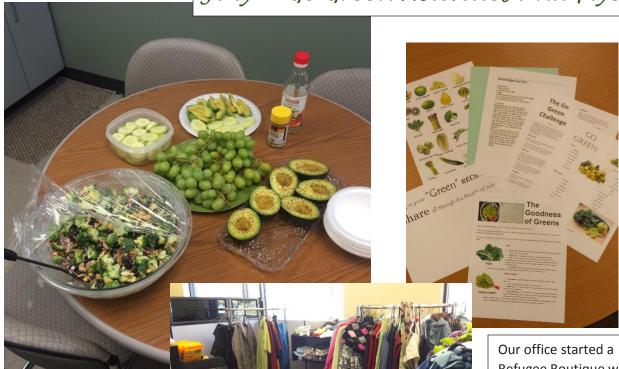
Note taker Judy

AGENDA TOPICS

- "Who Am I?" Coy has a list of new questions which she will send out in April and the new contest should start in July. There are still names to finish the quarter. Erica reminded that mentioning feedback from staff was a vital part of the activity progress.
- Erica presented the outline of the upcoming Fitopoly game. The goal is to put the game board together and laminate it. There are traditional Monopoly game pieces for staff to use. Some of the topics and stops are candy land, Tension Tamer, a Fitness Free space. Decision was made to use soft laminate and poster paper so the board can be used in the future as well. Erica will go to the Book Store in Logan for this and Judy will check in Brigham City to see if laminating is offered. The game is scheduled to start on February 13.
- Logan will follow up on the use of the Wellness Room, possibly utilizing a signup sheet.
- Judy requested advice on how and what stretches to incorporate into morning stand up meetings in Brigham City. Suggestions were given and Erica demonstrated.
- Financial-Judy will look for Brigham City discounts from the Chamber, Delma will get them from Logan.
- Open Your Heart Food Drive- Feb 8-17. Logan will fill two boxes, Brigham 1 box, staff encouraged to donate items because if we get the boxes filled by 2/13 staff can wear jeans with a pink or red shirt on Valentine's Day. Judy will provide box in BC, Erica will bring two boxes to Logan, boxes will be decorated.
- Wellness Challenge may be a budgeting challenge, there has been some talk of making the challenge not physical.
- Discussion about using Healthy Alternative Snacks in Brigham, Judy will present idea in Stand Up to verify there is interest. If so, Wellness Committee can purchase all items at Sam's Club and Brigham will present some alternatives. Soda is not an option in Brigham because of the honor system and use of the break room by Work Success customers.
- NEXT MEETING: Friday, March 17, 2017

Action items	Person responsible	Deadline
Follow up with Chamber of Commerce for Discounts	Judy, BC	3/17/17
Check in Brigham for availability of Laminate	Judy	3/17/17
Laminate game board, Fitoploy	Judy, Erica	2/13/17
Create collection boxes, Open Your Heart	Erica, Judy	2/8/17

July -- Go Green Activities and Flyers



Our office started a Refugee Boutique which includes basic hygiene & school items, clothing, toys and blankets



September
Week Challenge the rurker purple of additional resources

Share

September

Week Challenge the rurk purple of additional resources

Share

October -- Celebrating fall colors with a little Yellow and Orange ...
Turkey Trot Challenge... Start of our Wellness Room ...

and The Walking Box





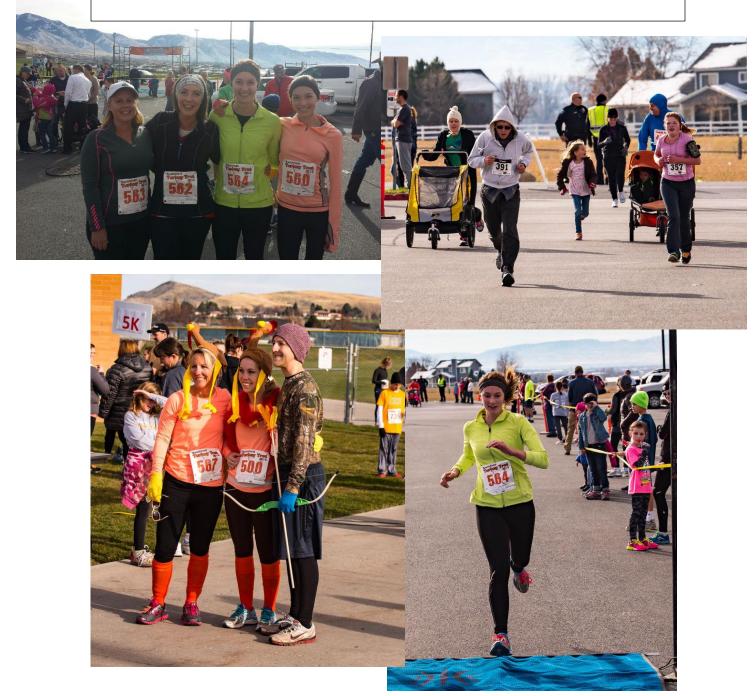


November ... Continued work on the Wellness Room, Completion of the Turkey Trot and intro to the Maintain Don't Gain ...





Turkey Trot November 2016



DWS St. George ESC

The "Eat Green Day" part of "Be Green Month"

On March 17th, we hosted a eat green salad day. The wellness committee provided all the main items and then encouraged the office to bring anything else they would personally like on their salad. The day was a huge success! No one missed the full fat dressings and high calorie toppings. Those that chose to put cheese or croutons on their salads did so in moderation. There was a lot of mindfulness going on and the 1 bag of chips that someone brought was hardly touched by the 30 people who participated!

We have also been emailing out 1 fun fact a week to staff this month. We have been attempting to personalize these emails as well to make them more meaningful. I have attached a sample of one.





DWS St. George ESC

1. MINI GYM

The creation off our office mini gym in the filing cabinet located in the conference room (we have recently added a couple of items in the lower draw (a foam roller, and yoga mat) as well as an exercise ball and an ab support roller/tri-dip/push-up device that lives in the room as well. We are in the process of creating mini videos that we can send out to staff to show how to use some of new equipment purchased with wellness winnings...as well as provide a good laugh as they are designed to be funny our first one is to show the uses of our new foam roller







DWS St. George ESC

2. The Pokémon Step Challenge

We reached out to the two other offices in the area and competed for top prize by using steps to hatch eggs (all together we hatched 970 eggs!) or 9,700,000 steps in 1 month.







The Walktober Challenge begins Wednesday, October 1st, and ends Friday, October 31st. Individuals track their steps (using a step counter) or minutes (dedicated walking minutes), aiming for 4000-10,000 steps or 30-75 minutes a day. Walking done during work time does not count. The goal is to accumulate 5 or more "leaves" a week by recording daily minutes or steps:

30-45 minutes/4000-6000 steps = red leaf = 1 point ***
46-60 minutes/6001-8000 steps = orange leaf = 3 points ***
61-75 minutes/8001-10,000+ steps = gold leaf = 5 points ***

points will receive a \$15 gift certificate to Target. Participants who are just starting out shoot for 20 or more red leaves, while those who Color your leaves red, orange or gold depending on the amount of steps or minutes spent walking. Tally your points: red leaves = 1 point, 20 total leaves. Participants who earn 20 total leaves will be rewarded a free lunch to Subway. The top three participants to earn the most are already active aim higher. Participants may run in place of walking. The goal of this program is to have a challenging target and develop orange leaves = 3 points and gold leaves = 5 points. Any combination of red, orange, or gold leaves counts toward the participation goal of a walking or running habit you can maintain for good.

Completed calendars must be turned into Holly by Tuesday, November 4th, 2014.

WALKTOBER

3				,		FARMINGTON	
•	Sunday		2	M 12	19	26	30-45 minut 46-60 minut
	Monday			13	20	27	30-45 minutes or 4,000-6,000 steps 46-60 minutes or 6,001-8,000 steps 61-75 minutes or 8,001-10,000+ ste
	Tuesday			14	21	28	30-45 minutes or 4,000-6,000 steps = 1 point 46-60 minutes or 6,001-8,000 steps = 3 points 61-75 minutes or 8,001-10,000+ steps = 5 points
	Wednesday		8	15	25	29	×××
T. Const	Thursday	15 × × × × × × × × × × × × × × × × × × ×	6	16	23	30	3 = 2
	Friday	3	100 100 100 100 100 100 100 100 100 100	117	24	31	
	Saturday	474 774		18	25		

Total Points

Department:

See reverse side for rules and guidelines

Name:

Munch Your Way To Five A Day!

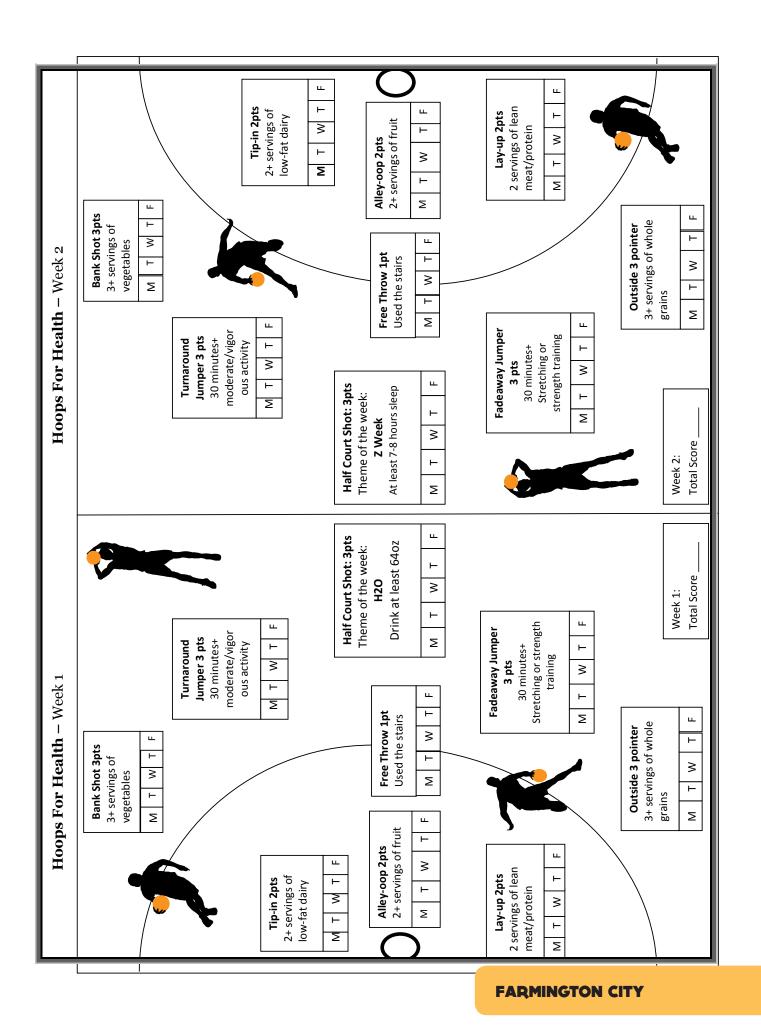
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Totals
Fruits	00000	00000	00000	00000	00000	00000	00000	
Veggies	00000	00000	0.0000	.00000	00000	00000	00000	
Soda	0000	0000	00 0 0	0000	0000	0000	0000	
Water	0000	0000 0000	0000 0 <u>0</u> 00	0000	0000	0000	0000	
Activity (minutes)	0000	0000	0000	0000	0000	0000	0000	
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Totals
Fruits	00000	00000	00000	00000	00000	00000	00000	
Veggies	00000	00000	00000	00000	00000	00000	00000	
Soda	© 000	0000	0000	0000	0000	0000	0000	
Water	0000	©000 0000	0000	0000	0000	0000 0000	0000	
Activity (minutes)	0000	0000	0000	0000	0000	0000	0000	
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Totals
Fruits	90000	00000	00000	00000	00000	00000	00000	
Veggies	190000000				*			
	00000	00000	00000	00000	00000	00000	00000	
Soda	0000	00000	00000	00000	00000	00000	00000	
Soda Water								
State Authorities with the state of the stat	0000	0000	0000	0000	0000 0000	0000	0000	
Water	0000	0000	0000 0000 0000	0000	0000 0000 0000	0000	0000	Totals
Water	0000	0000	0000 0000 0000	0000 0000 0000	0000 0000	0000	0000	Totals
Water Activity (minutes)	0000 0000 0000 Sun	0000 0000 0000 0000	0000 0000 0000 Tue	0000 0000 0000 -0000	0000 0000 0000	0000 0000 0000 Fri	0000 0000 0000 0000	Totals
Water Activity (minutes) Fruits	0000 0000 0000 Sun	0000 0000 0000 0000 Mon	0000 0000 0000 Tue	0000 0000 0000 -0000 Wed	0000 0000 Thu	0000 0000 0000 Fri	0000 0000 0000 Sat	Totals
Water Activity (minutes) Fruits Veggies	0000 0000 0000 Sun 00000	0000 0000 0000 0000 Mon	0000 0000 0000 Tue	0000 0000 0000 Wed	0000 0000 Thu	0000 0000 0000 Fri	0000 0000 0000 Sat 00000	Totals
Water Activity (minutes) Fruits Veggies Soda	0000 0000 0000 Sun 00000 0000	0000 0000 0000 0000 0000 0000	0000 0000 0000 Tue 00000 0000	0000 0000 0000 Wed 00000 0000	0000 0000 Thu 00000 0000	0000 0000 0000 Fri 00000	0000 0000 0000 Sat 00000	Totals

