

# EMPLOYEE WELLNESS NEWSLETTER

April | 2018

## Get moving with the Make a Move Team Challenge!



Get ready to challenge yourself—and your teammates—to move more. Physical activity is a great way to manage weight and stress, improve sleep and so much more. But it can be hard to get and stay motivated. Sign up for the **Make a Move online team challenge** to add a dose of friendly competition!

The challenge kicks off **Monday, April 16** and runs through **Sunday, May 27**. The goal is to move as much as possible in six weeks. (Walk, run, lift weights, do whatever makes you happy and feel good!) The team that tracks the most steps –on average–wins. Complete the challenge by tracking at least once a week.

Register by **Friday, April 13** at [www.HealthPartners.com/wellbeing](http://www.HealthPartners.com/wellbeing)

### Staff Yoga

- Highland Park Senior
- Bruce Vento Elementary

For details and to register, visit:

[www.spps.org/employeeewellness](http://www.spps.org/employeeewellness)



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### Smart Nutrition Seminar- Foods for Body Repair

Whether you have a physically demanding job or you are active after your job, rebuilding your body is critical. The right foods at the right times speed muscle repair and muscle rebuilding which leads to being more pain-free the next day. This session teaches which foods are most beneficial for promoting body repair. This presentation includes an entertaining and fun cooking demonstration with delicious food samples, and easy recipes to make at home.

**Tuesday, April 24, 3:34-4:45 p.m. at Washington Technology**  
**Thursday, April 26, 5-6 p.m. at 360 Colborne**

Visit [www.spps.org/employeeewellness](http://www.spps.org/employeeewellness) to register

### NEW WAYS TO GET REWARDED IN 2018

**What:** Prize drawings

**Deadline:** May 31st, 2018

**Requirements:** Complete health assessment and TWO wellness programs\*

**Prizes:** 4 Grand Prize winners; 15 additional prize winners

**Grand Prizes:** Apple watch, Blue Apron subscription, Friend that Cooks (in-home personal chef experience) & gift card for a new bicycle!

**Additional Prizes:** Gift cards to local healthy vendors, Fitbits, and more!

\*Must be two unique programs. Only one program can be Virtual Coaching



### April Financial Education Presentations: Debit and Credit Card Management

We will help you understand the credit scoring system and ways to manage your credit score. We will also discuss how to manage your debt, and key factors in creating a budget.

This course will be offered on  
**Thursday, April 19th - 5:00 p.m. at  
360 Colborne- Conference Room J**