































February

2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 National Dark Chocolate Day!  Benefits of 1-2 squares after dinner: <ul style="list-style-type: none"> • Could improve Brain Health • May reduce heart disease risk • Raises HDL and protects LDL from oxidation 	2 GROUND HOG'S DAY SHADOW OR NO??? LONGER WINTER ???  Wear RED for Women's Heart Health 	3  Best food for heart disease prevention includes leafy greens, vegetables, whole grains, berries, avocados and fatty fish	4  Rise and shine early and get moving today! Step outside if possible; take in some sunshine to improve your mood and boost your immunity.
5 START THE WEEK WITH A SUCCESS PLAN AND WALK IT OUT 	6 Recipe Spotlight! <u>Chicken Vegetable Stir Fry</u> 	7 Get your steps in! Take the stairs and avoid elevators today.  Wellness Wednesday	8 MAKE CLEAN EATING A NEW NORMAL EAT MORE WHOLE FOODS AND PLANT BASED MEALS 	9 February is for: Black History Month! 	10 Make a commitment to MOVE whenever you can...any amount of physical activity or exercise will benefit your heart health 	11 Create a relaxing bedtime ritual. <ul style="list-style-type: none"> • Avoid electronics and watching TV; • Take a warm bath; • Create a self-care routine 
12 Recipe Spotlight! <u>Turkey Avocado Veggie Wraps</u> 	13 National Self-Love Day Show yourself some LOVE ; Pamper yourself! 	14 National Donor Day! Go for a 10 minute stroll with your partner, family, or friend.  Wellness Wednesday	15  Every day there are opportunities for me.	16 February is for: Boost your Self-Esteem Month! Develop some positive affirmations and recite them daily to boost self-esteem 	17 National Random Acts of Kindness Day! Do a good deed for someone! 	18 Take a moment to reach out to loved ones and friends who haven't seen in a while! 
19 National Cancer Prevention Week!  Focus your eating around vegetables, fruits, whole grains and nuts. Their nutrients, natural plant compounds and dietary fiber work together to reduce inflammation and insulin resistance and prevent or repair damage to cells that can cause cancer.	20 	21  Stay hydrated but remember to avoid sugary drinks. Healthy alternatives are water and unsweetened tea. Wellness Wednesday	22  AS YOU REACH HIGHER HEIGHTS HELP SOMEONE ELSE RISE ALSO	23 Swap out red meat for chicken, fish, or turkey and pair with fruits and vegetables. 	24 Recipe Spotlight! <u>Spiced carrots and Butternut Squash</u> 	25  Fiber found in carrots promote healthy digestion and help regulate cholesterol levels that may help prevent development of cancerous cells
26 National Eating Disorder Awareness Week! 	27 Recipe Spotlight! <u>Strawberry Poppyseed Salad with Chicken</u> 	28  National Pancake Day! Celebrate by adding healthy toppings to your pancakes.	29 LEAP INTO NATIONAL TOAST DAY 			

Top Priorities!

Schedule your annual physical

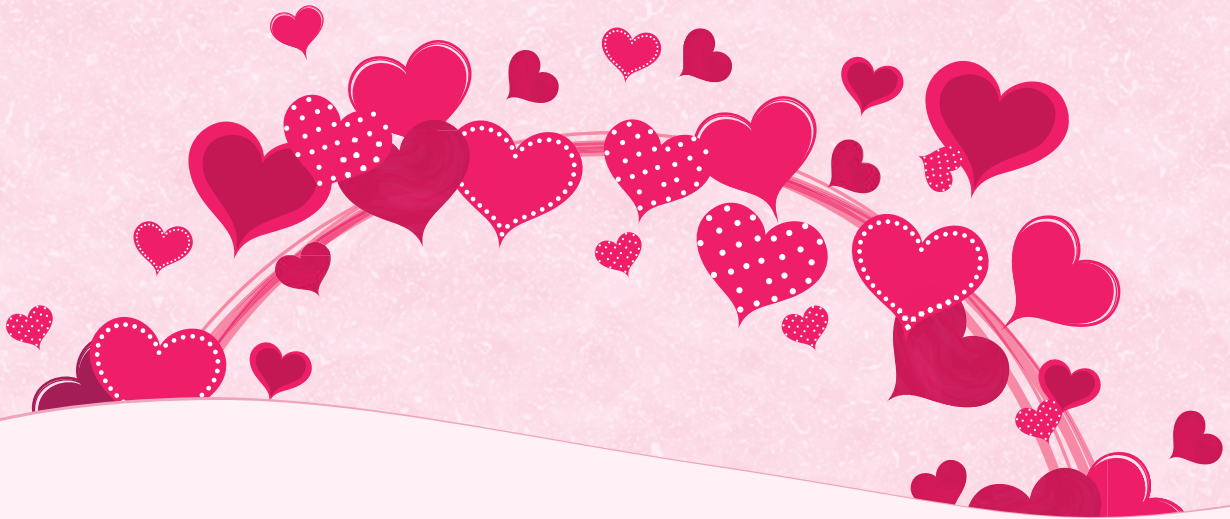
Have a Heart Scan done

Eat a healthy snack everyday for the whole month

Notes

- **Q1 Step Challenge** - Get at least 150,000 steps per month
- **Valentine Day Scavenger Hunt** - Submit items on WellRight portal to be entered into raffle basket! (Basket worth \$50)
- **Heart Month** - Susie, Wellness Coach Employee Clinic will host **yoga** once a week. Attend at least 75% of the yoga sessions to receive 30 points in WellRight portal.
- **Superfood Challenge** - Sweet Potato - Upload photo to WellRight Portal for 5 points

YOU ARE INVITED TO
PARTICIPATE IN THE...



Valentine's Day Scavenger Hunt!



CITY WELLNESS

FEBRUARY 12 - 16 2024

WHAT? Find at least five (5) paper hearts around City buildings
(City Hall, Annex).

SUBMIT: Take a picture of each heart you find, and submit items
in Wellness Platform (WellRight) or submit to HR to be entered
into a drawing for a Raffle Basket worth \$50!

Benefits@cityofracine.org



YOGGA



IS FOR EVERYBODY

You deserve a break from work!

Come join **Susie** (Health Coach) in some **yoga!**

When? Every Monday in February (5, 12, 19 & 26)

Time? 12pm - 12:30pm

Where? City Hall - Room 303



Get credit towards becoming a Wellness Allstar!
Participate in at least 75% of the classes to receive 30 points



What?

Get at least 150,000 steps per month from January 1st - March 29th. Submission due on Wellness Platform (WellRight) or to Human Resources no later than March 31st, 2024.



When?

Challenge runs from January 1st- March 29th 2024.



Submit:

Documentation to show that you have met the 150,000 steps per month requirement. You can use your phone, tracking device, or app.



Points:

If you met the challenge requirements and submit items no later than March 31st 2024, you can earn 30 points towards becoming a Wellness Allstar



Questions?

Contact Human Resources at 262-636-9175 or human.resources@cityofracine.org

Q1 2024 Step Challenge



Q1 2024 Superfoods

Lentils - January



Sweet Potato - February



Artichokes - March



Task: Create a meal using the superfood of the month for each month of quarter one.

Submit a photo to the Wellness Portal (WellRight) or to HR to receive five (5) points* towards becoming a Wellness Allstar!

*5 points for each month you complete the requirements for.