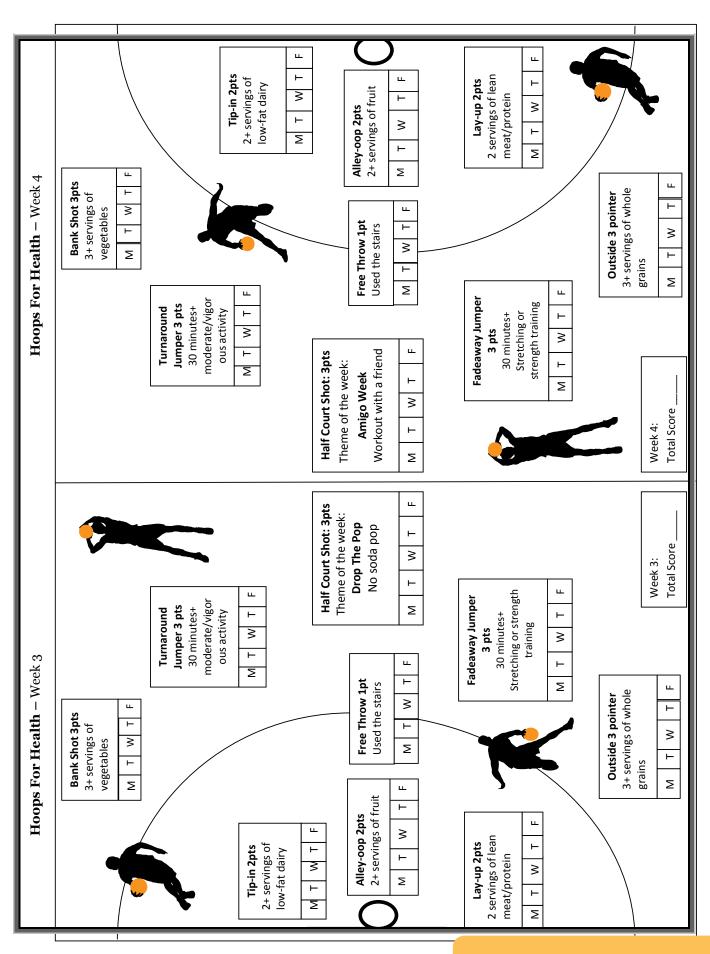
Instructions: Check the number of fruits, veggies, sodas, and 8 oz. glasses of water you consume each day. Then check the number (in 15 min increments) you spend doing physical activity. Total them up each week, then add the weeks together to form a monthly total.

*Subtract a point for each soda you consume.

Monthly Total

FARMINGTON CITY





2012 Hoops For Health - Individual Score Sheet

Week 1

Week

_ 1 pointer =

Week 2

Week 4

Week 4 total:

"Hoops For Health" Rules & Guidelines

Teams (departments) score points (1, 2, 3) by players making healthy food choices daily and exercising. and so on. The tournament will last 4 weeks. Games will last 5 days, Monday through Friday. Points earned must be reported to your team captain by 10:00am Monday morning. The different shots and Teams compete against each other 1 on 1 in a game, then move on to compete against another team points awarded are listed below. Mark off each basket as you make them. Each basket can only be made once a day.

Free Throw (1 point): Used the stairs whenever possible

Tip-in (2 pointer): 2+ servings of low-fat dairy

Alley-oop (2 pointer): 2+ servings of Fruit

Lay-up (2 pointer): 2 servings of lean meat/protein

Outside 3 (2 pointer): 3+ servings of whole grains

Bank Shot (3 pointer): 3+ servings of vegetables

Fade away (3 pointer): 30 minutes of continues stretching or strength training - this cannot be done on work time.

During work breaks are acceptable.

Turnaround Jumper (3 pointer): 30+ of continuous moderate/vigorous activity - this cannot be done on work time.

During work breaks are acceptable.

Half Court (3 pointer): Theme of the week

Week 1: H20 Week - you get 3 points each day that you drink at least 8 - 80z glasses of water (64 ounces).

Week 2: Z Week - 3 points each night you get 7-8 hours of sleep.

Week 3: Drop the Pop Week - 3 points each day you do not drink any soda pop.

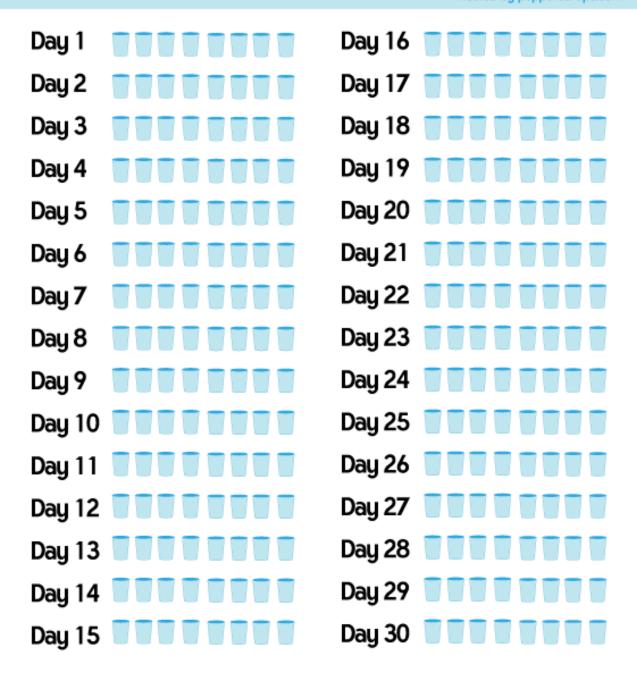
Week 4: Amigo Week – 3 points each day you exercise with a friend.



30 DAY WATER CHALLENGE



hosted by pepperscraps.com





12 PAYS

OF



FITmas Challenge

12	13	14	15
120 jumping jacks	110 knee touches	100 fire hydrants	90 sec. wall sit
16	17	18	19
80 crunches	70 mountain climbers	60 sec. plank	50 squats
80 crunches 20	70 mountain climbers 21	60 sec. plank 22	50 squats 23

^{*}Each staff will be given a calendar. Check off the box when you have completed the challenge for the day. The exercises do not have to be done at once, but can be broken up throughout the day. The unit with the most challenges met will win a prize!

#HighlandHappinessProject

Join us for the Highland Plaza Wellness Council Quarterly Health Challenge



"Conventional wisdom holds that if we work hard we will be more successful, and if we are more successful, then we'll be happy. If we can just find that great job, win that next promotion, lose those five pounds, happiness will follow. But recent discoveries in the field of positive psychology have shown that this formula is actually backward: Happiness fuels success, not the other way around.

When we are positive, our brains become more engaged, creative, motivated, energetic, resilient, and productive at work.

This isn't just an empty mantra. This discovery has been repeatedly borne out by rigorous research in psychology and neuroscience, management studies, and the bottom lines of organizations around the globe."

Shaun Achor

Join the Wellness Council for 10 weeks of fun group and self-directed activities; weekly prizes and new challenges as we learn about "The Happiness Advantage"! Grab your co-worker and lets get started.

Week 1: The Happiness Advantage Week 2: Put Your Best Fork Forward

Week 3: Pay It Forward
Week 4: Melt Away Stress
Week 5: Move It! Move It!

Week6: Bike It!

Week 7: Walk Through Your Week Week 8: Laughter is the Best Medicine

Week 9: Walk and Water

Week 10: Get Your Best Sleep

Participate in the weekly survey to be entered into the weekly prize drawing!

You will automatically be entered into the grand prize drawing!

Highland Plaza



UDOH HIGHLAND PLAZA

#HighlandHappinessProject

Week 1: The Happiness Advantage

"Conventional wisdom holds that if we work hard we will be more successful, and if we are more successful, then we'll be happy. If we can just find that great job, win that next promotion, lose those five pounds, happiness will follow. But recent discoveries in the field of positive psychology have shown that this formula is actually backward: Happiness fuels success, not the other way around.

When we are positive, our brains become more engaged, creative, motivated, energetic, resilient, and productive at work.

This isn't just an empty mantra. This discovery has been repeatedly borne out by rigorous research in psychology and neuroscience, management studies, and the bottom lines of organizations around the globe."

Shaun Achor

IDEAS FOR WEEK 1 ACTIVITIES:

Listen to the TED talk by Shaun Achor:"The Happy Secret to Better Work"

Monday: List 3 NEW Gratitude's each day

Tuesday: Journal a positive experience every 24 hours

Wednesday: Participate in physical movement

Thursday: Try a form of meditation

Friday: Do a random act of kindness

Participate in the weekly survey to be entered into the weekly prize drawing!

You will automatically be entered into the grand prize drawing!

Highland Plaza



UDOH HIGHLAND PLAZA

Sponsored by: Highland Plaza

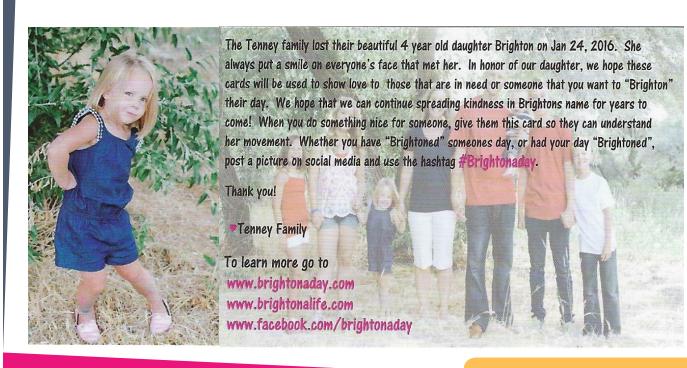


October Wellness Council Challenge

Pay It Forward

#Brightonaday

Join us on **Tuesday**, **October 4th at Noon in Room 425** to kick off our "Pay It Forward" Challenge! Kevin Tenney will be here to talk about the #Brightonaday movement they started in memory of their daughter Brighton who passed away in January 2016. It was a widely publicized incident and the family is honoring her memory by doing random acts of service for others.



Work Life Balance Presentation Series

Join the Highland Plaza Wellness Council for a Work Life Balance Presentation Series

Balance and Well Being

November 16th at Noon—5th Floor Boardroom

Holiday Stress Management

December 7th at Noon—5th Floor Boardroom

How to Laugh when Life gets Tough

January 11th at Noon—3rd Floor Auditorium

Sponsored by the:

Highland Plaza





UDOH HIGHLAND PLAZA



Join the Wellness Council and decorate your office space for a fun Halloween day on October 31st!

Judges will be around sometime that day to place their votes.

Prizes will be donated by the Highland P

UDOH HIGHLAND PLAZA

Be Healthy, Help a Charity, and Create a Splash!



Join the Wallness Council in "filling the dunk tank" by collectively drinking 500 gallons of water. Please see the Portal for trackers.





Then John the BBO Bash on August 25th from 11-1 and donate \$1 per ball or \$2 for 8 balls balls to throw at the dunk tank.

Are you interested in cooling off a little, while helping a good cause? Volunteer to sit in the dunk tank by contacting LuAnn Miskin.

