

January 2018 Monthly Wellness Resource

HAPPY NEW YEAR
2018

Points! Points! And more Points!

Check out these challenges to earn 5, 25 or 50 Wellness Points!

Shake the Sugar!

This is a 40-day challenge. No high sugar foods including, but not limited to: soda, candy, granola bars, cookies, sugary cereal, ice cream, muffins, baked goods, etc.

TIP: If sugar is the first or second ingredient, do NOT eat it. Accumulate 30 out of 40 days of no high sugar foods and earn **25** Wellness Points!

See Jeri during her school visit for a recording sheet or visit the Wellness Website to print.

Let's Get Physical!

This is a 40-day challenge. Simply record your exercise minutes each day for 40 days (90 minute maximum earned each day). Accumulate 1200 minutes to complete the challenge and earn **25** Wellness Points!

See Jeri during her school visit for a recording sheet or visit the Wellness Website to print.

Wellness Rockstar!

This is a 40-day challenge. Each day you can earn one star for each: Eating at least 3 fruits/vegetables, 30 minutes of exercise and sleeping 7 or more hours! Earn up to 3 stars each day! Obtain 100 stars for **50** Wellness Points or 80 stars for **25** Wellness Points.

See Jeri during her school visit for a recording sheet or visit the Wellness Website to print.

Winter Blues Word Scramble!

Complete this fun and easy word scramble and earn **5** Wellness Points!

See Jeri during her school visit for a sheet or visit the Wellness Website to print.

All completed challenges should be returned to Ann Vega-Raatz in HR.
Please include your name and ID number on each page.

Winter/Spring Fitness Opportunities!

Bootcamp with Nikki Hiebing

FREE

Mondays, January 8th - May 21st

4:30 – 5:30 pm

ELC Basement



*No class Feb. 6
or Mar. 27*

PiYo with Nikki Hiebing

FREE

Tuesdays, January 9th - May 29th

4:30 – 5:15 pm

South High – room 116

****Bring your own mat and water bottle****

Soul Sculpt with Cyndi Crimmins

\$25 punch card for 10 classes or \$3.00 drop in fee

Wednesdays, January 10th thru May 30th

5:00 – 6:00 pm

Lincoln-Erdman

****Soul Sculpt is a high intensity yoga class that incorporates hand weights and cardio bursts to burn calories and build lean muscle mass to strengthen your yoga practice.**

Soul Sculpt is geared for the “gym focused” yogi who loves to sweat, build endurance, strengthen muscles and jam to high energy music. NO Yoga experience needed!

Zumba with Penny Willems

Session 1 - 6 weeks

\$15 for 6 weeks or \$5 drop in fee

Tuesdays, Jan. 9 – Feb. 20

(No class Feb. 13)

5:00 – 6:00 pm

Lincoln-Erdman

Session 2 - 6 weeks

\$15 for 6 weeks or \$5 drop in fee

Tuesdays, Feb. 27 – April 10

(No class Mar. 27)

5:00 – 6:00 pm

Lincoln-Erdman

Session 3 - 6 weeks

\$15 for 6 weeks or \$5 drop in fee

Tuesdays, April 24 – May 29

5:00 – 6:00 pm

Lincoln-Erdman

Recreation Department Classes

If you sign up for a Recreation Department class and attend 75% of the class, you can get a signed voucher good for \$25 off the next class.

To check out their classes visit www.sheboyganrec.com

Weight Watchers 2018 Information!

FREE Sign-up/Information meeting:

Monday, January 8th at 4:15 in room 105 at North High

Weights Watchers Leader, *Susan Urbaniak* will introduce herself, present an overview of the **WW Freestyle™** program, and encourage everyone to fill out registration forms and provide payment. Please note that each employees' share of their payment is due at the Information Registration Session on Jan. 8th.

For more information, see Jeri's email from December 27th.



If you attended the North or South fitness centers **or** a center of your choice 80 times between 1/1/17 and 12/31/17, send proof of attendance to Ann Vega-Raatz in HR.

You are eligible for the \$40 reimbursement fee!
All reimbursements are due by Jan. 31, 2018!!

SASD Step Challenge!

Here are the details for the Step Challenge – c'mon, let's get walking!

To register, <https://www.healthywage.com/steps/sheboygan/>

It's a 60-day step challenge – January 19th – March 19th

- Connect your device: <https://goo.gl/E2yCXV>
- FAQ's: <https://goo.gl/UC4JAg>
- Contact Healthy Wage at info@healthywage.com
1-888-636-3832

Check this out – ACHIEVEMENT!

ACHIEVEMENT is a website and app that links with your Fitbit and you get points for every 125 steps you take. You get additional points for logging your food and other things. When you get 10,000 points you can get \$10. It's totally free and it's free money!

Combine this app with the Step Challenge and you're making even more money!!

Visit <http://tinyurl.com/ya7lwjvf>

Behavioral Health Information!

Visit the Wellness Website in the Community Offers & Events area to find some great upcoming Aurora Behavioral Health classes offered this semester. For more information, you can also call 451-5513.



Even more great classes!



- WellSaid presentations at the Sports Core on
 - Benefits of Self Care at Home
 - Influenza
 - Brain Games
- LOSE IT! Lose weight, lose inches, lose bad habits, lose excuses...**gain** a new you!! Starts Jan. 8th, so check it out soon!
- Healthy Eats with Brittany – two opportunities!

Again, check out the Wellness Webpage for all this information at <http://www.sheboygan.k12.wi.us/about/wellness.cfm>