

Wellness Program Newsletter

Wellness Matters

All benefit-eligible municipal employees, retirees, and benefit-eligible family members in East Longmeadow, Hampden, HWRSD, Longmeadow, LPVEC and Wilbraham may participate in any of the programs and classes listed. Other employees and friends are also invited to participate, however will not be eligible for incentives.

Coordinator's Corner

Summer weather is finally here (I think), and along with it is all of the joys of the season...time off, vacations near and far, days at the lake or beach, getting engrossed in summer reading, tantalizing finds at the farmer's market, hiking and biking and walking and swimming, catching up with family and friends, among other fun experiences.

Be sure to stay safe during this time of year with sunblock and protective clothing to prevent sunburns, mosquito and tick repellent, bike and motorcycle helmets, water safety when swimming and boating, and being responsible when consuming alcoholic drinks. Everyone needs to think safety for themselves and others around them.

If you have an idea for any type of wellness event or challenge within your building or work-site, or with other sites, please contact me and let me know. I am always looking for new and exciting wellness activities that are of interest to you and your co-workers.

Wishes for a relaxing summer! ~Lyn

For more information on anything in this newsletter, please contact me at lyn@scantichealth.org. You can also "like" us on FB: <https://www.facebook.com/scanticvalleywellness/>

Another great opportunity for your guided meditation practice has just landed in my inbox. Oprah and Deepak's 21-Day Meditation starts on Monday, July 17:

Discover your purpose, follow your passion, and become the person you were born to be. *Desire and Destiny* is one of our most popular 21-Day Meditation Experiences. **Join us for free starting July 17!** Join us and millions of meditators around the world as we explore our hearts' deepest desires and create a life filled with more passion and purpose than ever before.

<https://chopracentermeditation.com/experience>

"Eventually all things fall into place. Until then, laugh at the confusion, live for the moments and know everything happens for a reason."

-Albert Schweitzer

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Visit us on the web!

www.scantichealth.org

Available NOW | The WebMD App for HNE Subscribers

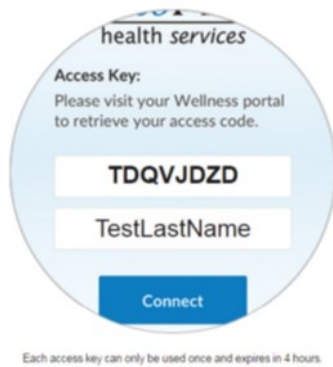
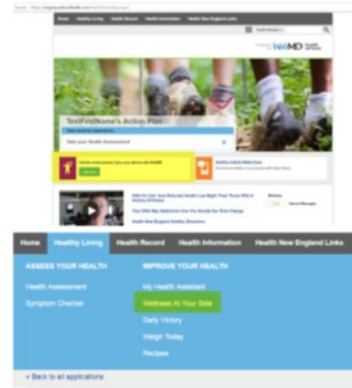
How to download WebMD App to your smartphone:

>Log In and click on either “Sync Your Device” OR under *Healthy Living* click on “Wellness At Your Side”—see example at right:

>When you click on “Wellness at Your Side” you will get your Access Key. A unique code to each user will be shown.

>Grab your cell phone - Download the Wellness At Your Side App through the App Store.

>Enter the Access Key you were given when you clicked on Wellness At Your Side:



>Take your Health Assessment, set goals with the Digital Health Assistant and view Rewards!

If you'd like more information on downloading the app, please contact Lyn at lyn@scantichealth.org.

Tasty Solutions

The **free Challenge Diabetes Program** at the YMCA asks participants to look at what they normally eat and figure out ways to reduce carbs. Here are some great tasting solutions they came up with:

Sweet potato pie: reduced size of pie pan, rolled crust to half the normal thickness, reduced sugar by two-thirds.

Lasagna: made with eggplant instead of pasta.

Spaghetti: Spiralized raw zucchini, heated it in microwave, served with marinara sauce.

If you're rolling your eyes, stop for a moment, and give these a try. You'll be pleasantly surprised.

For more information on CDP:

Visit www.challengediabetes.us Email coordinator@challengediabetes.us

Call CDP at 413-567-0660 or the Downtown Springfield YMCA at 413-739-6951.



Ahh, summer...



...a wonderful time to laze and bask in the enjoyment of relaxed, care-free, not-so-scheduled moments. When you've had enough of these, you can get started on our...

Summer Sizzler!

Challenge yourself to be active in the summer months and be entered for your chance to win! There is no minimum that you have to track in order to qualify. Just take the challenge and try your best! If you like to walk, walk! If you like to participate in other physical activities, great! Log all of the minutes that you spend actively exercising!

Return your tracking sheet by **August 19** to be entered to win one of 5 prizes! Instructions are included on tracking sheet.

Raffle Prizes:

- 1 Fitbit Zip pedometer
- 2 \$25 Gift Cards (choice of retailers)
- 2 \$10 Gift Cards (choice of retailers)

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Please print this page & keep it handy. When you complete an exercise session, write down the number of minutes you spent doing it. You could write down the number of miles walked or ran, if that's how you usually keep track. Do this for 4 weeks and submit the form by August 19 to be entered into the raffle. Return to lyn@scantichealth.org or to Wellness Program, 240 Springfield St, Wilbraham, MA 01095.

Name:_____ Worksite:_____

Email (phone # if no email):_____

Week 1 Date:	# of minutes	Week 2 Date:	# of minutes
Sunday		Sunday	
Monday		Monday	
Tuesday		Tuesday	
Wednesday		Wednesday	
Thursday		Thursday	
Friday		Friday	
Saturday		Saturday	
Total Minutes:		Total Minutes:	
Average Minutes: <i>(divide your total by 7)</i>		Average Minutes: <i>(divide your total by 7)</i>	
Week 3 Date:	# of minutes	Week 4 Date:	# of minutes
Sunday		Sunday	
Monday		Monday	
Tuesday		Tuesday	
Wednesday		Wednesday	
Thursday		Thursday	
Friday		Friday	
Saturday		Saturday	
Total Minutes:		Total Minutes:	
Average Minutes: <i>(divide your total by 7)</i>		Average Minutes: <i>(divide your total by 7)</i>	

Summer Sizzler!