Summer Challenge July-September



Fun Fact

In the summer heat, the iron in France's Eiffel Tower expands, making the tower grow more than 6 inghas

http://facts.randomhistory.com/summer-facts.html

Useful Resources for Challenge

Hearf Walk Info http://heartwalkutah.org/

Race Lists

http://www.runningintheusa.com/Race/List.aspx?State=UT http://thecolorrun.com/locations/salt-lake-city/

Outdoor Movie Listings

http://fox13now.com/2016/06/10/free-outdoor-movies-in-utah/

Disc Golf Course Listings
https://www.discgolfscene.com/courses/Utah

Festival/Fair Listings

http://www.fairsandfestivals.net/states/UT/

http://www.utahmomconnection.com/events/utah-fairs-and-festivalssummer-2016/

Farmer's Market Lists

http://www.utahsown.org/Markets

Concert in the Park Listings

http://twilightconcerts.com/

https://heritage.utah.gov/arts-and-museums/events-mondays-in-the-parl

Aqua Zumba

http://slco.org/recreation/fairmont/liberty-outdoor-

Wrtte Name Here

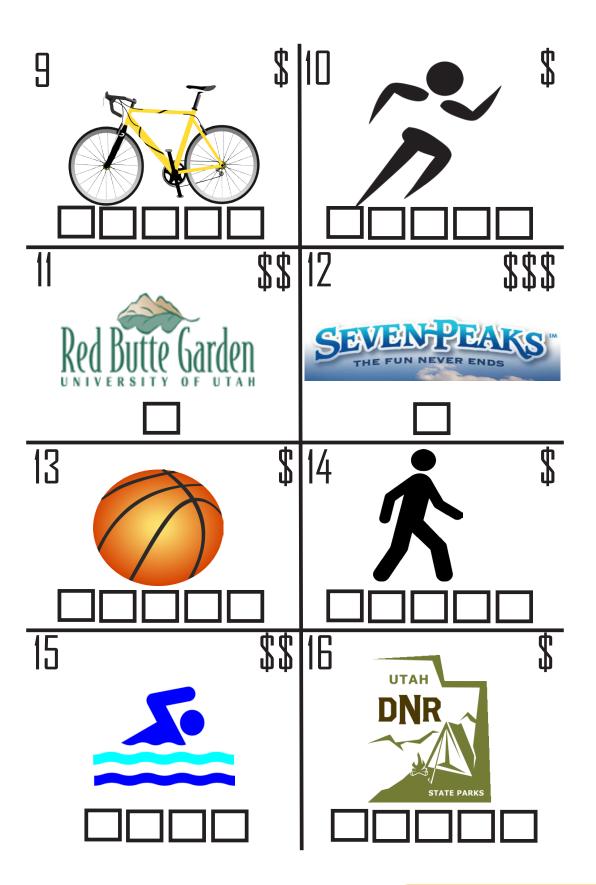
2016 Summer Passport Challenge

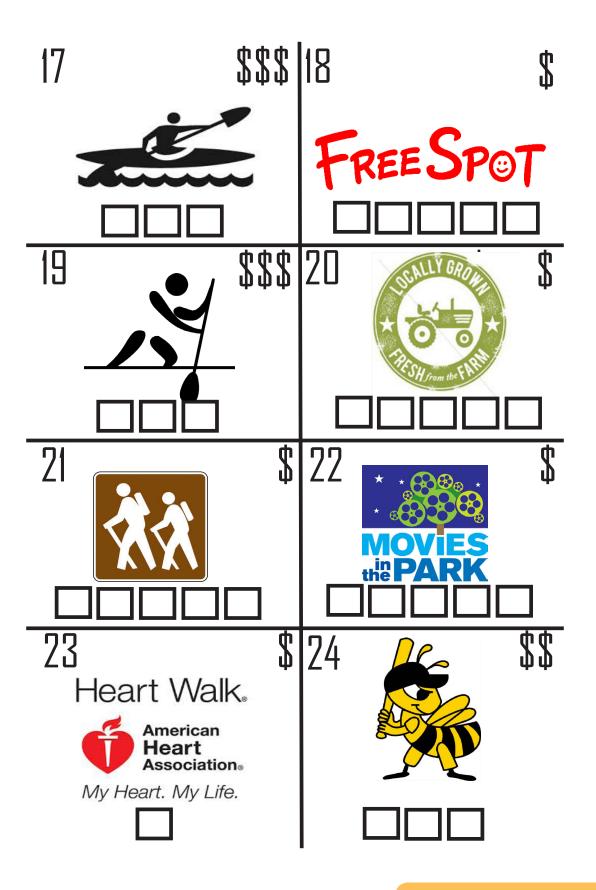


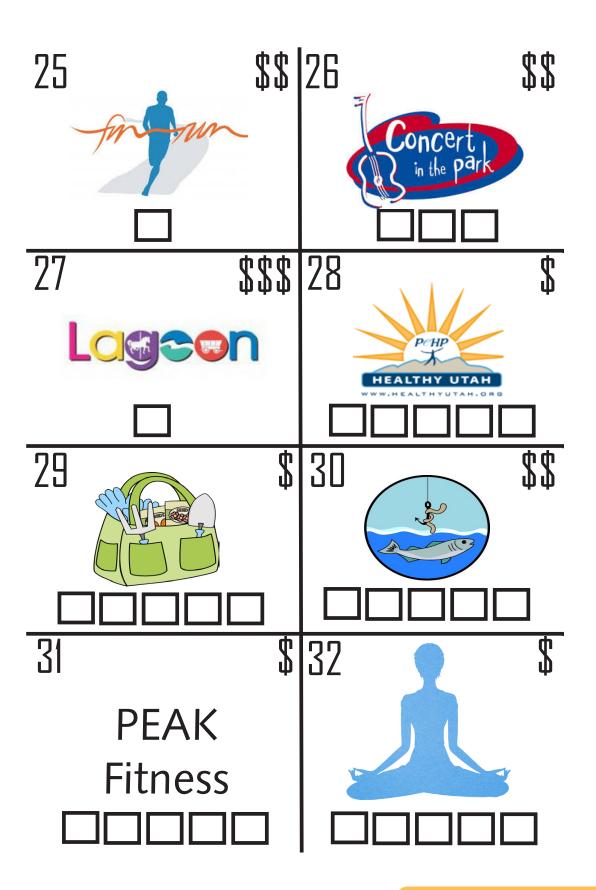
Each of us has a fire in our hearts for something....

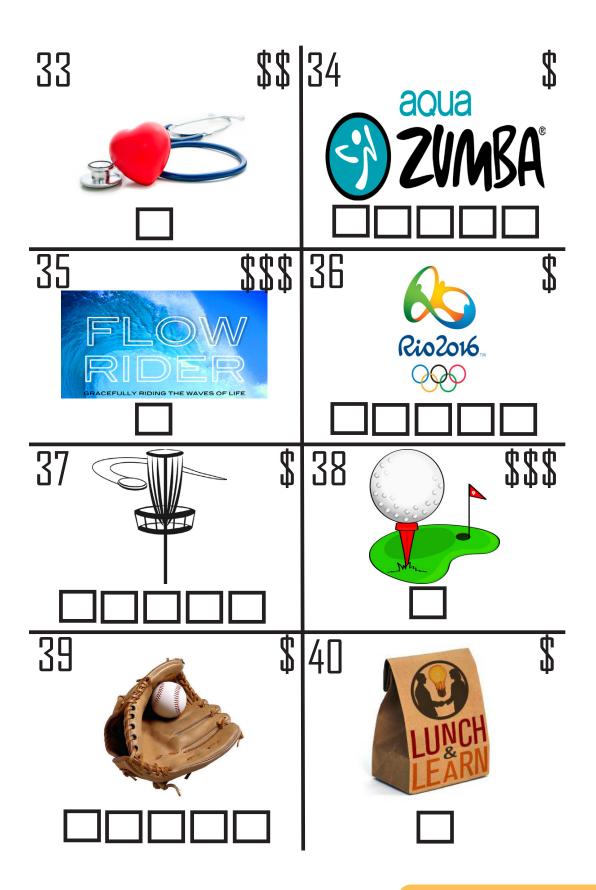












1. Give out a Dan Buck

2. Visit a splashpad

3. Festival

4. Tracy Aviary

5. Fair

6. Camping

7. Hogle Zoo

8. 4th of July Celebration

9. Biking

10. Running

11. Red Butte Garden

12. Seven Peaks

13. Basketball

14. Walking

15. Swimming

16. Visit a State Park

17. Kayaking

18. Free Spot

19. Paddle Boarding

20. Farmer's Market

21. Hiking

22. Movie in the Park

23. The Heart Walk

24. Attend a Bee's game

25. Fun Run, 5k, marathon

26. Concert in the Park

27. Lagoon

28. Healthy Utah Webinar

29. Gardening

30. Fishing

31. PEAK Fitness

32. Yoga by Miguel

33. Biometric Testing

34. Aqua Zumba

35. Flowrider

36. Watch Olympics

37. Frisbee Golf

38. Golf

39. Play baseball

40. Brown Bag-Info. on Portal

Cost

\$ - Free to nominal cost

\$\$ - Low cost

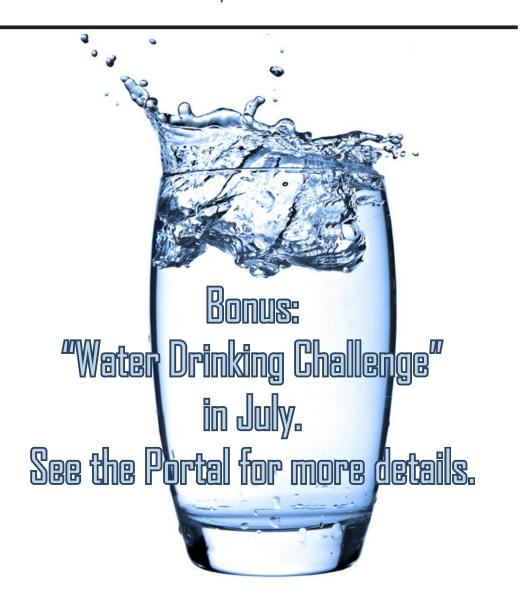
\$\$\$-May require larger purchase

\$\$\$\$-More expensive

Each activity has check boxes. This is the maximum number of times you may complete each activity. To mark the activity as complete, initial the check box for each time the activity is completed.

For every 5 check boxes completed you will get 1 ticket in the drawing for a \$20 Amazon Wellness prize. 3 prizes will be awarded.

Turn in completed Passport to Jessica Berdaguer by: Friday,October 7th



It's our goal in life to find it and keep it lit.



Fall Challenge October 1-November 18



Fun Fact

When leaves change color in the fall, they are actually becoming their true color. In the summer, the chlorophyll (which is how the leaves receive nourishment from the sun) takes over and causes them to turn green and hide their color.

http://www.todaysparent.com/family/activities/fall-10-facts-kids-will-love/

The Challenge

For each activity completed you will receive 1 entry into the drawing for a \$20 wellness related prize from Amazon.

Refer a friend or family member who smokes to The Great American Smokeout on November 17th. - 1 entry/each referral

See the changing leaves by completing a "Walk The Hood" Route. Printed cards are available in HR or with your Wellness Council Rep. - 1 entry/walk you can complete the same walk multiple times.

Get a flu shot by either attending the Oct 13th flu clinic or on your own. - 1 entry

Fill out the challenge form found on the Fall Challenge Portal page and submit it by:

Friday, Novmber 18th to be entered into the drawing.



Fall Challenge October 1-November 18 Due by November 18th. Click Submit to turn in.

The Great American Smokeout

Number of referrals:

0



Walk The Hood



How many walks:

0

Get a Flu Shot

Put in 1 if you got a flu shot:

0



Total Number of Entries:

0

2017 Winter Challenge



January 1 - March 31

Each activity will gain you merit badges based on the number of times you do each activity. Each activity will have a different activity to merit badge conversion rate, noted on the activity. You can earn multiple merit badges per activity.

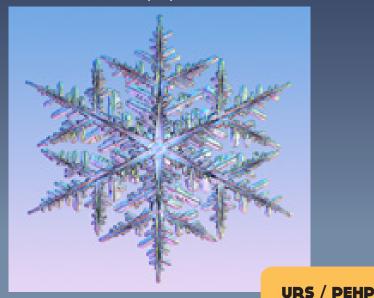
To complete each activity:

- 1. It is recommneded that you download this document to your desktop, update, and save as you go.
- 2. Enter in how many times you completed each activity in the box for each activity.
- 3. If you need ideas for each challenge click on the badge to get to a link with helpful information.
- 4. You will see it will automatically calculate the number of merit badges you earned for that activity.
- 5. It will also automatically calculate the number of entries into the drawing you will receive.
- 6. Click the submit button at the completion of the challenge. No paper or printed and scanned copies will be accepted.

