



DeKalb County Employee Wellness Committee Newsletter

April 2023



Thank you to the employees who were able to participate in the April events held this week!

We acknowledge that not all programs may work with employee schedules, but we will continue to offer virtual programs, newsletter information (to share wellness content), and wellness programs that can be completed at any time (including a new walking challenge in May).

For the rest of the month, we encourage employees to enjoy the walking paths that have been outlined by the County Information Management and GIS Office.

Please see the maps below for more information.

County Walking Paths



ONE
COUNTY
— DEKALB —

Information Management Office
200 N Main St
Sycamore, IL 60178

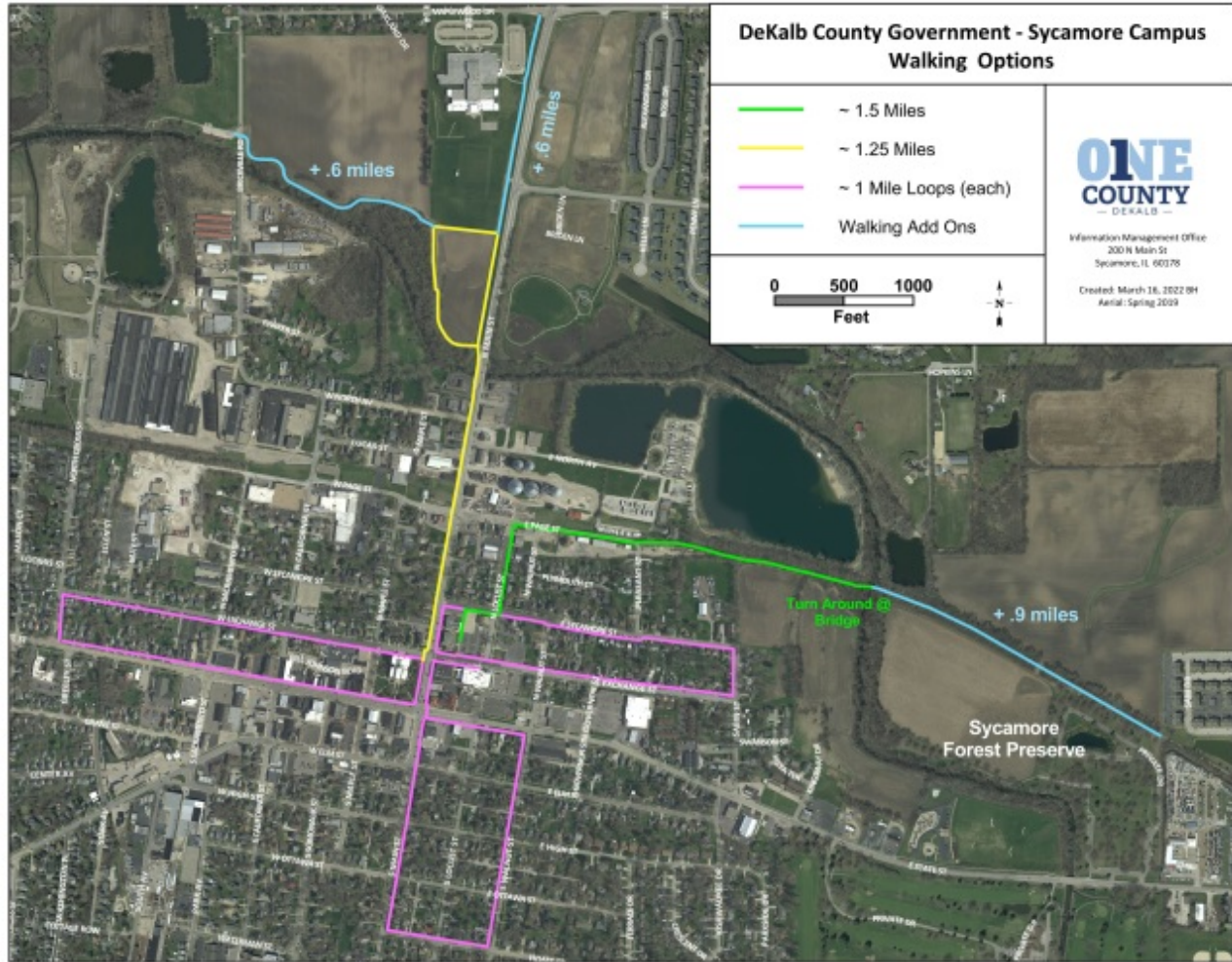
DeKalb County Government - DeKalb Campus
Walking Options

- .65 Miles
- .75 Miles
- 1.25 Miles
- Walking Add On

0 100 200
Feet



Created: March 16, 2022 BH
Aerial: Spring 2019



Walking Challenge will be LIVE May 1st- May 28th

If the link below is clicked on before it becomes LIVE, it will say "No Active Challenge Available."

