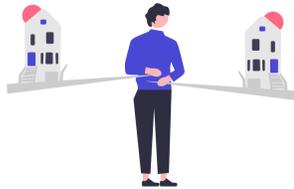


## Challenge: Social Wellness Importance

Point Value = 1 point

Timeframe = December 1 - 31, 2022

How well a person relates to people in their lives affects their personal sense of fulfillment and well-being. In December, you are challenged to get out in the community at least five times by volunteering or doing a good deed for a neighbor. Log into myHealicscom dashboard's monthly challenges to log challenge.



## Eco-friendly Gift-Wrapping Ideas

Approximately 2 million pounds of wrapping paper ends up in America's landfills each year. It's not recyclable, and it's expensive! Save yourself money, help the Earth, and show off your creative side, try these eco-friendly gift wrap ideas instead.



- Place gifts in a basket or bin that can be reused
- Wrap one gift in a nice tea towel or fancy scarf
- Use an old map as gift wrap for a vintage look
- Dress up a plain box with ribbons, foliage, etc.
- Reuse cellophane bags, glass jars, ribbons, etc.
- Add a drawing or message to a paper bag

## Lunch and Learn - Preventative Care

Point Value = 1 point

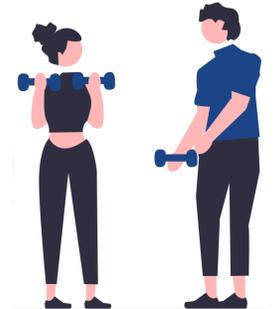
Timeframe = December 1-31, 2022

[Video](#) and [Quiz](#)

Prevent illness, injury, and medical conditions before they happen, or before they become a problem.

## Update! Personal Trainer

You may now earn 1 wellness point if you meet with a personal trainer at a facility of your choice. Note: If your Healics account is audited, you will need to provide proof of your personal training sessions.



## UPDATE! Age/Gender Screening Form

Please follow the below guidelines if you plan to have this screening done.

Bring an Age/Gender Appropriate Screening Form to your doctor's appointment **REGARDLESS** of whether your appointment is at the InHealth Clinic or at your primary care provider. Your doctor will review the form and note if you have met all the requirements or if you need to schedule an appointment i.e. mammogram, colonoscopy, etc.



If you are not up-to-date with your screenings, please make an appointment to fulfill those obligations. **AFTER** your appointment(s), return the form to your doctor who will sign off that you have met all the requirements. Do not upload the form **UNTIL** you have met all the requirements!

**YOU** are to log into your MyHealics dashboard and upload the document (valued at 20 points).

Note: The Age/Gender Screening is not mandatory. It is simply another avenue to earn wellness points.

## Featured Fitness Class -Step Class

December's Feature Fitness class is the Keep it Simple Step class (KISS). KISS is an aerobic workout designed with fun energizing steps to get your heart pumping and body moving. Class is held Tuesdays and Thursdays at Cooper (2014 Cooper Avenue) from 4:45 - 5:30 p.m.



Our Featured Fitness Focus offers a \$25 discount (normally \$50) for all employees (full and part-time) who participate. **PLUS** if you attend 75% of the class, you will receive a \$25 voucher to roll over into the next Featured Fitness Class!

Register by contacting [Stacy Hayon](#) at ext. 3773. Online registration is not available.

## Community Dinner at Nourish

Nourish is hosting a Community Dinner December 7 from 5-7 p.m. Enjoy dishes and traditions from Kwanzaa, Hanukkah, St Lucia, Solstice/Yule, and



Christmas. The menu includes such tasty delectables as: brisket, latkes, collard greens, saffron buns, and sweet potato pie. There will also be a Christmas cookie decorating station for everyone to enjoy!

Buffet tickets are \$25 for ages 13+, \$10 for ages 5-12, and kids under 5 are free (must be accompanied by a registered adult).

[Nourish](#) is a non-profit organization that empowers the community to make wholesome food choices.

## \$40 Fitness Reimbursement

### Deadline

February 15, 2023, is the deadline to submit proof of 80 visits to a fitness facility (Jan. 1 through Dec. 31, 2022) to earn \$40. If you went to an SASD Fitness Center, you can reach out to Stacy Hayon for an attendance printout. Proof of your attendance can be submitted



to Pattie Pilz/ASB. Available for employee and spouse.

## Winter Squash Spinach Lasagna

(From the Food Network)

Enjoy [veggie lasagna](#) hot out of the oven! Or make it and then pop it in the freezer to enjoy an easy meal during the workweek.

## Happy Holidays & Seasons Greetings

May you stay safe, healthy, and thrive this holiday season and in the year to come. As the year comes to an end, I hope you can take some much-needed time to take care of yourself, reflect, and spend time with loved ones. The holiday season is poised as a time full of joy, hopes, and gatherings.



With increasing demands and expectations, it can also bring feelings of stress, anxiety, and depression. Here are some strategies to cope with holiday stress:

1. **Healthy Habits** – Get enough sleep, eat well, and stay physically active.
2. **Be Realistic** – Make a list of expectations for the holidays. Remember, you don't have to do everything and everything doesn't have to be perfect.
3. **Do Less** – Be fair to yourself. Decide what's most important to you, and let yourself say no to other demands on your time.
4. **Reach Out** – Get social in your community. Volunteer or simply reach out to the people you care about.
5. **Take a Walk** – A winter walk offers a feel-good burst of serotonin from the sunlight and can help fight seasonal affective disorder.
6. **Make Small Adjustments** – Disconnect from devices to reduce the demands of people, your calendar, and to-do list.