

# Wellness Works Coordinators' Bulletin

December 2018



## Weekly Wellness Challenges

A topic for every week in Jan. & Feb. ...and beyond!

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## Exercise Away The Winter Blahs

Exercising helps with a brighter mood!

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More sensory than you think!

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## New Class: Creating Good Habits

How many times have you made New Year's Resolutions but never kept them? They say ***change is hard at first, messy in the middle and gorgeous at the end.***

Change is difficult at times but with the right strategies you can be successful at replacing bad habits with good habits.



This class will discuss how habits are formed, good versus bad rewards and many more strategies.

To schedule **Creating Good Habits**, contact Danielle at [dyale@memun.org](mailto:dyale@memun.org)

# Weekly Wellness Challenges

We are excited to offer weekly wellness challenges for 2019! These challenges are easy to roll out to employees and cover a variety of health and wellness topics. Best of all, they can be offered at any time throughout the year. Your wellness committee can also choose to offer wellness classes along with these challenges to round out the program.

We will be highlighting the upcoming challenge topics at least two months ahead of schedule through the Coordinator's Bulletin and attaching sample calendars of each one so you can plan accordingly if you want to offer them at your worksite. If you would like to offer these challenges at your worksite contact Amanda Nile [anile@memun.org](mailto:anile@memun.org), she is the go-to person to receive copies of the calendars that describe the weekly challenges and simple log cards. We encourage you to find ways to give employees incentive to participate by offering raffle items or simple completion certificates! A chart listing each weekly challenge throughout the year is in a separate attachment to this Bulletin. We hope these challenges will add some fun and excitement to your wellness programs. Please contact any of our staff with questions!

The challenges for January are below and classes that can be done in conjunction with the challenge are listed in red:

- **Measure Up** - Dig out a measuring tape and record your measurements—it will give you a great way to track your progress throughout the year. (Fitness Assessments, Fit ME and Fit Over Forty)



- **Sitting and Sore No More** - Ditch your office chair and find a way to stand for at least 10 extra minutes each day this week. While you are up, try to do some toe raises and stretch out a little bit! (Take a Stand, Get Off Your Seat and Move Your Feet, Stretching Solutions, Deskercise)
- **HIIT the Ground Running** - Find a way to work High Intensity Interval Training into your workout this week and maximize your exercise time. A sample is on the log card, but feel free to look up your own too. (The Power of 10, Making Fitness Fit)

- **Financially Fit** - Holiday spending coming home to roost? Take the time this week to set up a budget to get back on track. Every Dollar is a great free app to track spending and set up a budget. (Financial Fitness, Eating Right When Money is Tight)

The challenges for February are below and classes that can be done in conjunction with the challenge are listed in red:

- **Random Acts of Kindness** - Each day this week, practice random acts of kindness. Remember, kindness doesn't cost anything! (How Full is Your Bucket)
- **Love and Admiration** - tell someone you love or admire them every day this week. Maybe even take the time to send a note to someone who has impacted your life in a positive way. (Power of Positive Thinking, How Full is Your Bucket, Mindfulness)
- **Cabin Fever Reliever** - Are the house walls closing in on you yet? Find at least three things to do outdoors this week for at least 30 minutes—if it is a ton of fun then do it more! (Making Fitness Fit, Winter Workouts)
- **5210 Everyday** - 5 fruits and vegetables, 2 hours or less of recreational screen time, 1 hour of physical activity, 0 sugary beverages. (Overcoming Exercise Barriers, Power of 10, Ditch the Diet, Portion Distortion, Kick the Sugar Habit)



## Exercise Away the Winter Blahs

As the days get colder and darker, so do our moods! But before we tuck in for the winter and call it quits on healthy eating and exercising, you should know that research shows that physically active people have lower amounts of anxiety and depression than sedentary people. In fact, exercise is a great way to preserve mental fitness and reduce stress and anxiety.

Finding ways to be fit doesn't have to be hard, try these suggestions to get you started:

- Jog, walk, bike, or dance three to five times a week for 30 minutes a session.
- Set small daily goals and aim for daily consistency. It's better to walk every day for 30 minutes than to wait until the weekend for a three-hour marathon.
- Find exercise that you think is fun.
- Make the time pass faster with music, audiobooks or podcasts.
- Get a friend to workout with you.
- Be patient when you start a new fitness routine.

Source: Healthday News, 2018



Looking for more ways to stay active in the colder months? Contact Danielle to schedule the **Winter Workouts** or **Making Fitness Fit** workshops for your worksites.

She can be reached at [dyale@memun.org](mailto:dyale@memun.org)



### Contact Us:

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[CLICK HERE TO SEE OUR CLASS LISTING](#)

## Mindful Eating

Many people think that mindful eating is about eating slowly or about chewing your food for a long time because most people really don't know what mindful eating is. Mindful eating is:

- \* Allowing yourself to become aware of the positive and nurturing opportunities that are available through food selection and preparation.
- \* Using all your senses in choosing to eat food that is both satisfying to you and nourishing to your body.
- \* Acknowledging responses to food (likes, dislikes, or neutral) without judgment.
- \* Becoming aware of physical hunger and satiety cues to guide your decisions to begin and end eating.



**There is more to it than just chewing slowly.**

**To schedule Mindful Eating, contact  
Danielle at [dyale@memun.org](mailto:dyale@memun.org)**

**DO**  
*something*  
**TODAY**  
**THAT YOUR**  
*future self*  
**WILL**  
*thank you*  
**FOR**