

WEEKEND HEALTH TIPS



Sarah Seifert & Jeri Dreikosen—EAP and Wellness

November Issue 2016



live well, work well

SASD Wellness Program News:

Interra Dashboard Update:

Access to your Interra Health Dashboards for the new plan year will occur after Nov 15th. This is to ensure that all employees/spouses can check their end of year points before enrolling in SASD insurance.

New Participant Insurance Orientation:

There will be in-service for employees new to the insurance/wellness program. Learn how to earn the 12% discount on SASD insurance!

This wellness in-service will be on November 15th and 16th in the Board Room. Times for each day will be 6:30-7:30AM and 4:30-5:30 PM. Pick one day/time and plan to attend!

21 Day Gratitude Challenge:

The 21 day Gratitude Challenge is beginning! Forms are being handed out during November School Visits. Be sure to stop in and see Jeri to receive yours today! Show your gratitude and receive 25 Wellness Points upon completion!

November School Visits:

In addition to the 21 Day Gratitude Challenge, Jeri is also providing wonderful information regarding Diabetes and Smoking Cessation. She is also available to answer any questions you may have or there just to stop in and say hello!!! Everyone is welcome!!!!

In This Issue:

- SASD Personal Training Next Session Sign Up
- SASD Fitness Classes & Events
- Rec Department Classes
- What's for Dinner? We've got the Answer!



SASD Fitness Opportunities!

SASD Personal Training Program January 17th - April 12th, 2017

The Next Session will be registering soon! Don't miss your chance to be part of this incredible opportunity!! The program is FREE and you will also receive a FREE membership to the fitness centers! Upon successful completion you will also receive 50 Wellness Points!!! Registration will be opening next week! Be sure to watch your email!!!

FREE Fitness Classes:

The SASD Fall Fitness Classes continue through Dec. 15th including CORE Fusion! With everything from Zumba* to Yoga, there's something for everyone! Drop Ins are ALWAYS Welcome! Grab a friend and come try something new! **Reduced fees apply to Zumba*

[Click HERE for the Schedule!](#)

Join the Burpee Challenge!

Looking to get in a great workout before Thanksgiving Break? Join Nikki on Monday, November 21st for her "Last Chance Workout" Bootcamp which will include 100 Burpees!! Class begins at 4:30pm at South H.S. Room 116! See you there!

FREE Fitness Center Membership:

Here's what to do:

- >> Pay your \$35 enrollment fee (anytime during the year).
- >> Sign the SASD book provided at the NHS & SHS Fitness Desks each time you attend!
- >> Track your # of times attended. When you've attended at least 80 times over the course of the year, email Jeri or Sarah and a reimbursement check of \$35 will be issued to you!

******You only need to average 8 times a month for 10 months or twice a week over 10 months in order to earn your reimbursement. As soon as you reach 80 visits, you can apply for reimbursement!******

Recreation Department Classes:

The next session of fitness classes begin the week of October 31.

Registration is super easy....you can register on line at

www.sheboyganrec.com. If you want the \$2.00 EAP discount please register in person or through the mail. Hope to see you in the gym soon!

Resource Corner:

What's for Dinner????

We've got the Answer:



Lo-Cal Fresh is Sheboygan County's newest source for fresh, gourmet, and pre-prepped meal kits. In today's busy world, it can be hard to find the time to plan, prepare, and cook healthy meals. This can lead to unhealthy food choices. Let us help you to create more free time, while offering you and your family a healthier alternative to fast-food or take-out.

Choose from our rotating, lunch, dinner, and snack options. We will plan, prep, and deliver the fresh meal kits straight to your door. Within 30 minutes, you'll have created your very own home cooked gourmet meal!

[Click HERE to Learn More!!!](#)