

June 2020

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IT PAYS TO **BE WELL**

MONTHLY WELLNESS NEWSLETTER

There is Still Time to Join the Competition!

You're already taking steps each day, why not track them to earn rewards?
Join the latest Walker Tracker challenge:



Refresh & Recharge *Individual Wellness Challenge*

June 1st – July 12th

Goal: Earn points for tracking your wellness activities, including steps, nutrition and sleep.

Earn an average of 21 points a day for 42 days to complete the challenge.

Rewards

 One of the three requirements to earn \$100 for the **It Pays to Be Well** incentive program.

 All participants will be entered in a raffle to win their choice of a Fitbit or \$50 gift card.

 Complete all three Walker Tracker challenges/goals in 2020 and receive a Fitbit Versa 2.

If you need assistance using Walker Tracker, contact your Wellness Champion.

Thank you to all who participated in National Employee Health and Fitness Day

All employees who logged at least 10,000 steps on May 20th were entered into a raffle drawing. 40 Yeti tumblers were given away. All winners have been notified and the Wellness Champions have a list of winners for their location.



Keep Exercise on Your To Do List

We all know exercise is good for us. Now more than ever we all want to maintain a healthy body and mind, but when the day gets busy, it can be easy to skip exercise. When you get out of the daily habit, it's hard to pick it back up. It's true, there are real roadblocks to exercising, and lack of time is just one of them. But you can get through these roadblocks and fit exercise into your day — at home or on the job.

Working out at home

You don't need much to workout in your home — just some floor space and a few items.

Here are a few tips:

- **For strength training:** Use a set of dumbbells, resistance bands, kettlebells or even your own body weight.
- **For resistance training:** You don't need equipment to do exercises like pushups and crunches — just yourself. Keep a focus on changing up your routine. For training ideas, search online for at-home workouts.
- **For aerobic activity:** Try walking, jogging, running, riding a bike, playing tennis, swimming laps or playing basketball.
- **For turnkey workouts:** Try an app that lets you customize and play video workouts on your mobile device.

It's easy to work out anywhere at home. You might even find yourself exercising while doing everyday household tasks, such as:

- Washing and waxing a car
- Vacuuming and cleaning
- Gardening
- Raking leaves

While on the job

Staying active during the workday is a matter of doing small bouts of exercise throughout the day. You may not be able work out a full half-hour, but all of your small steps add up. While on the job, try:

- Using the stairs instead of the elevator.
- Walking to your co-worker's office instead of emailing or phoning.
- Walking to the break room and back.
- Stretching every 30 minutes. Roll your shoulders, arch your back, stand up and stretch your legs.
- If you are driving, pull off at a park or a rest stop and take a five-minute walk.

Before and after work try:

- Parking far away from the front door.
- Looking for a spot at your job where you can walk at lunch, during breaks or after work.
- Bringing exercise clothes with you, so you can walk or jog nearby after your shift.



Food is Fuel

The food you eat fuels your body for physical activity and your every day life.

You can improve how well your body performs by feeding it the most nutritious fuel. Here are 10 fitness foods that can help maximize your body's performance during a workout and beyond:



Peanut butter – healthy fats and protein provide sustained energy.



Oatmeal – soluble fiber promotes heart health and controls dips in blood sugar.



Bananas – potassium-rich to help with tired and worn-out muscles.



Eggs – high-levels of protein, Omega-3 fats, vitamin B12 and even some vitamin D.



Nuts – try the highest-protein options, like pistachios and almonds.



Naturally Slim Toolkit

The next Naturally Slim class starts in August! In the meantime, you have access to additional resources to help you maintain healthy habits.

Visit go.naturallyslim.com/now-is-the-time to access articles, videos and more.

The toolkit offers something for everyone on topics related to dealing with stress and anxiety, healthy sleep habits, staying physically active and more.