The challenge will be made LIVE on the morning of May 1st!



WALK THIS WAY: Step Challenge

Walking more and staying active can benefit your health.

Achieve 50,000 steps per week for four consecutive weeks to complete this challenge!

You may sync a wearable fitness device to your account by following the steps [here](#).

GOAL: Log **50,000 steps each week** from May 1-28 to complete this challenge!

LOG YOUR STEPS TODAY! **empower.health**

Returning Participants: If you previously created an account, sign in under "Welcome Back!"

New Participants: Complete "New User" fields and enter client code: **DeKalbCo**

Select "Challenges" from the blue navigation bar on your Dashboard

You can reach the EHS Customer Support Team at 866.367.6974 or support@empowerhealthservices.com.

Health Benefits of Physical Activity for Adults

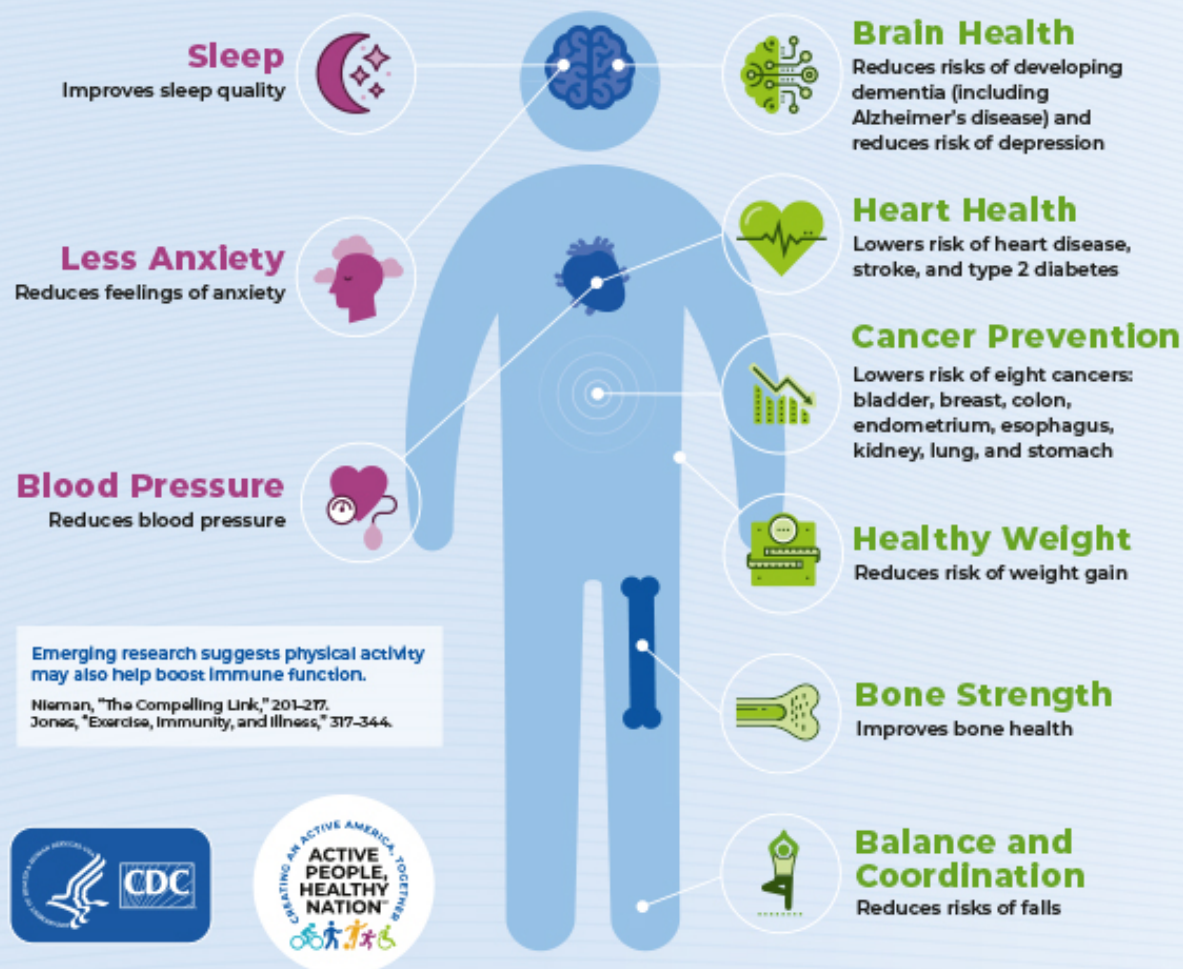


IMMEDIATE

A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>

August 2020

April National Health Observances

Every April, the U.S. Department of Health and Human Services (HHS) Office of Minority Health (OMH) observes National Minority Health Month to highlight the importance of improving the health of racial and ethnic minority and American Indian/Alaska Native (AI/AN) communities and reducing health

disparities.



For more information, visit [National Minority Health Month - Home \(hhs.gov\)](https://www.hhs.gov/nmhm)



Healthy Habits Newsletter

April 2023



The Mental Health Benefits of Spring Cleaning

As we enter spring cleaning season, experts say this process can benefit your well-being in addition to the state of your home. "Spring is a great time to start fresh in your home and mentally," says Mayo Clinic nurse practitioner, Heidi Stenerson.

In fact, taking the time to tidy up your space can provide the following mental health benefits:

- An organized space can reduce stress levels and boost your mood.
- In a clean home, you may feel more productive and creative. For many, it can be difficult to focus while living amongst disorganization or mess.
- Deep cleaning or sorting through your belongings can provide a sense of accomplishment. You will feel great once you've achieved your goal!
- Once you've achieved your spring cleaning, you may feel motivated to work on other goals. This accomplishment can be a catalyst for eating better, exercising more often, and working toward better habits.

4 Healthy Foods To Keep In Your Freezer

