

Wellness Works Coordinators' Bulletin

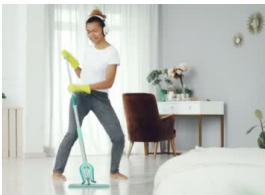
January 2019



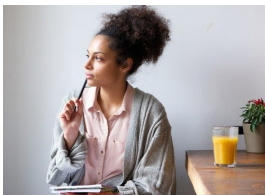
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Save the Date!

Annual Wellness Conference
Tuesday, April 23, 2019

Mark your calendar...we are in the process of planning the 31st Annual Wellness Conference!

The conference will be held on

Tuesday, April 23, 2019.

We are still in the planning phase.

In the weeks to come, we will share more details and registration information.

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 Coordinators' 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. 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!

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

- **Words of Wisdom** - Expand your brain power by learning a new word each day. Dig out the dictionary or type "word of the day" into your favorite search engine. **(Am I Losing My Mind)**



- **Mile a Day** - Record a mile of movement each day...walking, running, biking, swimming...it doesn't matter! Just MOVE! **(Power of 10, Get Off Your Seat and Move Your Feet, On the Ball, Nordic Walking)**



- **Go Green** - Eat one NATURALLY green food each day. Step out of your comfort zone and try something you've never tried before. **(Clean Eating 101, Buy Well-Eat Well, That's A Plateful)**



- **Spring Sleep In** -Track your sleep for a week. Make it your goal to get between 6-8 hours of good quality sleep each night. **(Sleep and Health)**

We hope these challenges will add some fun and excitement to your wellness programs. Please contact any of our staff with questions!



You won't achieve change by leaving it up to chance.
Resolve to make specific, measurable changes:
make a plan; track your progress; and find support.

Eating and Drinking to Promote Healthy Gums



Nutrition is vital for your entire body, even when it comes to your gums and oral health. To get the full picture, it's good to know why periodontal disease occurs. When plaque and tartar stay on teeth for an extended period, the bacteria can inflame gums, resulting in gingivitis or advanced gum disease called periodontitis.

In addition to good oral health habits and regular dental visits, nutrition is an important factor for preventing or recovering from periodontitis. Without proper nutrients fueling your body's natural processes, you may not be able to fight off infections as easily. This can make you more vulnerable to quicker progression and harsher severity of periodontitis.

Some of the nutrients that encourage gum health include vitamin C, vitamin B12, folic acid and calcium. These key nutrients are easily accessible on a daily basis. Check out some of the richest sources of each:

- Vitamin C: bell peppers, strawberries, broccoli, tomatoes, snow peas and kale
- Vitamin B12: fish, beef, fortified cereals (watch out for the sugary kinds!), fortified tofu, low-fat milk, Swiss cheese and eggs
- Folic acid: edamame, lentils, asparagus, spinach, avocados, mangoes and lettuce
- Calcium: milk, yogurt, cheese, kale, broccoli and fortified cereals (we recommend whole-grain varieties)

In addition to watching what you eat, always make sure to brush for two minutes twice a day and floss once a day. It's also best to avoid or quit smoking, which is one of the most significant causes of periodontitis and can decrease your chances for successful treatment.

Source: Delta Dental

Want more information on how to improve your oral health?
Contact Abby at adipasquale@memun.org to schedule the
"Oral Health for Overall Health" class at your worksite.

Exercise: Every Minute Counts!

- ◆ Don't have time for a full 60-minute workout? Don't sweat it. Shorter spurts of exercise, such as 10-minutes of walking spaced throughout the day, offer benefits too. The key is to get moving. Take the stairs, walk during your lunch break, and do household chores at a pace fast enough to get your heart pumping. It all adds up!
- ◆ Put on some music and dance in your living room. Or better yet, improve your moves by enrolling in a dance class at your local community center or adult-education program. There are many options available: ballroom dancing, hip-hop, Zumba, salsa and belly-dancing.
- ◆ Try something new at your gym. Take the opportunity to try a new class at your gym, or rediscover an old favorite. The options are endless: kickboxing, Pilates, weight training, yoga, spinning and more!
- ◆ Take advantage of indoor facilities. Swim laps in the pool, log some miles on the treadmill, or find a partner and play a game of racquetball.
- ◆ Build strength by using weight machines at your local gym. If you don't belong to a gym, build strength at home by using hand weights or resistance bands.



Don't forget that every effort to move more gets you one step closer to a happier and healthier lifestyle!

How to Deal With Setbacks

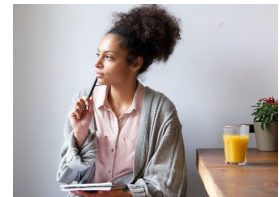
Has it been a while since the scale moved in the right direction? Is motivation waning? Whether you've hit a plateau or started slipping back into old habits, it's never too late to get back on course. The key? Stay positive and don't be hard on yourself. Simply be curious about your choices, and use your experiences as learning opportunities for the future. It's normal to hit plateaus. Most people reach one after six months of weight loss. Try these solutions:

- ◆ Review your food and activity records to make sure you haven't let yourself backtrack with larger portions or less exercise.
- ◆ Reduce your daily calorie intake by 200 calories, unless this puts you in a range that's too low for good health.



- ◆ Gradually increase your daily exercise time by 15 to 30 minutes. If possible, also increase the intensity.
- ◆ Focus on three- to four-week trends in weight loss instead of daily changes.

- ◆ Reassess your program and goals. If it's too much to decrease calories or increase activity, it's better to be satisfied with the weight you have lost than to throw in the towel and regain it.



- ◆ Don't let negative thoughts take over. Mistakes happen, and each day is a chance to start anew.
- ◆ Take another small step. Changing your life doesn't happen all at once. Keep in mind that changing behaviors in small ways can add up to a big difference in your life.
- ◆ Ask for and accept support. Accepting support from other people isn't a sign of weakness, nor does it mean that you're failing. Get support from others when you have difficult days.
- ◆ Plan your strategy. Clearly identify the problem, and then create a list of possible solutions. If one solution doesn't work, try another until you find one that does.



- ◆ Work out your frustration with exercise. Keep it upbeat and even fun, don't use physical activity as a punishment.
- ◆ Recommit to your goals. Review them to make sure they're still realistic. Although lapses can be disappointing, they can also teach you a lot. Perhaps your goals are unrealistic or certain strategies don't work.

Most importantly, realize that all hope isn't lost when you lapse. Just recharge your motivation, recommit to your program and return to healthy behaviors.



Contact Us:

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