

## February is National Heart Month

Since 1963, Americans have put their cardiovascular health at the forefront during the month of February. Essentially, Heart Month is a time set aside to support those suffering from cardiovascular disease and enhance our own heart health with proper diet, activity, and mindfulness.



## **FEBRUARY 3 (FRIDAY) IS NATIONAL WEAR RED DAY!**

Resource courtesy of The American Heart Association

*\*Please refer to the Wellness Newsletters dropdown on the [Wellness website](#).*

## Challenge (1 point)

Part of having a healthy heart is staying active. Use the Steps Tracker\* sheet to track your steps. You are challenged to get in a minimum of 95,000 steps by February 28<sup>th</sup>.

## New Wellness Portal

Wellworks For You is a wellness portal and it will replace the Healics dashboard effective February 15, 2023. In order for this transition to run as smoothly as possible, we ask that you do not enter any points on your Healics dashboard after February 3, 2023.

## Wellness Points Schedule

Are you a new employee or recently enrolled for health insurance and unsure when you should start earning wellness points in order to qualify for an incentive on your insurance premium rate next year? Please refer to the wellness points schedule.\*

## Boost Your Satisfaction and Well-being

Spending time with your family or doing kind things for others helps to boost your serotonin and dopamine levels which gives you an uplifting feeling of satisfaction and well-being. Your pleaser/reward centers in your brain light up and endorphins (the body's natural pain killer) are released. Use the Family Calendar\* to help boost those levels and light up your brain daily!

## Good Eats, Healthy You

Did you know that in addition to helping you maintain your cholesterol and reduce your risk of cardiovascular disease, having a healthy heart can help reduce feelings of depression *and* lower your risk of developing dementia? Keep yourself and your family on track by downloading our [February Recipe Roundup](#) and vouch to make 1 new meal per day!

## Lunch and Learn (1 point)

Watch this [video](#) and learn how you can make financial wellness your reality. For one point, complete this [quiz](#).

## Featured Fitness Class

Join the Recreation Department's POUNDFIT class and enjoy the electrifying jam session that combines cardio, strength training, and plyometrics! Each session provides the perfect atmosphere for letting loose, getting energized, and toning up, all while returning to a peaceful, recharged, and empowered state when finished.

Classes are held Mondays (45 minutes) and Thursdays (30 minutes) at Wilson Elementary School at 5:30 p.m. from February 27 – April 20. To register for the class, call the Recreation Department at 920-459-3773.

If you have a \$25 voucher, you can use it towards this class. If this is your first Featured Fitness class, you only pay 50% of the cost. Make sure to attend 75% of the class and earn another voucher for the next Featured Fitness Class!