Stocking your freezer with nutritious meals can make weeknight dinners easier. Here are four frozen staples to keep in your kitchen:

1. **Vegetables** - Stock up on peas, green beans, broccoli and other veggies that can quickly be added to any meal.
2. **Fruits** - Frozen fruits are great to keep on hand, especially when it's a fruit that is out of season. Use these for smoothies!
3. **Lean Proteins** - Freezing chicken, fish, or turkey makes for a low-cost and low-fat meal option.
4. **Rice** - You can easily store healthy rices - like brown rice or cauliflower rice - in the freezer for the perfect side dish.

Source: [Healthline](#)



11 Refreshing Recipes for Springtime

Switch up your meal plan with fresh seasonal dishes!

Grilled Spring Pizza with Asparagus, Leeks and Pancetta

Snapper with Kale-Orange Salad

Pasta Primavera with Peas, Asparagus and Kale

Grilled Shrimp and Noodle Salad

Coconut Tofu with Snap Pea Salad

Spinach-Orzo Salad with Shrimp

Whole-Wheat Pasta with Sausage and Swiss Chard

Asparagus with Roasted Red Peppers

Tilapia with Green Beans

Sheet Pan Spring Chicken Dinner

Spring Garden Pasta Salad

Find these recipes on [FoodNetwork.com!](https://www.foodnetwork.com)

7 Ways To Self-Care And Stress Less

Throughout April, Stress Management Month sheds light on healthy ways to cope when life feels overwhelming. Excessive stress can have a negative impact on mental, emotional, and even physical health.

Elevated stress levels can lead to high blood pressure, heart issues, depression, and other illnesses. Since stress is a part of life for everyone, it's important to know the best ways to handle these feelings (CDC):

1. **Take time to unplug** - Moderate the time you spend scrolling social media or watching the news. Make an effort to unplug.
2. **Exercise regularly** - An active lifestyle can help reduce stress and make you feel better overall.
3. **Eat healthy meals** - Eating the right foods can help you stay focused, energized, and feeling your best.
4. **Get enough sleep** - Lack of sleep can negatively impact your mental health and productivity. Strive to get at least 7 hours of quality sleep per night.
5. **Avoid smoking and excess alcohol consumption** - These quick-fix stress relievers do more damage than good to your physical and mental well-being.
6. **Take time to unwind** - Carve out time to meditate, read, do yoga, or enjoy another calming hobby.
7. **Connect with others** - If you are feeling stressed, consider talking to loved ones.

