

Wellness Works Coordinators' Bulletin

March 2019

Providing your wellness committee
with updates and relevant health
information!



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Time to Register for the Wellness Conference!!

We are excited for the upcoming
31st Annual Wellness Conference
Scheduled for Tuesday, April 23, 2019 at the
Harraseeket Inn in Freeport, Maine!

(Please see following page for details and the
registration link.)

31st Annual Wellness Conference



In the morning, Elizabeth Ross Holmstorm, Founder and President of BreakTogether, will introduce the science and simple practices of mindful pause to improve work and wellbeing. Mindfulness is the foundation of Emotional Intelligence, which improves decision-making, stress resistance, social skills and more. The ability to pause, think and respond—rather than just react—is beneficial in all types of jobs, from executive administration to public works.

In this highly interactive session attendees will learn:

- ⇒ The scientific evidence behind mindful and resiliency practices in the workplace.
- ⇒ The myth of multi-tasking.
- ⇒ The mental challenges of 24/7 connectivity and addictive technology.
- ⇒ Simple 2-minute activities to re-energize your mind.
- ⇒ How to improve one on one and team meetings through unplugged interactions.

After lunch the Wellness Works staff will provide a high-energy session that will allow for groups to network with one another. The theme for this session will be ***Triumphs and Trials***. Please be prepared to share your proud moments and struggles that we can work through as a group.

This conference is FREE of charge for the first two committee members from each worksite. Additional wellness committee members are welcome to attend for a fee of \$30 per person. A healthy continental breakfast and lunch will be provided. Scholarships are available to cover the cost of travel to groups who need it. Contact Anne Charles at acharles@memun.org to see if your group qualifies.

Please click on the link below for more information and to register. A few of our groups have reported issues and have not been able to register online (most have successfully been able to do so). If you run into an issue, please contact Anne Charles (acharles@memun.org) and she can help you out.

<https://www.memun.org/Insurance-Services/Maine-Municipal-Employees-Health-Trust/Wellness-Works-Conference>

Weekly Wellness Challenges

Here are the weekly wellness challenges for May 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.

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 May are below and classes that can be done in conjunction with the challenge are listed in red:

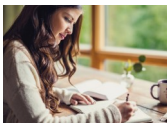


- **Brain Power**—Don't forget to exercise your brain. Doing brain teasers or puzzles is a great way to work your mind. Do a word search, crossword, Sudoku, or any other puzzle each day. (Mindfulness, Am I Losing My Mind, There's An App For That)

- **I Won't Drink to That**—We drink a lot of empty calories. Pick which drink you will eliminate this week- alcohol, soda, caffeine, energy drinks. Pick your poison and put it back! (A New Look at the Nutrition Label, Fighting Fatigue with Food, Rethink Your Drink, Importance of Staying Hydrated)



- **Stretch It Out**—Stretching is so important for flexibility and stress relief. Stretch a little each morning and a little each night. Just a couple minutes will feel great. (Stretching Solutions, Deskercise, The Power of 10)



- **No News is Good News**—Remove yourself from the news circuit. Whether it is the TV, radio, social media feed or newspaper—take a break from bad news this week. (Mindfulness, Tech Detox, Managing Stress and Living Well, Power of Positive Thinking, Sleep and Health, Moving Beyond the Blues)

- **Brown Bagging It**—Pack your own lunch this week and save money and improve your health. (Game Changer- Meal Planning, Fighting Fatigue with Food, Mason Jar Lunch)



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

Need to make a mental shift and deal with weight loss setbacks?

A positive attitude is imperative for weight-loss success. Therefore, instead of focusing on all of the things you can't do or eat on a diet, shift your attention to all of the amazing benefits a healthy lifestyle will bring. A few examples include increased energy levels, a boost in confidence, lowering blood pressure or cholesterol, and, of course, weight loss. Embrace healthy foods and stay open to experimenting, so you can discover new foods to enjoy.

It's common to experience obstacles and disappointments during your weight-loss journey. Don't give up! Forgive yourself and pick up where you left off. Then recognize why you slipped and find solutions for the next time you face similar circumstances. Relying on sheer willpower to get you through rough patches is not a long-term recipe for success.



Step Back In Time

by Abby

I have finally found my purpose in life...to bring back step aerobics (minus the legwarmers and leotards this time). While I only have one convert to my plan to bring step back into style so far (thank you Amanda), I am pretty certain that I am on the verge of the next major fitness craze. Forget Cross Fit and T20, dig out your aerobic step and get stepping people!

But in all seriousness, my renewed love of step got me thinking about how some of the fitness trends we really enjoy fall out of favor and we go searching for the next best thing, when really all we need to do is remember what things we enjoyed doing in the past to help guide our efforts. Do you remember when Tae Bo was the rage and we all became amateur kickboxers? Or what about Sweatin' to the Oldies—now that was a fun time with great music! And who could forget basic aerobics with Jane Fonda? While these fitness crazes may be a thing of the past, that doesn't mean we have to forget them. If you truly enjoyed doing these activities, make it a point to try it again. It may rejuvenate you or at least inspire you to get up and get moving again.

Danielle hasn't bought into my insistence that she should begin teaching step to our wellness groups, so until I can convince her, you can find lots of free videos of YouTube or any other streaming platform! Maybe you will even find some other people at your worksite to join you.



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