

## Anna's Wellness Message

Are your shoulders up to your ears? Do you have tension in your jaw or forehead? Do your hips feel tight? Is your back bothering you? Is sciatica kicking in? Are you having tension headaches?

If this year has left you feeling a bit crumpled, let's start ironing things out. The month of May is considered "Correct Posture Month" according to the American Chiropractic Association. The below bulleted list are ways for you to get back into alignment. Details on each of the four items can be found within this newsletter.

- Sign up for the Posture Perfect Challenge.
- Watch the May Lunch 'n Learn, *Move Well at Work*.
- Make an appointment with Dr. Brad at InHealth.
- Schedule an ATI physical therapy session available for free if you are on SASD insurance.

You can also check out this complete guide on [How to Fix Forward Head Posture](#) from the National Academy of Sports Medicine (NASM), which includes videos on posture improving exercises. Or, for a less thorough but still valuable overview, watch this short video, [One Minute Posture Test & Exercise for Adults & Growing Children](#) from Bob & Brad, the self-proclaimed "Most Famous Physical Therapists in the World."

## Challenge: Posture Perfect

Point Value = 1 point

When = May 1 - 31

Details = Do posture check 15 out of 30 days

Poor posture leads to: jaw soreness; headaches; pain in your back, neck, hip, knee, and/or foot; shoulder tightness; fatigue; and breathing problems. Take a moment each day to perform a posture check. Check yourself for slouching and leaning.



To successfully complete this challenge, you must perform a posture check at least 15 of 30 days during the challenge. Log your activity on your [MyHealics.com](#) dashboard.

## Lunch 'n Learns

Watch the short videos and take the quizzes below to earn points. Earn a maximum of 5 points for Lunch 'n' Learns.



### May: "Move Well at Work"

Point Value = 1 point

Video = <http://bit.ly/may-lunch-n-learn>

Quiz = <http://bit.ly/may-lunch-quiz>

Expires = June 30 at 11:59 p.m.

### April: "Ways to Reduce Health Risks"

Point Value = 1 point

Video = <http://bit.ly/april-lunch-n-learn>

Quiz = <http://bit.ly/april-lunch-quiz>

Expires = May 31 at 11:59 p.m.

## Chiropractic Care at InHealth Clinic

Chiropractic care is available to those on SASD health insurance for just a \$10 copay at the InHealth Clinic. Dr. Brad Wiegand employs a wide variety of treatments including: spinal and extremity adjusting, soft tissue mobilization, various taping techniques, prescription exercises, and others to treat many conditions. Call (920) 547-4210 to schedule your appointment.



## ATI Physical Therapy

Receive **FREE** Physical Therapy at ATI when you carry SASD insurance. **No referral needed** for PT.



Occupational Therapy is also available for **FREE**. However, OT **requires a referral**. If you think you may benefit from occupational therapy, schedule an InHealth Clinic visit to talk about receiving a referral.

Visit [atipt.com](http://atipt.com) and click the black "Request an Appointment" button at the top right of the screen to schedule your appointment.

## Nat'l Employee Health and Fitness Day

When = May 19

Details = Complete a minimum of 20 minutes of exercise

While you're working on getting all those kinks out this month, it's a great time to recommit to taking care of your body by moving it!

As you're planning your activity, make sure to get moving for at least 20 minutes on National Employee Health and Fitness Day, May 19.



We will be competing against other Sheboygan County businesses and organizations. Everyone that participates will also be entered into an SASD raffle for prizes! Watch for an email the week of the event for more info.

## HRA Sign Ups are **OPEN!**

All of the HRA steps are open on your [MyHealics.com](http://MyHealics.com) dashboard.

At this point you should have completed your Online Health Assessment Questionnaire, scheduled your Biometric Screening appointment for your blood draw, and scheduled your Results Consultation.



Remember that in order to receive ANY health insurance discounts, all of these steps must be completed by **BOTH** the covered employee and the

covered spouse. The deadline to complete the biometric screening is July 14, 2021. There are NO EXCEPTIONS to this deadline, so make sure you are scheduled now!