Watch this video from Mayo Clinic for additional ways to de-stress and improve your mental well-being.





#4 PHONE A FRIEND

You may feel like hunkering down, but social contact can be a healthy outlet for stress.

Boletín Hábitos Saludables

Abril 2023



Los Beneficios Para La Salud Mental De La Limpieza de Primavera

A medida que entramos en la temporada de limpieza de primavera, los expertos dicen que este proceso puede beneficiar su bienestar además del estado de su hogar. "La primavera es un buen momento para comenzar de nuevo en tu hogar y mentalmente", dice la enfermera practicante de Mayo Clinic, Heidi Stenerson.

De hecho, tomarse el tiempo para ordenar su espacio puede proporcionar los siguientes beneficios para la salud mental:

- Un espacio organizado puede reducir los niveles de estrés y mejorar tu estado de ánimo.
- En un hogar limpio, puede sentirse más productivo y creativo. Para muchos, puede ser difícil concentrarse mientras viven en medio de la desorganización o el desorden.
- La limpieza profunda o la clasificación de sus pertenencias puede proporcionar una sensación de logro. ¡Te sentirás genial una vez que hayas logrado tu objetivo!
- Una vez que haya logrado su limpieza de primavera, puede sentirse motivado para trabajar en otras metas. Este logro puede ser un catalizador para comer mejor, hacer ejercicio con más frecuencia y trabajar para lograr mejores hábitos.

4 Alimentos Saludables Para Mantener en su Congelador

Abastecer su congelador con comidas nutritivas puede facilitar las cenas entre semana.

Aquí hay cuatro alimentos básicos congelados para tener en su cocina:

1. **Verduras** - Abastecerse de guisantes, judías verdes, brócoli y otras verduras que se pueden agregar rápidamente a cualquier comida.
2. **Frutas** - Las frutas congeladas son excelentes para tener a mano, especialmente cuando se trata de una fruta que está fuera de temporada. ¡Úsalos para batidos!
3. **Proteínas Magras** - Congelar pollo, pescado o pavo es una opción de comida baja en grasa y de bajo costo.
4. **Arroz** - Puede almacenar fácilmente arroces saludables, como el arroz integral o el arroz con coliflor, en el congelador para obtener la guarnición perfecta.

Fuente: *Healthline*

SAVE-THE-DATES

MAY

WELLNESS ACTIVITIES

Reframing Our Thinking and Cultivating Healthy Habits

Wednesday, May 3, 2023

12:00-12:30pm

Webinar-

Link to be shared in future communications.

Boundaries as an Antidote to Burnout: Learn a Meditation

Wednesday, May 10, 2023

12:00-12:30pm

In-Person event- Sycamore Campus
Gathetorium

To register, please email WellnessCommittee@dekalbcounty.org

Introduction to Forest Bathing 50 Minute Experience

Wednesday, May 17, 2023

12:00-1:00pm

In-person at the DeKalb Campus Forest Path

To register, please email WellnessCommittee@dekalbcounty.org



BlueCross BlueShield
of Illinois

Blue365®

Membership Benefits for Employees
on County Insurance

If you are an employee on County insurance, you can sign-up to have access to Blue365. Blue365 is committed to providing easy access to discounts on premier products and services.

Blue365 has an extensive array of exclusive discounts, healthy tips, and inspirational stories from fellow Blue365 members on how this program has changed their lives.

Rewriting Wellness Podcast

A new podcast series from the Blue Cross Blue Shield Association and Blue365 that explores the people behind the most innovative wellness companies. To view the series, click on the link here: [Rewriting Wellness | Blue365 Deals](#)

Remember, there are Fitness Benefits:

[Active &Fit - Gym Membership| Blue365 Deals](#)

Pay \$28/Month to access 11,900+ gyms and more with the active & fit Direct™ Program.

Other savings under Blue365:

- TrueHearing – Beltone hearing benefits
- Jenny Craig / Sun Basket / Nutrisystem discounts
- Fitbit discounts
- Reebok / Skechers discounts
- InVite Health – discounts for supplements and educational resources, etc.
- Livekick – private training over live video
- eMindful – discounts on various courses (stress reduction/ mindful eating/ chronic pain mgmt., yoga, etc.
- Discounts on fitness equipment