For every 5 merit badges completed you will get 1 ticket in the drawing for a \$20 Amazon Wellness prize. 3 prizes will be awarded.

Turn in completed Challenge by clicking submit:

Friday, April 7th





Badges



No soda of any kind. Every 5 days = 1 badge.



Badges



Walk 1 mile. Every 3 miles = 1 badge.



of Apps





Download and start using an app for healthy living. Every 1 app= 1 badge.



of Glasses



Badges



Drink water, 8 ounces is 1 glass. Every 8 glasses= 1 badge.





Use the on-site gym. Every 3 times = 1 badge.



Get at least 7 hours of sleep (consecutive) at night. Every 5 nights = 1 badge.



Do a winter sport, each day doing a sport counts as 1 activity. Every 2 sport= 1 badge.



Swap out a snack for a healthy snack. Every 4 swaps= 1 badge.



Don't eat items with added sugar (natural sugars ok). Every 2 days = 1 badge.



of Days

Badges

0

Eat 3 servings of vegetables. Every day counts where you eat all 3 servings counts as 1 day. Every 5 days = 1 badge.



of Activities

Badges

0

Eat 2 servings of fruits. Every day counts where you eat all 2 servings counts as 1 day. Every 5 days = 1 badge.

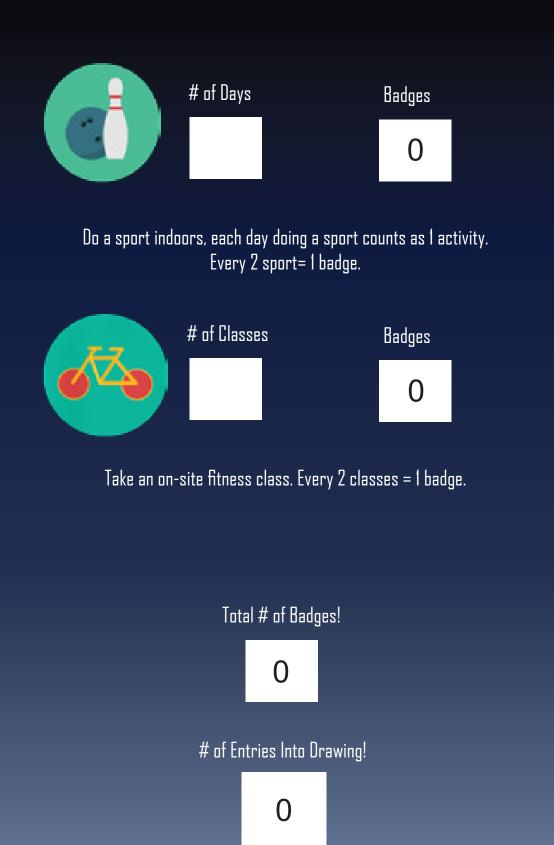


of Swaps

Badges

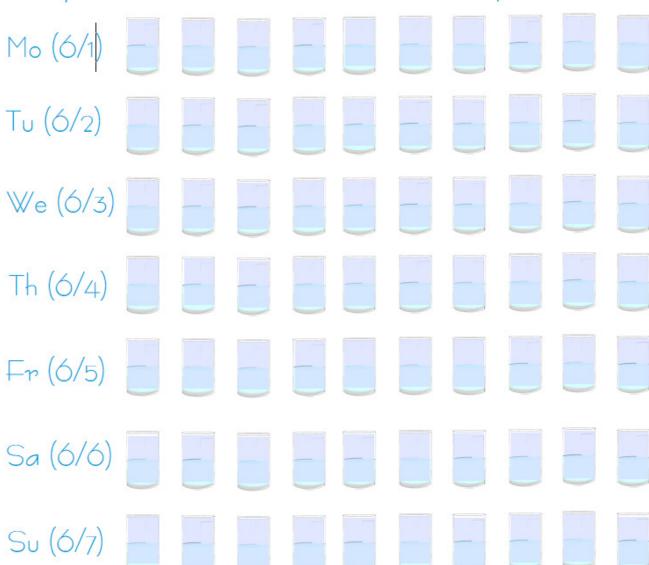
0

Make a healthy substitution in a recipe. Every 3 swaps= 1 badge.



Submit URS / PEHP

Help us drink 100,000 ounces of water.



If you drink more water than this tracker has room for please type in the total number of glasses you drank in this week here:



10 tips

Nutrition Education Series

be an active family

10 tips for becoming more active as a family



Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

set specific activity times
Determine time slots throughout
the week when the whole family is
available. Devote a few of these times to
physical activity. Try doing something
active after dinner or begin the weekend
with a Saturday morning walk.



plan ahead and track your progress
Write your activity plans on a family calendar. Let
the kids help in planning the activities. Allow them to
check it off after completing each activity.

3 include work around the house Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice.

This will keep things fun and interesting, and introduce new skills!

plan for all weather conditions
Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

Start small
Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.

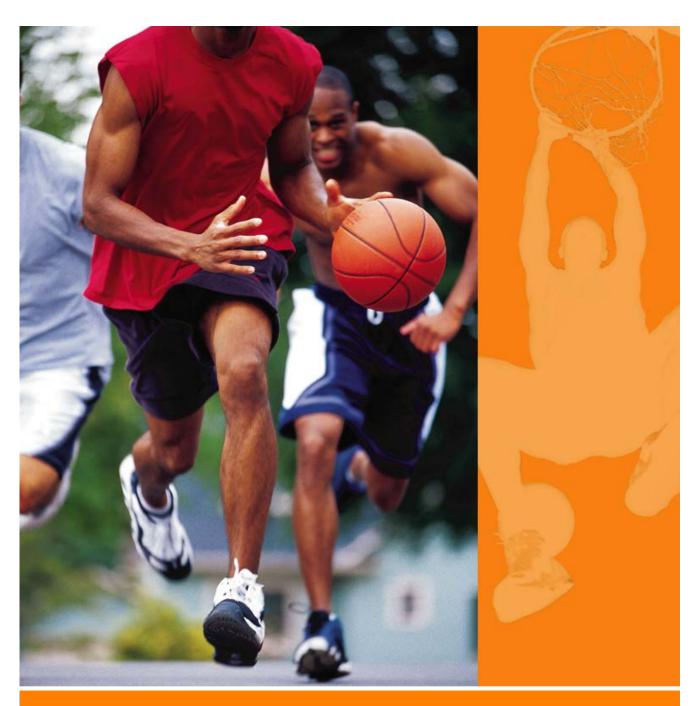
Include other families
Invite others to join your family
activities. This is a great way
for you and your kids to spend time
with friends while being physically
active. Plan parties with active games



such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.

treat the family with fun physical activity
When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.





TIME TO HOOP IT UP!

Join Fellow Employees for Utah Jazz Family Night WHEN: Monday March 13th at 7:00 P.M

WHERE: Vivant Home Arena

WHO: Utah Jazz vs. L.A. Clippers

DETAILS: Tickets will be \$15 AND INCLUDE A HOT DOG

We will all be seated together. Family and Friends are welcome! If you would like to attend this awesome event email Shane Kibler

at shanek@utcourts.gov

Shane will be around to each location to collect money This will be the last day you can purchase tickets in our

3RD DISTRICT JUVENILE COURT



10 tips Nutrition Education Series



Based on the Dietary Guidelines for Americans

Cut back on your kid's sweet treats

Set your kids on a path for lifelong healthy eating by limiting the amount of added sugars they eat. Sweet treats and sugary drinks have lots of calories but few nutrients. Most added sugars come from sodas; sports, energy, and fruit drinks; cakes; cookies; ice cream; candy; and other desserts.

Serve small portions
Show kids that a small amount of treats can go a long
way. Use smaller bowls and plates for these foods
and serve them in bite-size portions.

Sip smarter
Soda and other sugar-sweetened
drinks contain a lot of sugar and are
high in calories. Offer water when kids are
thirsty



Use the checkout lane that does not display candy Most grocery stores will have a candy-free checkout lane to help avoid temptation. Waiting in a regular checkout lane tempts children to ask for candy that is right in front of them

Choose not to offer sweets as rewards

By offering food as a reward for good behavior,
children learn to think that some foods are better
than other foods. Reward your child with kind words and
comforting hugs, or give them non-food items, like stickers,
to make them feel special.

Make fruit the first choice
Offer a variety of fruits in different ways. Make fruit kabobs using cantaloupe, bananas, and strawberries or offer whole fruits such as pears, dementines, or apples.

Make food fun
Sugary foods that are marketed to kids are
advertised as "fun foods." Make nutritious foods fun
by preparing them with your child's help and being creative
together. Create a smiley face with sliced bananas and
raisins. Cut fruit into fun and easy shapes with cookie cutters.

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Let school-age kids choose the ingredients to create their own snack

Play detective in the grocery aisle
Show kids how to find the amount of total sugars
on the Nutrition Facts label in various cereals,
yogurts, and other products. Challenge them to compare
products they like and select the one with the lowest
amount of sugar.

Make treats "treats,"
not everyday foods
Treats are okay once in a while. Just don't make
treat foods an everyday thing. Limit sweet treats to special
occasions.

If kids don't eat their meal, they don't need sweet "extras"
Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

Wellness News

3RD DISTRICT JUVENILE COURT

Court Night with the Jazz



MONTHLY WEBINAR Smart Saving and Savvy Spending Personal Finance

Finances are one of the top stressors for American adults. Discover small steps you can take today to gain greater financial security and build true wealth

Available: Any Time after April 3rd, 2017 @ Noon Duration: 30 minutes. Click Here to View



Let us know if you or any one of your co-workers is currently exemplifying well being in your work location or have gone above and beyond to help others become engaged in their own health and wellness.

Email us at:

3rdjuvwell-

ness@utcourts.gov

This Issue:

P.1 - Social Well-being: Jazz Night

P.2 - How to Save on Spring Gardening

P.3 - 10 Ways to Reduce Stress

P.4 - Endorphins

P.5 - Healthy Recipe- Greek Salmon Salad

P.6 - Book Review/Audio Books

P.7 - Community Well Being /Fiesta Friday

P.8 - Stay Active

P.9 - Free Family Pass - Utah Baseball

As the Jazz make their push into the playoffs, the 3rd District Juvenile court went to cheer them on. 53 employees, friends, and family attended the largest Wellness outing to date. Highlights included a 40 point Jazz 4th quarter, a win over the LA Clipper's, and free hotdogs with chips (I'm not sure that was a highlight), but a great time was had by all. Thanks for all that supported this tremendous event.

Shane Kibler.



3RD DISTRICT JUVENILE COURT

FINANCIAL WELL-BEING

<< How to Save on Spring Gardening >>

March is National Nutrition Month, which means it's a perfect time to talk about saving money on healthy eating. One way to do that is by planting your own garden. The National Gardening Association says gardeners who grow their own vegetables can save hundreds on their annual food costs. Plus, there's nothing quite like the satisfaction of growing, harvesting and preparing your own healthy produce. Check out these



ways to save when planting your spring garden:

Before you start digging holes and germinating seeds, spend some time researching what the soil is like in your area and how to properly get it ready for planting, which plants grow the best, and when and how to care for those plants as they grow. You'll have a much easier, more productive, less costly gardening experience if you work with Mother Nature and choose your crops wisely. By taking a little extra time to plan out your garden you will avoid spending money on plants that will not thrive in your particular environment.

No backyard? No problem. You don't need a big open space to plant a garden. Many gardeners cultivate their crops in containers with great results. Vertical container gardens using a blank wall have become really popular. You can also look into whether there are any community gardens in your area and see if they have any openings. If you're excited about the idea of gardening but want to start super-small, plant an indoor, countertop herb garden.

If you're new to gardening, you don't need to spend a lot to get the supplies you need. Check Craigslist, KSL, eBay and even Freecycle to find cheap (or free!) gardening tools and equipment.

In addition to the obvious savings on your food bill, maintaining a garden can help you save in other ways, too. You'll be making fewer trips to the grocery store, which means using less gas, not to mention avoiding the temptation of unplanned impulse purchases. Working in the garden can also serve as a stress-relieving workout.



h... Wina Calania

3RD DISTRICT JUVENILE COURT

EMOTIONAL WELL-BEING

<<10 WAYS TO REDUCE STRESS>>

ACCEPT WHAT WE CANNOT CHANGE

We can accept what we cannot change by changing what we can. Make choices that are realistic, not out of reach.

CHOOSE FRIENDS CAREFULLY

Your choice of friends can be the key to stress reduction. Friend should be people who help us to increase our strengths and create innovative solutions to stressful situations. They support us and reaffirm that we are not alone.

