

EMPLOYEE WELLNESS NEWSLETTER

February | 2018

Join the yumPower Fruit and Veggie Challenge

Get ready to have fun, eat better and feel great. Join the four-week yumPower Fruit and Veggie Challenge. The goal is to increase the number of fruits and vegetables you eat each day. The Challenge starts Monday, February 12. For more information and to register, visit: www.spps.org/employeeewellness



Smart Nutrition Seminar- Foods to Boost your Immune System

Education professionals can easily get sick, given the bugs they are exposed to in school. The good news is you can boost your immunity just eating the right foods. Learn how nourishing is different than eating, and which foods will keep your immune system strong.

- Tuesday, February 20, 5-6 p.m. at 360 Colborne
- Wednesday, February 21, 3:34-4:45 p.m. at Washington Technology Magnet

Visit www.spps.org/employeeewellness to register



Staff Yoga

- Johnson Senior High
- Riverview West Side School of Excellence

For details and to register, visit: www.spps.org/employeeewellness



Contact Info:

Brian Nepl
Wellness Program Manager
651-767-8154
District.Wellness@SPPS.org

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



HAVE YOU COMPLETED YOUR 2018 HEALTH ASSESSMENT?