

Providing your wellness committee with updates and relevant health information!

# Wellness Works Coordinator's Bulletin

February 2017

## Highlights from this Month's Bulletin:



### **Making Changes Stick**

Rebuild your resolve for your resolutions.

**Page 2**



### **Need More Idea Sources?**

Tap your employees' creative talents.

**Page 3**



### **Family Fitness**

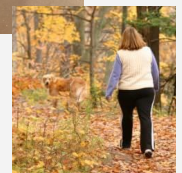
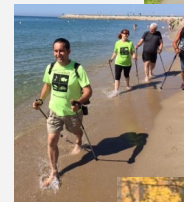
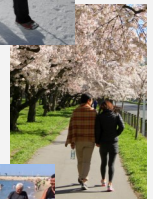
As easy as rolling a couple dice!

**Page 3**

## **Some Oldies But Goodies are Back!**

**Spring and Summer will be here soon enough.**

It's a great time to schedule a **Nordic Walking** or a **Footworks** class to enjoy a nice vigorous healthy stroll through nature or the neighborhoods near your workplace. **Nordic Walking** burns extra calories and firms and tones all at the same time, along with many other benefits. In the **Footworks – A Step in the Right Direction** class, you learn about proper walking technique, identifying your foot type and proper sneakers along with the benefits of walking.



**Contact Danielle at  
[dyale@memun.org](mailto:dyale@memun.org) to schedule  
either of these classes.**

# Making Changes Stick

Are you still focusing on making great changes for 2017? New Year and New You...remember that promise you made to yourself about a month ago? Well, if you are like many people, you may have already fallen off the wagon, but never fear it's not too late to get back on. Check out these great tips we found on Anthem EAP.

1. **Make changes slowly.** Do not expect to change your eating or activity habits overnight. Changing too much too fast can hurt your chances of success.
2. **Look at your current eating and physical activity habits and at ways you can make them healthier.** Use a food and activity journal for 4 or 5 days, and write down everything you eat, your activities, and your emotions. Review your journal to get a picture of your habits. Do you skip breakfast? Are you eating fruits and vegetables every day? Are you physically active most days of the week? Do you eat when you are stressed? Can you substitute physical activity for eating at these times?
3. **Set a few realistic goals for yourself.** First, try cutting back the number of sweetened sodas you drink by replacing a couple of them with unsweetened beverages. Once you have reduced your sweetened soda intake, try eliminating these drinks from your diet. Then set a few more goals, like drinking low-fat or fat-free milk, eating more fruits, or getting more physical activity each day.
4. **Identify your barriers.** Are there unhealthy snack foods at home that are too tempting? Do you find it hard to resist drinking several sweetened sodas a day because your friends do it?
5. **Get a buddy at work or someone at home to support your new habits.** Ask a friend to help you make changes and stick with your new habits.
6. **Know that you can do it!** Stay positive and focused by remembering why you wanted to be healthier—to look, feel, move, and recreate better. Accept relapses—if you fail at one of your nutrition or physical activity goals one day, do not give up. Just try again the next day.



This and many other helpful topics can be found on the Anthem EAP website ([www.anthemead.com](http://www.anthemead.com) Login: MMEHT). So whether your resolution was about getting healthy, getting your affairs in order, or just finding life balance...don't forget to check this site out for helpful tips and resources to get you started!

## Tap Your Employees' Creative Talents

Many of your wellness program participants may have expertise and interests they would be willing to share with others – if you just ask. You may have someone on staff who is also a certified fitness trainer. She may be willing to share some workout tips with employees. Maybe another employee has a passion for healthy cooking and would love to share his recipes with others.

To find people who would be willing to share their health and wellness knowledge and skills:

- ◇ Talk with your employees and find out what talents and passions they have outside their jobs.
- ◇ Include a “share your talent” posting in your next newsletter or tack up flyers in the break room/restrooms.
- ◇ Send out an interest survey.

How employee experts might contribute:

- ◇ Provide content for your newsletter, posters, or flyers
- ◇ Submit tips for e-mails blasts
- ◇ Share videos or photos
- ◇ Let you know about free or inexpensive community events to promote
- ◇ Lead lunch-n-learns

Once you've receive interest from individuals who would be willing to contribute, work with them on expectations and what they're able to provide and how often. Be sure to touch base with employees' supervisors to ensure wellness activities don't interfere with employees' existing job duties.

Also, acknowledge your “employee experts” whenever you use their content, and invite your audience to talk with your “experts” for more information. For example: “Today's tip was provided by Jane Doe.”

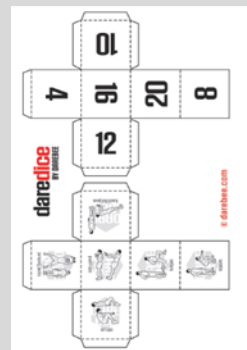


## Making Fitness a Family Event

If you are anything like me, you try to squeeze your exercise in around your kids' schedule, your partner's schedule and your own busy schedule. Sometimes it seems like there just isn't enough time! I solved most of the time issue with the discovery of interval workouts, which many of you have seen in the Power of 10 class that I teach, but I recently stepped my workout up a bit by adding in a personal trainer. Before you think “Well, I can't afford that” and stop reading this, you should hear who I “hired.” It's my four year old daughter, Gigi, and I believe she has a bright future as a drill sergeant or fitness guru!

Being physically fit is not just something for adults and it is important to teach children how their bodies work and how important it is to be fit and strong- no matter what their age!

I recently discovered Darebee Dice ([www.darebee.com](http://www.darebee.com)). These are available as a free printable from the same website I reference in the Power of 10 class and I have attached a copy of them to this month's bulletin! These two dice are rolled to determine how many and what type of exercise you do. For example, it could be 20 squats, 8 pushups, or 10 jumping jacks...your fate is in the roll.



This is where the personal trainer comes in. My daughter loves to roll the dice and then do the exercises with me (in her own 4 year old sort of way). She laughs like a demon when she rolls a 20 of anything and pushes me through multiple sets of exercises for about 10 minutes a day while dinner is cooking. This is a great way to get her involved and see how easy it is to fit fitness into the day, plus she doesn't let me forget when it is time to exercise!

**If you would like to find out how the Power of 10 can speed up your workouts, contact me at [adipasquale@memun.org](mailto:adipasquale@memun.org) to schedule this class at your worksite!**



**Contact Us:**

Wellness Works  
60 Community Drive  
Augusta, ME 04330  
1-800-452-8786  
[Wellness\\_Department@memun.org](mailto:Wellness_Department@memun.org)