STOP AND LOOK AT YOURSELF

Take time to recognize signs of stress such as anger, exhaustion, and poor quality sleep. As you become aware of these signs, you are beginning to identify how to make stress work. You are being proactive, not reactive to situations.

DON'T SAY YES TO EVERYTHING

Recognize what your strengths are and focus on taking the time to do a project built on them. Taking on too many projects results in loss of control and creates stress.

LEAVE TIME FOR THE UNEXPECTED

Look for the natural coping ability to deal with the unexpected. Coping requires time. Time is needed to perceive a crisis and to rally our internal and external resources.

CREATE ENVIRONMENTS THAT REDUCE STRESS

Colors of the walls, floor coverings, and furniture can reduce stress. Hues such as cooling greens and blues are positive colors that can reduce stress and create a sense of well-being.

MAINTAIN A SENSE OF HUMOR

Laughing at oneself can release potential stress from the inside. And laughing creates less wrinkles than worrying.

USE STRESS AS A TEACHER

As a crisis occurs, stop and think of how to use it to make things better. Make lemonade out of the lemons in life.

MAKE DECISIONS

Indecision increases stress. Good leaders make decisions and act on them. If a bad decision is made. Reevaluate.

ORGANIZE

Disorganization creates stress. Taking the "dis" out of disorganization can produce a sense of control in knowing what will happen, that in turn reduces stress.

EMOTIONAL WELL-BEING

Endorphins by Angela Thompson

Definition: a chemical released in your brain that interacts with receptors to help reduce the perception of pain.

In specific, Endorphins act as analgesics, which means they diminish the perception of pain. They also act as a sedative. They are manufactured in your brain, spinal cord, and many other parts of your body, they are released in response to brain chemicals called neurotransmitters. The neuron receptors endorphins bind to are the same ones that bind to some pain medicines.

Endorphins are known for triggering a positive feeling. One of the ways to release endorphins is by exercise. One common phrase that comes to mind is "runner's high," a phrase used for those who achieve a euphoric state while exerting energy through physical exertion.

Information from Wikipedia

In addition to exercise there are also spices and foods that help aid ailments and boost one's mood. According to Dr. Sarah Brewer, Medical Director at *Healthspan*

and author of *Eat Well Stay Well*, The foods you eat can influence your mood by increasing your production of 'happy' chemicals such as serotonin.

Spices

Sage

Rosemary

Turmeric

Chili Pepper

Ginger

Cinnamon

Saffron

Parsley

Foods			
Bananas	Crab Meat	Dark Chocolate	Soy
Fish (especially Salmon)	Garlic	Hummus	Turkey
Iodine rich foods such as seafood and iodized or mineral salt	Knugoshi (Japanese tofu made from soy protein and a seaweed extract called nigari)	Lobster	Whole Grains (Brown versions of rice, bread and pasta—they are overflowing with BI, B2 and B6)
Milk	Nuts	Oats	Yeast Extract
Pesto	Quinoa	Red Rice	To Read More

3RD DISTRICT JUVENILE COURT

PHYSICAL WELL-BEING

From our Kitchen to Yours



Greek Salmon Salad

Servings: 1

Prep Time: 35 minutes

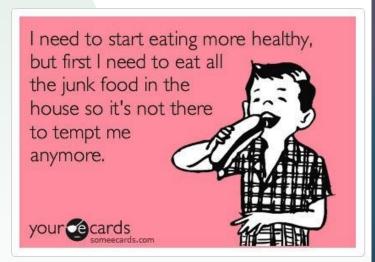
• Ingredients:

- \Rightarrow 2 tbsp cheese feta (reduced fat)
- \Rightarrow 1/3 whole cucumber
- \Rightarrow 2/3 whole potato(es) medium (6 oz)
- \Rightarrow 4 oz salmon filet(s) (1 filet is 4 oz)
- \Rightarrow 1/2 tsp(s) Lemon peel (zest)
- \Rightarrow 1/8 whole onion(s) medium
- \Rightarrow 1/2 whole tomato
- ⇒ 1 tbsp(s) Kraft® Greek Vinaigrette

• Directions:

- Thoroughly clean potato. Puncture evenly around potato with fork. Cover with a moist paper towel and place in microwave to bake for 10 minutes or until desired doneness is achieved.
- ⇒ Bake or broil salmon to desired doneness.
- ⇒ Chop onion, tomato and cucumber. Grate lemon peel.
- ⇒ After potato has cooled, cut into chunks and combine with remaining ingredients.
- ⇒ Add salmon on top of salad and enjoy!

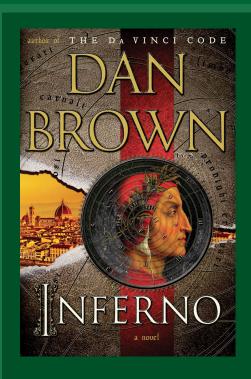
Cook's Note: 1/2 oz feta = 2 Tbsp.





EMOTIONAL WELL-BEING

Book Review/Audio Books by Angela Thompson

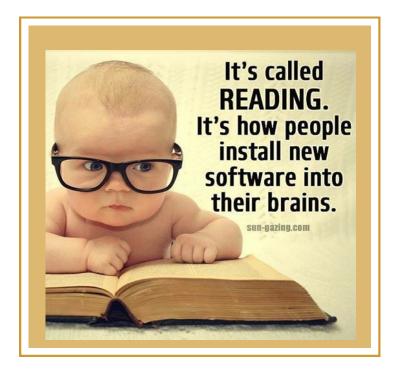


AUDIO BOOKS

In the rush of our busy lives it can be hard to find a moment to ourselves to enjoy a good book. Over the years I have come to enjoy audio books. Audio books are available in many different forms and can be accessed through various apps. These publications are also available digitally and by cd at the local library. Start enjoying your drive or trax ride to work by escaping into a good book.

The book Inferno is a thrilling novel about a Harvard Professor of symbology, Robert Langdon. Langdon awakens in a hospital across the world with no recollection of how he got there. Langdon is then involved in a chase of a genius scientist who has an obsession with the end of the world and is influenced by the dark poem, *The Inferno* by Dante Alighieri.

Here are two quote's from the book that resonated with me, "My entire childhood all I wanted was to save the world. All I was ever told was you can't save the world so don't sacrifice your happiness trying." and "Saving the world is possible but not doing so is a moral imperative."



3RD DISTRICT JUVENILE COURT

COMMUNITY WELL-BEING

Healthy Utah Hero/Fiesta Friday/Wellness Boards



PEHP HEALTHY UTAH HERO

Your 3rd District Juvenile Court Wellness council is joining forces with PEHP and their Healthy Utah Hero Initiative. Our goal is to continue to recognize individuals who are taking those extra steps to work on their overall well being. Recipients of the PEHP Healthy Utah Hero Award will receive a certificate and a \$10 amazon gift card from PEHP. Congratulations to Shana Miller from Matheson, Joannie Panucci from West Valley, and Daniel Meza from West Jordan who've already been recipients of the award. Let us know if you'd like to nominate anyone at your work location.



SAVE THE DATE! The 3rd District Juvenile Court Wellness Council is sponsoring this year's district wide event: FIESTA FRIDAY. Save the date, and join us Friday, May 5th, 2017 at 12:00 p.m. for some free food, games, prizes, and our legendary "dessert contest." If you'd like to participate in the dessert contest and compete for a chance to win some great prizes for both you and your teams - then bring you're A-Game on the 5th. Only one entry per judicial/probation team. See you soon!



Our Wellness Boards are Up and running! You can find them in 9 different court locations district-wide. From Summit to Tooele, from Matheson to West Jordan, from West Valley City to City Probation. All of us have a chance to stay connected with the latest events, and tips on how to progressively work on our overall well-being. If you have anything you'd think all other 150 invanilescent employees would be efit from, send it over to us:



STAY ACTIVE

THIS SPRING



Eggs Legs 5K and 1 Mile Fun Run

When: April 15th, 2017

Where: Gardner Village - 1100 W 7800 S West Jordan UT 84088

Time: 9:00 am to Noon.

Cost: \$30 - \$45

About the Race: It's the largest Easter race in Utah. The 5K starts in Gardner Village and runs along the Jordan River Parkway Trail System. You'll find eggs throughout with prizes in them, It

is the only race that breaks into a large Easter Egg Hunt after.

<u>Click Here</u> for more Information and to Register



COLOR ME RAD 5K

When: April 22nd, 2017

Where: Draper City Park - 12500 S 1300 East Draper UT 84020

Time: 9:00 am to Noon

Cost: \$15-\$55 - Save 20% using code: CAMPOS

About the Race: It is the only 5K that will send you running through RAD color stations and leave you covered from head to toe in powders and gels of pink, yellow, green, blue and violet. Not only will you be having healthy amounts of fun, but you'll be getting your daily exercise in the process.

Clieb Here for more information and to Decister.

Click Here for more information and to Register



10th Anniversary SLC Walk To End Lupus Now

When: April 29th, 2017 Where: Liberty Park

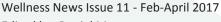
Time: Registration: 9:00 am, Walk: 11:00 a.m.

Cost: FREE, but you are welcome to raise/donate and receive a t-shirt and a

gift bag filled with the best goodies in 10 years.

Click Here for more information.

Third District Juvenile Court
Wellness Council
3rdjuvwellness@utcourts.gov



Edited by: Daniel Meza



Exercise after work? Exercise group held every Tuesday at 5:05 pm at the Matheson Courthouse in W19. The group is currently working out to CIZE Dance Workout. Email Lilian Lopez at lilianl@utcourts.gov for more

3RD DISTRICT JUVENILE COURT





FINANCIAL WELL-BEING

Retirement Planning and Preparation Resources



It is never too late to start planning for your financial security when you retire, and there are great resources available to help you in that process. Utah Retirement Systems provides 3 different seminars to assist you in this process that are designed to help prepare for retirement regardless of whether you are a new employee or already planning your retirement luncheon. The three seminars offered are as follows:

Early to Mid-Career: A half-day seminar conducted at multiple Utah locations.

Topics addressed include:

- Calculating and maximizing your pension benefit,
- 2) 401(k), 457 plans, and IRAs,
- 3) College savings and the benefit of 529 College Savings Plans,
- 4) Legal and Estate planning.



<u>Pre-Retirement:</u> An all-day seminar for those within 10 years of retirement, discussing how your benefits are calculated and what options are available, as well as how to maximize retirement savings accounts at the end of your career and the importance of living wills and personal property letters. Medicare and Social Security Benefits are also discussed.

Retiree Seminars: A half-day seminar discussing your future in retirement as it relates to cost of living increases, returning to work and beneficiaries. Ways to access your money and senior services is also addressed.

In addition to these helpful seminars, URS also offers Individual Retirement Planning Sessions that are tailored to your situation and allow you to address specific questions and needs within your own retirement plan. CLICK HERE to get more information on the many resources provided by URS.



The Third District Juvenile Court Wellness Council

Inaugural Court's

Hockey Night



Time: 7:00 pm



Where: Maverick Center

3200 Decker Lake Dr. West Valley City UT 84119

Meet and Greet:

Everyone is welcome and encouraged to bring their family. We will meet outside the tunnel of sections 117/118 in between the 1st and 2nd periods to mingle and get a photo. Hope to see you there!!!

Group Tickets: For Group Tickets in Section 117/118 at \$14, Please contact Shane Kibler at shanek@utcourts.gov

*Tickets are to be paid on the morning of November 16th, 2016 to:

West Jordan: Shane Kibler Matheson: Miranda Anderson

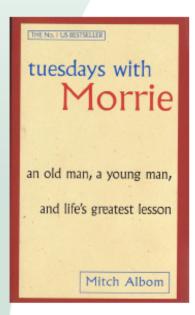
Tooele/Summit: Joseph Fait West Valley City: Tiffany Pew City: Ryan Moyes.

**This activity is not structured or sponsored by the Courts.

3RD DISTRICT JUVENILE COURT

EMOTIONAL WELL-BEING

Book Suggestion/Tai Chi

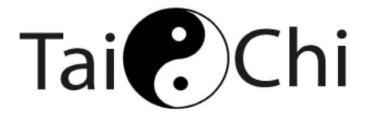


BOOK SUGGESTION by: Jacklyn Chiu

Tuesdays with Morrie is about a long lost college student, Mitch, and his former professor, Morrie. Morrie is stricken with ALS and doesn't have that much time left. So, they meet up every Tuesday to talk about a variety of topics such as: death, love, culture, marriage, regret, and other topics as well. This book is a quick and easy read that offered a different insight of the troubles people have in their lives. This is my favorite quote from the book.