## 2021 Back to School Bash

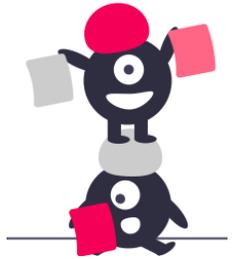
Point Value = up to 11 points

When = August 17

Where = South High School

Time = 9:00 a.m. - 12:30 p.m.

We are taking the Back to School Bash outdoors this year! At the Bash, you will learn about benefits and services available to you, win prizes, and have fun! Details pending.



## Challenge: Take Notice, Take Action

Point Value = 5 points

When = May 2 - June 12

Register = [Sign up here](#)

Details: Complete 5 days per week

Take a pause each day to notice without judgement 1) your breathing, 2) your thoughts, 3) your body, 4) your mood, and 5) your environment.

After you've made your observation, use the information you've gathered to make a decision on how to move forward with your day. You can either carry on or make a change.

To successfully complete the challenge, perform this exercise at least 5 days per week throughout the duration of the 6-week challenge. You may print this [worksheet](#) to help track progress.

At the end of the challenge, Anna Schmidt will send out a link to complete if you were able to meet the challenge.



DON'T LET YOUR MIND  
BULLY YOUR BODY.



## Self-Care Check In

How are your self-care goals coming along? [Watch this short video](#) from Health Coach Aly about practicing self-care. Aly is available to meet with you virtually!



Health Coaching is a great way to work on goals most important to you while gaining support and accountability. Health Coaching is also a point eligible activity (5 points/session, category max = 30 points). Contact Aly at [Alyson.Krey@healics.com](mailto:Alyson.Krey@healics.com) to get started!

In case you missed it, make sure to carve out time to watch the [Teacher Sustainability During Stressful Times](#) presentation by Dr. Kristi Reitz, PhD of [Sunshine Yoga](#) and Dr. John Reitz DC of [Better Life Chiropractic & Wellness](#).

## Reminder: Category Max

While you're looking for ways to earn points, pay attention to the maximum points allowed in each category.

This information is listed in the points chart in the 1) Wellness Program Guide, 2) [Program Details](#) page of our [Wellness Website](#), and 3) on your [MyHealics.com](#) dashboard. In the dashboard, hover over the “i” icon on each line under the Rewards section.

## Challenge: Creative Writing

Point Value = 1 point

When = June 1 - 30

Details = Write 15 out of 30 days

Register = [MyHealics.com](#) (after June 1)



Expressing your emotions through creative writing is a proven method to positively impact mental and physical health. Find your inner author!

To successfully complete this challenge, you must write at least one paragraph for 15 of 30 days during the challenge. Log your activity on your [MyHealics.com](#) dashboard.

## Summer Challenge: Rise and Shine!

Point Value = 5 points

When = June 13 - Aug 27

Details = See below.



The Summer Challenge is back on - including free t-shirts! This year, you'll be challenged to rise and shine!

When it comes to feeling good and improving our well-being, both activity and rest are important. Complete at least 150 minutes per week of physical activity **AND** practice a sleep routine at least 3 days/week.

You'll need to meet the challenge requirements at least 8 weeks during the 10-week timeframe to earn your points and t-shirt! More information, including the sign up link, will be sent via email before the end of the school year.

## Sleep and Nutrition by Grace Tesmer

Less than 5 hours of sleep per night can place you at a 50% higher risk for obesity, partially because you will have more cravings for sweet, salty and starchy foods.



On average someone who receives less sleep than normal, consumes an extra 300 calories the following day, which adds up over time. With lack of sleep, our hunger hormone Ghrelin increases, and our appetite-controlling hormone Leptin begins to decrease, increasing our overall food intake. Sleep and nutrient gaps also go hand in hand.

Those who average less than 7 hours of sleep per night tend to consume less vitamin A, C, D, E, and K; less magnesium and less calcium. These vitamins and minerals are important contributors in normal bodily processes, growth, and disease prevention. Email [Grace Tesmer](#) to learn about how sleep and nutrition work together.

BELIEVE YOU CAN AND YOU ARE  
HALFWAY THERE!

