



Coordinator's Bulletin

July Health Observances and Holidays

July 4: Independence Day

Fireworks Safety Month

Eye Injury Prevention Month

National Parks and Recreation Month

UV Safety Month

Let's enjoy this 4th of July by eating foods that would terrify our forefathers.



Summertime = Salad Time

Summer in Maine means a bounty of healthy local vegetables and fruits. Why not host a salad day and encourage employees to eat their veggies this month? It doesn't have to take a lot of time or money. Just ask people to bring in their favorite veggies to share and when you line them all up on the counter you have a terrific salad bar to sample from. This is a great way to promote healthy eating during the summer time and still do a fun wellness event. If fresh fruit is what you are craving, why not put out fruit platters or fruit bowls for employees to enjoy on a hot day! (FYI—Your wellness committee can choose to use grant monies to help fund events like these too!) Maine Municipal Employees Health Trust (who our staff works for) just



held their first salad day and it was a huge success! Employees signed up to bring certain salad ingredients or premade salads and then sold tickets to other employees in the building. This was a fun way to get people together as the weather improves and also offer a healthy lunch right at the workplace. The money raised from tickets sales was donated to No Kid Hungry of Maine and non-perishables were also collected to bring to the local food banks, which really need the donations in the summertime! This quick event netted about \$300 for the charity and over 3 boxes of food and nearly \$100 for the food bank. Giving back while getting healthy...what a great idea!

Stress Less This Summer

Stress has become so ingrained in our days and our culture that you probably don't even recognize it any more. But summer is the perfect time to relax, slow down, and just enjoy the weather. What better time than July to use these lazy days to relieve any stress you've been experiencing! This summer Sparkpeople has put out a challenge to help people relax and distress during the month of July. We thought this was a great 31 day challenge to promote to your coworkers and family members, so we have attached the calendar in PDF to this month's Bulletin. Looking for other challenges? Sparkpeople is a great website for fun challenges, healthy recipes, or motivational tips and videos for achieving and maintaining good health (www.sparkpeople.com).





You probably have some idea of how fit you are. But knowing the specifics can help you set realistic fitness goals, monitor your progress and maintain your motivation. Once you know where you're starting from, you can plan where you want to go. It's easier than you might think. Schedule our Fitness Assessment for your employer group to allow employees to get a baseline fitness and then later on—or after an incentive program—schedule another one so your employees can see how they have improved. To schedule an assessment contact Danielle or Abby at dyale@memun.org or adipasquale@memun.org

Dodge Ball, Kickball...Just Have A Ball!

Warm weather and longer days encourage people to get out and be a little bit more active. So this month, consider harnessing some of that extra energy into a wellness event that is fit for the whole family! Round up employees and their family members for a fun game of kickball, dodge ball, tag...whatever you choose. Most municipalities have fields or open areas that are great for hosting this kind of event. It doesn't have to be anything fancy...just a pickup game in the evening. Maybe even end with some popsicles on a hot day! Being active should be fun, not work. Engage the whole family this summer and get employees moving together.

The Town of Scarborough recently held a dodge ball tournament and had employees form teams to play at one of the local fields. This inaugural event had a great turnout of participants, and even more participation from the fans that showed up to watch! They are planning more events like this in the future and maybe even some under the lights. Great job to the Wellness Committee in Scarborough for thinking outside the box and finding something fun for employees to do as the weather improves!



Upcoming...August Health Observances

- National Breastfeeding Month
- National Immunization Awareness Month
- World Breastfeeding Week (August 1-7)
- National Health Center Week (August 9-15)