"If you hold back on the emotions--if you don't allow yourself to go all the way through them--you can never get to being detached, you're too busy being afraid. You're afraid of the pain, you're afraid of the grief. You're afraid of the vulnerability that loving entails. But by throwing yourself into these emotions, by allowing yourself to dive in, all the way, over your heard even, you experience them fully and completely."





The West Jordan Court is embarking on the practice of Tai Chi.

Tai Chi is an ancient form of Chinese exercise designed to improve physical health, decrease stress and bring unity to mind, body and spirit. It has been practiced in China for about 3,000 years. There have been recent studies that have shown Tail Chi to be beneficial for the immune system, arthritis, heart failure, and Parkinson's disease. Tai Chi is not only moving meditation but according to Harvard Medical School it is "moving medication." The class is taught by the Court's own Guy Galli. Come join the Tai Chi group during your lunch break. The class is held every Tuesday in the Shelled Court Room on the third floor and can be practiced in work clothes; it is advisable to wear comfortable shoes. The schedule alternates from 12 to 1 and 1 to 2 to help accommodate everyone's scheduling needs. The next class will be held on October 25th.

at 12. We 3RD DISTRICT JUVENILE COURT



The Third District Juvenile Court Wellness Council & Mid-Management Morale Committee present:

First Annual Night



When: August 30th, 2016

Time: 7:00 pm

Where: Smith's Ballpark

77 W 1300 S, Salt Lake City, UT 84115

Meet and Greet:

We will meet in the grass area of the left field during the 3rd inning and enjoy some conversation and mingling with coworkers outside of the workplace. Everyone is welcomed and encouraged to bring their family. Hope to see you there!

*This activity is not structured or sponsored by the Courts.

3RD DISTRICT JUVENILE COURT

FINANCIAL WELL-BEING

<< Quick Tips for Filing Your 2016 Taxes >>

It's hard to believe the 2017 tax season is nearly here, and you'll be gathering the information you need to settle up your 2016 tax return with Uncle Sam. The tax season will begin Monday, January 23, 2017.

- ◆ Don't overpay to get your taxes done. The IRS predicts about 4 out of 5 taxpayers will prepare their own taxes using tax software this year. The rest will likely pay too much for professional tax help when they can do their taxes themselves and save hundreds of dollars. Seventy percent of the nation's taxpayers are eligible for IRS Free File. Commercial partners of the IRS offer free brand-name software to about 100 million individuals and families with incomes of \$64,000 or less. In some cases, you may be able to file your federal and state taxes absolutely free. The IRS reminds taxpayers they have a variety of options to get help filing and preparing their tax return on IRS.gov. Taxpayers can also, if eligible, locate help from a community volunteer. Go to IRS.gov and click on the Filing tab for more information.
- E-file with direct deposit. Choosing e-file and direct deposit for refunds remains the fastest and safest way to file an accurate income tax return and receive a refund. The IRS states that most taxpayers who e-file with direct deposit will receive their federal tax refund within 21 days or less.
- Maximize your retirement account. If you have an employer provided retirement account, now is a good time to think about maximizing your contributions in the new year. For 2016, you can contribute up to \$18,000 (\$6,000 if you are age 50 and over) in 401(k) and 403(b) plans. Even if you can't max out your retirement account, you may want to increase the amount you are contributing. You would be surprised how easy it is to get used to an increased salary deferral coming out of your paycheck when it's building your nest egg and helping your tax situation.
- <u>Check your W-4.</u> With the new year, you may have a new job, new marital status or family member. If you are expecting changes in income or the number of people in your family in 2017, you should double check and change the amount of withholding from your paycheck so you don't have too much or too little withheld. Check your year-to-date withholding and consider changing the taxes withheld if you are expecting a large refund.



- Check your W-4. (Cont.) IRS Commissioner John Koskinen said in a statement: "It's a personal choice if you want to have extra money withheld to get a bigger tax refund, but you have options available if you prefer to have a smaller refund next year and more takehome money now." You will need to complete Form W-4, Employee's Withholding Allowance Certificate, to adjust the amount of taxes withheld and submit it to your employer.
- Get what's yours. According to the IRS, one out of every five workers fails to claim the very valuable earned income tax credit. If you worked and earned less than \$53,505 in 2016 (the limit will be \$53,930 in 2017), then use the EITC Assistant tool to determine if you qualify for the credit. You must file a return in order to receive the credit. Don't miss out on this!



3RD DISTRICT JUVENILE COURT

Join Team DWS

CHOOSE HEALTH CHOOSE THE STAIRS

JANUARY 25-29

Sign the banners in the stairways to show you're taking steps to better health!

JOIN US FOR THE New HEALTH Open HEALTH CHALLENGE

January 2 - February 13



- EARN POINTS FOR DAILY EXERCISE AND NUTRITIOUS MEAL CHOICES
- TRACK YOUR DAILY ACTIVITIES AND ENTER YOUR POINTS ON THE WEEKLY SURVEY
- PARTICIPANTS WILL RECEIVE RAFFLE TICKETS FOR A PRIZE DRAWING

Refer to the email for details and the link to report your progress.



Join Team DWS



PEHP Seminar

HEALTHY LUNCHES THAT WORK!

NOVEMBER 4
12:00 - 1:00 P.M.
ROOM 101-SOUTH

LEARN ABOUT:

- HEALTHY EATING GUIDELINES AND HOW TO APPLY THEM
- COMMON BARRIERS TO EATING HEALTHY
- EASY AND HEALHY LUNCH IDEAS FOR THE WORKPLACE

SHOW YOUR PARTICIPATION ON SOCIAL MEDIA: #CHOOSEHEALTH #NATIONALHEALTHYEATINGDAY

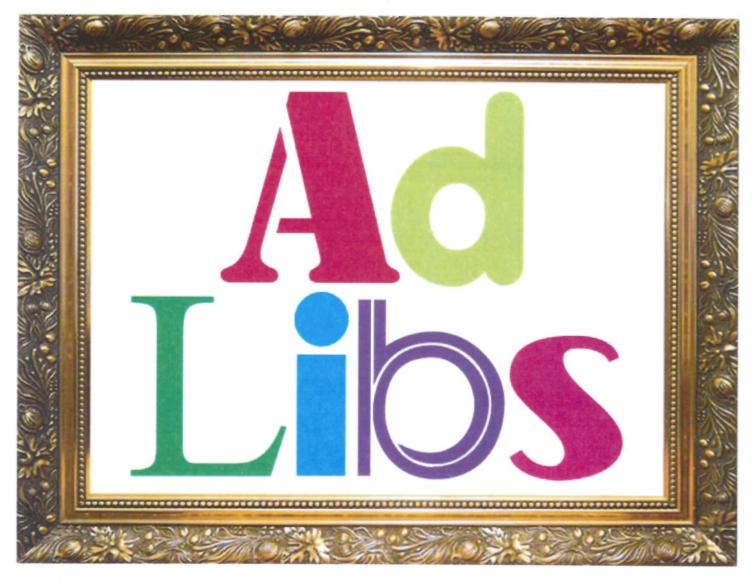
PARTICIPANTS WILL BE ENTERED IN A RAFFLE FOR A PRIZE!

DWS ADMIN NORTH

Admin

Team DWS

Decorate the Stairs with



- · Climb stairs to keep excess pounds at bay, reduce your health risks, and increase your stamina.
- · Climb stairs to ward off viral illnesses, manage chronic conditions, and strengthen your heart.
- Climb stairs to stay active and independent as you age, and most important get points for the 2017 Health Challenge!



Lehi Wellness Council UPCOMING ACTIVITIES

December 2016 - Happy Holidays!





The 2016 Cold and Flu Season & Immunization Week: The common cold and seasonal flu are caused by viruses. Remember, to prevent spread of illness to cover your cough and wash your hands after sneezing to prevent spread of germs. If you have fever, cough, or symptoms, you can use over-the-counter medications to relieve symptoms including sore throat, runny nose, congestion, and cough. Flu symptoms are similar, but generally include higher fever, headache and muscle soreness. We will also observe National Influenza Vaccination Week (Dec. 4 to 12). *Thanks to Zenaida for the bulletin board display!*

Holiday Luncheon: Wed., Dec. 7, 11:30A-1:30P

March on down to the DWS Mountainland Holiday Banquet at Wallaby's Smokehouse at 69 South State Street in Orem. This year, there will be a food drive collection at the event. More information will be forthcoming from those coordinating the event.





PEHP Health Coaching – Coming Soon: This **new** program will replace Waist Aweigh and is designed to help members achieve a healthy weight by learning how to form and sustain healthy habits. It is a lifestyle behavior change program available to members and spouses with a body mass index (BMI) of 30 or greater. By developing and using an action

plan created with their coach, members can go beyond weight loss to the greater benefits of lasting health and well-being *through education, support, and rebates to help members engage in improving their health by forming action plans, setting goals, and following up monthly with a health coach.* Enrolled members will work with a coach for 6-12 months, with the opportunity to receive a \$50 rebate at the end of each 6-month interval. Length of enrollment and participation requirements will depend on a member's initial BMI. Interested members can enroll by logging on to www.pehp.org then selecting My Health, PEHP Wellness, and PEHP Health Coaching. The program will begin January 2017 with pre-enrollment available mid-Dec.

Snappy Holiday Sweater, Vest, and Tie Day: Tue., Dec. 20

2 teaspoons baking soda

We know you have them - the sweater, vest, or tie you love to wear near the holidays OR are too embarrassed to wear. *Remember, any message on these items must be in good taste!* Awards will be given for the Best Looking, Most Humorous, and Most Gaudy holiday attire worn on that day.







1/3 cup cinnamon sugar



<u>Heart Healthy Holiday Ginger Snap Cookies</u>: Prep 20 minutes, Cook 10 minutes at 350 degrees **Ingredients**:

2 cups all-purpose flour 1 teaspoon cinnamon 1 cup white sugar 1 tablespoon ground ginger 1/2 teaspoon salt 1 egg

3/4 cup shortening 1/4 cup dark molasses

Directions:

- Sift flour, ginger, baking soda, cinnamon, salt into mixing bowl. Stir to blend evenly & sift second time into another bowl
- Place shortening into a mixing bowl and beat until creamy. Gradually beat in the white sugar. Beat in the egg, and dark molasses. Sift 1/3 of the flour mixture into the shortening mixture; stir to thoroughly blend. Sift in the remaining flour mixture, and mix together until a soft dough forms. Pinch off small amounts of dough and roll into 1 inch diameter balls between your hands. Roll each ball in cinnamon sugar, and place 2 inches apart on an ungreased baking sheet.
- Bake in preheated oven until the tops are rounded and slightly cracked, about 10 minutes. Cool cookies on a wire rack.



Lehi Wellness Council UPCOMING ACTIVITIES

January 2017 – Happy New Year!



Blood Donations Saves Lives: You don't need a special reason to donate blood. Some people give blood because they are asked by a friend. Some people know that a family member or a friend might need blood at some time. Some people donate because they feel it is the right thing we do. Whatever the reason, the need is constant and your contribution is needed and important for a healthy and reliable blood supply. And you'll feel good knowing you've helped others. You will receive a mini physical to check your pulse, blood pressure, body temperature, and hemoglobin. Be sure to come prepared - Have a light meal and plenty to drink, Bring your donor card, driver's license or two other forms of identification, and the names of medications you are taking. Go to http://www.redcrossblood.org/donating-blood for donation information.



USU Food Sense is BACK: 1st Wednesday of each month - New time 11A to 12P

USU Food Sense has restarted in Lehi and will run the 1st Wednesday of each month through June, recess for July and August, and then resume monthly the 1st Wednesday in September. *Remember to invite your Food Stamp and Temporary Assistance customers and come yourself and benefit from these informative demonstrations.* And, the **best** part is that you get to enjoy samples of whatever is prepared. Here are the exciting topics through June:

- Jan. 4 Healthy Snacks
- Feb. 1 Create a Smoothie
- Mar. 1 Create a Wrap

- Apr. 5 Create a Salad
- May 3 Create a Soup
- Jun. 7 Create a Fruity Dessert

PEHP Health Screening - Coming in February to Lehi EC: Sign Up TODAY!

We know most of you and your eligible spouses are on the PEHP medical plan, and many of you participated in the screenings at our Lehi EC in February 2016. We have scheduled our 2nd Annual PEHP Health Screening event for Wednesday, Feb. 15th from 8:30 a.m. to 4:30 p.m. at our Lehi EC. If you have not signed up yet, please go to PEHP.org and take advantage of this convenient and beneficial event. Spouses on the health plan are eligible, but need to do their own login to sign up. If you have guestions, please ask Hal.





Indoor Sports & Game Day: Wed., Jan. 25, Noon-1P, Conf. Rm. 3

Back by popular demand we will be doing our 4th Wii Indoor Sports and Game Day. The last group indicated they'd like to try Wheel of Fortune. Join Pat Sajak, Vanna White, and your peers and see how you do. Bring your lunch or snack and join us for the fun!

Heart Healthy Philly Cheese Steak Foil Packet Dinner:

Nutritional Info (per serving): 348 calories, 2.3 grams fat, 608 mg. sodium **Ingredients:**

- 1 med. onion (quartered, thinly sliced)
- 1 teaspoon water
- 2 tbsp. no-sodium Italian seasoning
- 1 (8-oz pkg.) sliced white mushrooms
- 1 lb. beef sirloin cut in ½-inch strips
- 1 tbsp. balsamic vinegar

- 2 red or green bell peppers
- 1-1/2 teaspoons canola oil
- 1 teaspoon garlic powder
- 1/4 tsp salt & 1/4 tsp pepper
- 1 cup shredded fat-free mozzarella
- 4 small whole-wheat rolls, to serve

Directions: 1) Peel and quarter onion. Thinly slice each quarter and add to a heatproof container with water. Microwave onions until tender, about 2 minutes; **2)** Transfer onions into a medium bowl. Seed each bell pepper and thinly slice. Roughly chop sliced mushrooms. Mix bell peppers and mushrooms into the bowl with onion; **3)** Divide mixture into 4 equal portions into the center of each foil square. Top each portion with 1/4 cup cheese; **4)** Fold and seal the top and sides of each foil packet and place onto a large baking sheet and into the preheated oven. Cook until beef is cooked through, about 20 mins. (Remove 1 packet to check that the steak is fully cooked before removing them all from the oven.) **5)** Place each foil packet on plate. Carefully open packets and serve with rolls.





Lehi Wellness Council UPCOMING ACTIVITIES



February 2017

American Heart Month: For a healthy heart, the American Heart Association encourages us to live by "Life's Simple Seven." (The article will be posted on our bulletin board/Google Drive). Recommendations include 150 mins. of moderate physical activity per week, eating a balanced diet, and managing blood sugar, cholesterol, weight, and blood pressure. Research suggests that laughter may help strengthen your heart! Results have shown that laughing can dilate the inner lining of blood vessels, improving blood flow and circulation.

<u>February events from PEHP Wellness</u> (info posted on the bulletin board, Google Drive, and PEHP.org):

- If you have questions about the types of dietary fats and how much to include, view the monthly wellness webinar, "Dietary Fats The Good, the Bad, and the Ugly" available in the webinar archives soon. PEHP Registered Dietitians Maria Givler and Jill Bryan will present the latest research to clear up confusion!
- It's time for the first PEHP Wellness Challenge of 2017, "Meal Planning Secrets Revealed." In this challenge, you will practice tips and tricks from the experts for planning healthy meals, simplifying grocery shopping, and adding variety to your menu. The challenge runs February 1st 28th so sign up today!
- This month, PEHP Workout Warrior will show you how regular physical activity can help you take care of
 your heart. Register to receive weekly emails about the simple, positive changes you can make to keep
 your heart strong. Submit your step total at the end of the month for a chance to win an Amazon gift card.



<u>USU Food Sense – Create A Smoothie</u>: Wed., Feb. 1, 11 a.m. to Noon

USU Food Sense is back in Lehi and will run the 1st Wednesday of each month through June, recess for July and August, and resume the 1st Wednesday in September. **Remember to invite your Food Stamp and Temporary Assistance customers and come yourself and benefit from these informative demonstrations.** And, the **best** part is that you get to enjoy samples. Here are the exciting topics through June:

- Mar. 1 Create a Wrap
- Apr. 5 Create a Salad

- May 3 Create a Soup
- Jun. 7 Create a Fruity Dessert

PEHP Health Screening - Coming in February to Lehi EC: Slots are filling fast!

Most of you and your eligible spouses are on the PEHP medical plan, and many of you participated in the screenings at our Lehi EC in February 2016. We have scheduled our 2nd Annual PEHP Health Screening event for Wednesday, Feb. 15th from 8:30 a.m. to 4:30 p.m. in Lehi EC Conf. Rm. 3. If you have not signed up yet, go to PEHP.org and take advantage of this convenient and beneficial event. Spouses on the health plan are eligible, but need to do their own login to sign up. If you have questions, please ask Hal.





Indoor Sports & Game Day - Bowling: Wed., Feb. 22, Noon-1P, Conf. Rm. 3

Back by popular demand we will be doing our 4th Wii Indoor Sports and Game Day. The last group has a lot of fun and exhibited some "interesting" form. Join us for a little light exercise, and bring your lunch, snack, or beverage!

PEHP February Challenge: Meal Planning - Secrets Revealed

Sign up for this challenge. It starts Feb. 1 and goes through Feb. 28. Does meal planning seem overwhelming? Practice strategies from experts to plan healthy meals, streamline grocery shopping, and try new ingredients. Click the link in the .pdf file saved under "Nutrition" in the Google Drive "Lehi Wellness – Staff" and click the link.



The challenge will help you:

- Organize your pantry
- Plan meals that taste great and fit your lifestyle

- Grocery shop smart
- Enjoy new foods and recines

DWS LEHI

Lehi Wellness Council: Brandon Haslam,
Amy Lowe, Jeff Sanderson, and Zenaida warunez



Lehi Wellness Council UPCOMING ACTIVITIES



Wellness News March 2017

National Nutrition Month: National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information. Please see the information posted on the lunchroom bulletin board and Google Drive under "Lehi Wellness – Staff". Thank you to Zenaida for creating this month's Lehi Wellness bulletin board!





<u>March Madness</u>: For college sports fans or those who might like to try their luck in selecting who may win, the NCAA college basketball playoffs are an exciting time of the year featuring buzzer-beaters, unlikely heroes, and surprising upsets. Brandon will provide the details to each of you on how to participate on Monday, March 13th prior to the start of the NCAA tournament that begins on March 16th and runs through April 3rd. Winners will be announced after the end of the tournament. Basketball knowledge or skill is not required – everyone will have a chance to win.

There will be a special prize for whoever picks the winning team!

Walking Poker: Wed., Mar. 29, Noon

Take advantage of this opportunity to get a little healthy exercise. Join co-workers on this 30-minute walk, which is a total of one mile round-trip to Bandwagon Park and back. We'll have stations where you'll pick up playing cards along the way and build your best poker hand. Walkers will be able to replace up to 3 of their cards at the end of the walk to create the best hand <u>and</u> the best poker hand will receive a prize!





<u>USU Food\$ense "Add More Veggies - Create a Salad"</u>: Wed., Apr. 5, 11 a.m. to Noon USU Food Sense will run the 1st Wednesday of each month through May, but is moved to Thursday, June 8 due to the Lehi Summer Picnic. Class will recess for July and August, and resume the 1st Wednesday in September and run through December. *Remember to invite your Food Stamp and/or Temporary Assistance customers and come yourself and benefit from these informative demonstrations.* And, the **best** part is that you get to enjoy samples. Here are the exciting topics through June:

- Apr. 5 Create a Salad
- May 3 Create a Soup
- Jun. 8 Create a Fruity Dessert

Coming in April – Bocce Ball Day at the Park, and Wellness Bingo w/Fruit Smoothies

Lehi Wellness Council: Brandon Ha Hal Hooper, Amy Lowe, and Zenaida

DWS LEHI



Lehi Wellness Council UPCOMING ACTIVITIES



Wellness News April 2017

National Child Abuse Prevention Month: The 2017 theme is "Building Community, Building Hope". For tips, information, and useful suggestions visit https://www.childwelfare.gov/topics/preventing/preventionmonth/ to learn how to build strong, nurturing communities that are supportive of families. You can get involved and play a key role in preventing child abuse and neglect and promoting child and family well-being. Please see info posted on the lunch room bulletin board and Google Drive (including a 110-page Resource Guide) under "Lehi Wellness – Staff". Thank you to Amy for this month's Lehi Wellness bulletin board!





<u>March Madness Winner</u>: The NCAA college basketball tournament wrapped up with the final game on Monday evening, April 3rd, and the National Championship was won by North Carolina. Congratulations to Zenaida, who guessed the winner and was presented with a very nice picnic basket set by Brandon who coordinated the contest with the basket donated by Abel and his wife (Thank You!).

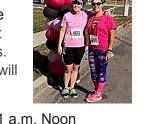
<u>Bingo & Fruit Smoothies</u>: Thurs., April 27, Noon to 1P We invite you to join us in Conference Room 3 for an energetic Bingo event. Amy will be hosting this event AND we'll be blending some tasty fruit smoothies to tantalize your culinary pallet. We'll have nice small prizes during play and a grand prize for the winner.





Walking Poker: Date TBD (on a week when we have nice weather)
Take advantage of this opportunity to get a little healthy exercise. Join co-workers on this 30-minute walk, which is a total of one mile round-trip to Bandwagon Park and back. We'll have stations where you'll pick up playing cards along the way and build your best poker hand. Walkers will be able to replace up to 3 of their cards at the end of the walk. The person with the best "Poker" hand will receive a prize!

Participants in Lehi Think Pink Fun Run: Margie and Zenaida recently participated in the Think Pink 5K Fun Run/Walk in Lehi on Saturday, March 11th. They said it was a fun event and great exercise, not to mention some very nice giveaways were donated for participants. Proceeds were donated to the Huntsman Cancer Foundation. Hopefully, a few more of us will consider participating next year. The run is done on level ground near downtown Lehi.





<u>USU Food\$ense Healthy Eating on A Budget</u>: Wed., Apr. 5 & May 3, 11 a.m. Noon USU Food Sense will run the 1st Wednesday of each month through June, but is moved to Thursday, June 8 due to the Lehi Summer Picnic that Wednesday. Class will recess for July and August, and resume the 1st Wednesday in September and run through December. *Remember to invite your Food Stamp and/or Temporary Assistance customers and come yourself and benefit from these informative demonstrations.* And, the **best** part is that you get to enjoy sample. Topics: 4/5 (Today) – Salad; 5/3 – Soup; 6/8 – Fruity Dessert.

Coming in May - Bocce Ball Day at the Park

Lehi Wellness Council: Brandon Ha Hal Hooper, Amy Lowe, and Zenaida

DWS LEHI



Lehi Wellness Council UPCOMING ACTIVITIES



Wellness News May 2017

National Physical Fitness & Sports Month:

#MOVE ™MAY

It's National Physical Fitness & Sports Month! The President's Council on Fitness, Sports & Nutrition is excited to keep the journey from #0to60 going by encouraging everyone to #MoveInMay. Stay motivated with the President's Council's Presidential Champions and Presidential Active Lifestyle Award (PALA+) programs! Each program allows you to track your daily physical activity and earn awards. There are countless ways to get moving and they are encouraging partners to help inspire all Americans to be active. They've created a #MoveInMay Playbook where you can find themes, tips and motivational messages. You can get ideas to #MoveInMay at Oto60fitness.org. Please see the info posted on the lunch room bulletin board and Google Drive under "Lehi Wellness – Staff".



<u>USU Food\$ense Healthy Eating on A Budget</u>: Wed., May 3 and Thur., June 8 at 11 a.m. USU Food Sense will run through June (moved to Thur., June 8 due to Lehi EC Picnic on Wed., June 7). Class will recess for July and August, and probably resume the 1st Wednesday in September and run through December. *Remember to invite your Food Stamp and/or Temporary Assistance customers and come yourself to benefit from these informative demonstrations*. And, the **best** part is that you get to enjoy sample.

Wed., May 3 - Create a Soup and Thur., June 8 - Fruity Dessert

<u>April Bingo Winner</u>: Amy helped us by hosting a great Bingo game on April 27th and acting as spinner/caller. We had a great turnout and loads of fun. We also enjoyed some strawberry-banana and chocolate-banana-peanut butter smoothies. Several granola bars were given out for Bingos. Congratulations to Josh, who got the first "blackout" bingo for the big prize which was a "Salad Spinner". **Thank you to everyone who participated!**





Bocce Ball in the Park: Thursday, May 11, Noon

If you have played Bocce Ball, you know how much fun it is. If you haven't played yet, now is the time to begin. It's a lot of fun walking around the park and tossing the balls to see who can get closest to the "marker". We usually break into teams to play. We will probably drive to Bandwagon Park to play since it is fairly close and we can get there quickly. If it's hot, we'll take some bottled water to stay hydrated. We can also take our lunch there as they have area you can sit and eat before or after the game. We hope you'll join us!

Walking Poker: Thursday, May 18, Noon

It's looking like we are in for some warmer weather so let's take advantage of this opportunity to get a little healthy exercise. Join your co-workers on this 30-minute walk, which is a total of one mile round-trip to Bandwagon Park and back. We'll have stations where you'll pick up playing cards along the way. Walkers will be able to replace up to 3 of their cards at the end of the walk to build the best hand. The person with the best "Poker" hand will receive a prize!



Lehi Wellness Council: Brandon Haslam, Hal Hooper, Amy Lowe, and Zenaida

DWS LEHI



September Water Challenge SLEC Wellness Water Challenge SLEC Wellness Water Challenge September 2016 September 2016 Our tocas is your senting health, we look at the fall stock of John health heal Our society a restrict that is important took here are the continued in the state of the continued in the state of the continued in the contin Tole of the sea local to the sea the sea of the part of the sea of SLEC Wellness One and in to Hope are to Hospital and Hobes 5 Gallon Goal





April Wellness Committee Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 mile = 2000 steps						1
2	3	4	5	6	7	8
9	10 Turn in Miles	11	12	13	14	15
16	17 Turn in Miles	18	19	20	21	22
23	24 Turn in Miles	25	26	27	28	29
30						

SLEC WELLNESS Maintain Don't Gain CHALLENGE

	Week 1 Nov 7-13	Week 2 Nov 14-20	Week 3 Nov 21-27	Week 4 Nov 28-Dec 4	Week 5 Dec 5-11	Week Dec 12-18
Starting Weight						
Lost weight						
Maintained						
Gained						

- ✓ Set your Goal for next 6 weeks
- ✓ Track your Progress
- ✓ Enjoy

- ✓ Weigh yourself on Monday morning
- ✓ Report your results to your SLEC Wellness Committee



Step Conversion Chart

Your pedometer works whenever you are taking steps. For those times when you choose an activity other than walking, check the chart below to determine the activity's equivalent number of steps.

Simply multiply the number of times you did the activity by the number of steps indicated on the chart. For example, 30 minutes of mopping equals 2550 steps. (30 minutes x 85).

If your activity is not listed below, find the one(s) most similar to it on the list and estimate the activity's step value. You can also estimate steps by knowing that 2,000 steps equals one mile.

Physical Activity	Steps per minute	Physical Activity	Steps per minute
Aerobics, high intensity	190	Running, 10 mph (6 min/mile)	350
Aerobics, low intensity	115	Running 5 mph (12 min/mile)	185
Aerobics, step	145	Running, 6 mph (10 min/mile)	230
Badminton, game	150	Running, 8 mph (7.5 min/mile)	305
Badminton, recreational	98	Scuba diving	190
Basketball, game	220	Shopping for groceries	60
Basketball, recreational	130	Skiing, cross country, intense	330
Bowling	55	Skiing, cross country, moderate	220
Boxing, competitive, in a ring	213	Skiing, cross country, slowly	110
Boxing, non-competitive	131	Skiing, downhill, slowly	130
Canoeing, leisurely (2.5 mph)	70	Skiing, water	160
Cycling, 10 mph	93	Skipping rope, fast	285
Cycling, 15 mph	160	Skipping rope, moderate	167
Cycling, 20 mph	200	Snowshoeing	156
Cycling, 5 mph	55	Snow shoveling	195
Dancing, fast	175	Snow shoveling, heavy	278
Dancing, slow	55	Soccer, competitive	195
Dancing, socially (rock, disco, etc)	100	Soccer, recreational	144
Elliptical trainer, fast	270	Squash	205
Elliptical trainer, medium	200	Stair climbing machine	160
Firewood, carrying	176	Stair climbing at 26 stairs/min	89
Firewood, chopping	300	Stair climbing at 39 stairs/min	133
Firewood, sawing with handsaw	113	Stair climbing at 52 stairs/min	180
Firewood, stacking	89	Stair climbing at 78 stairs/min	267
Gardening, heavy	155	Stair climbing at 91 stairs/min	309
Gardening, hoeing, moderate	93	Stair climbing at 100 stairs/min	311
Gardening, weeding, (seated/kneeling)	73	Swimming, 25 yards/min	120
Golfing, walking, no cart	100	Swimming, 50 yards/min	225
Golfing, with a cart	70	Swimming, 75 yards/min	290
Handball, competitive	230	Swimming, back stroke at 1 mph	111
Handball, recreational	142	Swimming, back stroke at 2 mph	196
Hiking	155	Swimming, breast stroke at 1 mph	89
Hiking, 10 lb load	180	Swimming, breast stroke at 2 mph	178
Hiking, 30 lb load	235	Swimming, crawl stroke at 1 mph	91
Horseback riding, leisurely	31	Swimming, crawl stroke at 2 mph	156
Horseback riding, trotting	102	Swimming, treading water	98
Housework, general, vacuuming	90	Tai Chi	8
Housework, mopping floors	85	Tennis, doubles	110
Housework, scrubbing the floor	140	Tennis, singles	160

Housework, window cleaning	75	Volleyball, game	120
In-line skating, leisurely	84	Volleyball, leisurely	70
Ice skating, competitive	170	Walking in water, leisurely	49
Ice skating, leisurely	95	Washing the car	75
Judo, competitive	185	Water Aerobics	100
Mowing lawn	135	Waxing the car	100
Orienteering	151	Weight lifting, abdominal only	64
Painting (houses, fences, etc)	80	Weight lifting, arms only	42
Ping pong	90	Weight lifting, back only	80
Racquetball, competitive	205	Weight lifting, legs only	96
Racquetball, recreational	138	Weight lifting, shoulders only	69
Roller skating, moderately	173	Weight lifting, 40 sec btwn sets	255
Rowing, heavy	289	Weight lifting, 60 sec btwn sets	190
Rowing, moderately	150	Weight lifting, 90 sec btwn sets	125
Rowing, leisurely	75	yoga	100

^{*}Adapted from Healthpartners, Inc.

Step Facts

Measure your progress by the number of steps you are covering each day. Generally speaking you can count on 2,000 steps equaling one mile.

- 10,000 steps is considered 5 miles
- 200 steps is about one city block
- 9 holes of golf (walking) equal about 8,000 steps
- Most people will do about 1,200 steps in about 10 minutes

How Active Are You?

Very Inactive	2,500 Steps or less per day
Inactive	2,501 – 5,000 steps per day
Moderately Active	5,001 – 7,500 steps per day
Active	7,501 – 10,000 steps per day
Very Active	10,001 steps or more per day

Want to convert your steps to miles per hour (MPH)?

- 120 Steps/min = 3.0 MPH
- 130 Steps/min = 3.5 MPH
- 140 Steps/min = 4.0 MPH
- 150 Steps/min = 4.5 MPH
- o 155 Steps/min = 5.0 MPH

Caloric Estimates for 10,000 Steps

Caloric Cost
420
440
460
480
500
520
540
560
580

^{*} source: http://www.speakwell.com/well/2002_summer/6.shtml





30 DAY GET MOVING CHALLENGE

#PSGetMoving

30 DAY GET MOVING CHALLENGE

#PSGetMoving

My Get Moving Goal is

My Motivation

My Get Moving Goal is

My Motivation





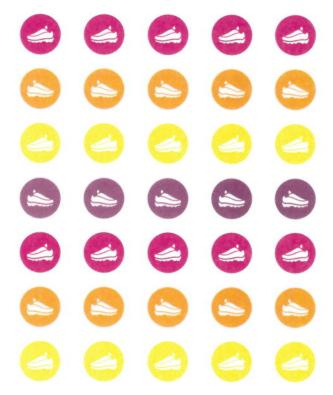








My reward:



My reward:



SAT. APRIL 29TH
FAIRPARK
COMMUNITY
FESTIVAL OF
SPRING &
PLANT SALE

Northwest
Community Center
1255 Clark Ave
(3rd N. & 1250 W.)
10AM-4PM

FREE SEEDS of 19
Varieties!

Kids get a FREE starter kit!

Mid March
Pre-Order Plants
by completing an
order form under
"Upcoming Events"
fairparkcommunity.ord
& sending to

FAIRPARK COMMUNITY COUNCIL

lirt2table@gmail.com









March is Women's History

Spotlight on Martha Hughes Can-

<u>non</u>

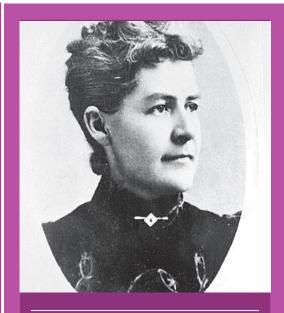
- -Born July 1857 in Wales. Emigrated to the US in March 1860.
- -By the age of 14, she was working as a school teacher and worked as a typesetter to save money for college
- -Earned a degree in chemistry for the University of Deseret, then went to medical school in Michigan. She graduated at age 23.
- -Also received degrees in pharmacy and oratory
- -Utah women's right advocate and suffragist
- -First female senator in the United States— defeated her own husband by more than 2,500 votes
- -As a senator, she sponsored bills promoting:

Worker's rights, especially women in the work place

Education for the disabled

Created the State Board of Health

- -Served two years in the senate and then later served on the board of health
- -Died in 1932
- -The Martha Hughes Cannon Heath Building was dedicated in her honor in 1986.



1857-1932

"I know that women who stay home all the time have the most unpleasant homes there are. You give me a woman who thinks about something besides cook stoves and wash tubs and baby flannels, and I'll show you, nine times out of ten, a successful mother."

How to celebrate Women's History Month:

- Watch the Martha Hughes Cannon documentary at the Wellness Council Brown Bag event: Tuesday, March 21st from noon to 1 pm in room 114
- 1. Make a cup of coffee using a coffee filter—invented my Melitta Benz in 1908
- 2. Have a chocolate chip cookie- Ruth Wakefield came up with the recipe
- 3. Read autobiographies about women in history
- 5. Spend time with the women you appreciate in your life
- 6. Get on Netflix and watch Miss Representation

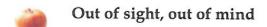
UDOH CANNON

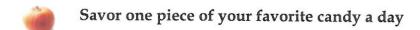


Avoiding Halloween Candy Pitfalls

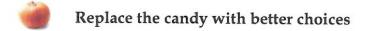












Move the candy jar

Count the empty wrappers.

Take a walking break

Manage your hunger

Sip on a low-calorie beverage

Take a walking break





KNOCK, KNOCK GIVE A

PROVIDING SOCKS FOR THOSE IN NEED

During the month of MARCHDrop off new socks & underwear in the "Socks" box located on the first floor by the three elevators.





Healthy Parks, Healthy People: A New Paradigm for the Second Century of the National Park Service

Tuesday, May 10th at 12 p.m. Room 129, Cannon Building



Speaker: Jim Ireland, Timpanogos District, National Parks Service

The National Park Service turns 100 in August! The centennial will kick off a second century of stewardship of America's national parks and engaging communities through recreation, conservation, and historic preservation programs.

100 Years: Let's celebrate! Visit www.nps.gov



Mental Health Matters

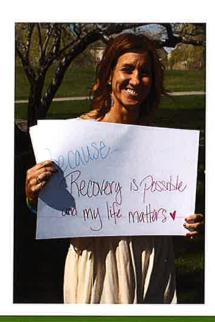
Share Why You Support Seeking Help

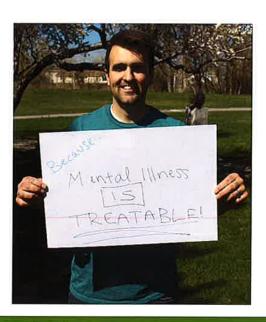
April 17th, 2017 10:30am-1:00pm UDOH Cafeteria-Photo Shoot

May is Mental Health Awareness Month!

Celebrate Mental Health Month by telling us why YOU have sought out help OR why you would support others in getting help. The Suicide Prevention Coalition is hosting a photo shoot so you can share YOUR reasons.

The message means so much more when it comes from someone you know, so we need YOU to be the voice.





*

