

THE W.O.W NEWSLETTER

WORKING ON WELLNESS • AUGUST 2022

WHAT'S
GOING
ON

- **Employee Health Screening & Health Assessment**
Deadline: Friday, September 23

- **August Take Ten Session - 25 Wellness Points:** [Why Having Fun is the Secret to a Healthier Life](#) with Catherine Price. Complete the [Google form](#) after listening.

- **August Wellness Challenge - 25 Wellness Points:** [Witness The Fitness](#). Exercising with kids (or your family, friend, dog, etc)

- **Free Fitness Classes or Wellness Reimbursement:** 1 free class a week at Tim Dorsey Fitness and Next Level OR \$30 reimbursement quarterly for completing at least 25 fitness or meditation sessions or 3 massage, reiki or acupuncture sessions.

- **Open Way Yoga Classes:** Class recordings available on the Sandusky City School website. Click [here](#) to access the recordings.

All wellness activities can be found on the [SCS Wellness website](#)

Safety Tips to Beat the Heat

Summer heat can be uncomfortable. It can also threaten your health, especially in older adults and children. Hot and humid weather can make it more challenging for your body to cool down, leading to heat-related illnesses. Three types of such illnesses include heat cramps, heat exhaustion and heatstroke. If left untreated, they can become life-threatening.

Don't let the summer heat get the best of you. Consider the following tips to prevent heat-related illness:

- Drink plenty of fluids.
- Eat light, refreshing foods.
- Wear lightweight, light-colored and loose-fitting clothing.

- Apply sunscreen and wear a wide-brimmed hat and sunglasses.
- Do chores or other outdoor activities in the morning or evening.
- Stay indoors as much as possible or take breaks from being outside.

The Warning Signs of Heat-related Illnesses

Heat Cramps	Heat Exhaustion	Heatstroke
 Heavy sweating	 Muscle cramps	 Hot, red, dry or damp skin
 Fatigue	 Nausea or vomiting	 Rapid, strong pulse
 Thirst	 Cold, pale and clammy skin	 Dizziness or fainting
	 Confusion	

988 Mental Health Crisis Line

The 988 Suicide and Crisis Lifeline (Lifeline) launched nationwide on July 16. Similar to dialing 911 for medical emergencies, people in emotional distress or suicidal crisis can call or text 988 to be connected to trained counselors who will listen, provide support and connect people to resources if necessary. The three-digit dialing code is new, but the Lifeline is not. Previously known as the National Suicide Prevention Lifeline, callers reached the 24/7 national crisis hotline by dialing 1-800-273-8255 (TALK). The easy-to-remember dialing code (988) is meant to replace that number;

Just as Americans know to call 911 in a medical emergency, it's vital to spread the word about 988. This 3 digit dialing code could provide immediate support during someone's darkest hour.

HEALTH BENEFITS OF

LEMONS

Lemons are high in vitamin C, fiber, and various beneficial plant compounds. These nutrients are responsible for several health benefits:

- Support heart health
- Help control weight
- Prevent kidney stones
- Protect against anemia
- Reduce cancer risk
- Improve digestive health

REFINED SUGAR FREE

LEMONADE

- 5 fresh lemons
- 1/3 cup honey
- 4 cups cold water
- Ice and lemon wedges, for serving

- 1 Juice the lemons and add juice to a blender along with the honey.
- 2 Blend the lemon juice and honey until smooth.
- 3 Add the lemon juice and honey mixture to a jug along with the water and stir well.
- 4 Add ice and lemon wedges, and serve!

however, callers will still be connected to the same services, regardless of which number is used. The Lifeline provides services in both English and Spanish.

The Lifeline is a network of roughly 200 crisis centers. Since its founding in 2005, the Lifeline has received more than 20 million calls. Nearly 2.4 million calls occurred in 2020 alone, illustrating America's current mental health crisis.

Suicide is the second leading cause of death amongst preteens and adults aged 25 to 34, according to the Centers for Disease Control and Prevention (CDC). The Lifeline is a direct connection to compassionate, accessible care for anyone experiencing mental health-related distress, including thoughts of suicide, mental health or substance use crisis, or other emotional struggles. People can also call the Lifeline if they are worried about a loved one who may need emergency support.

HIIT
HIGH-INTENSITY INTERVAL TRAINING

AssuredPartners

HIIT is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

BENEFITS OF HIIT:

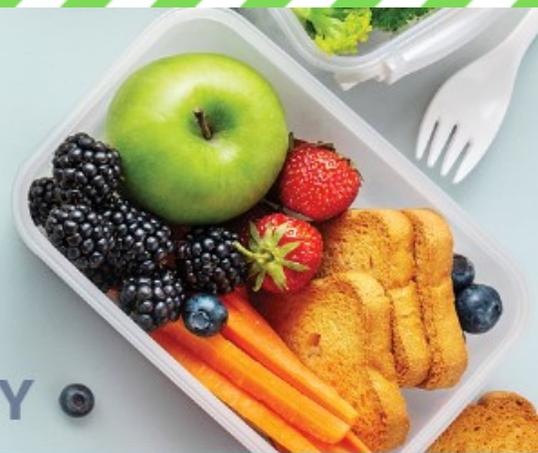
- ★ Increase your heart rate
- ★ Burn fat in a short amount of time
- ★ Increases your metabolism
- ★ Exercises are quick and convenient
- ★ No equipment is needed

HIIT WORKOUT EXAMPLE:

- ★ 50 Sit-ups
- ★ 40 Squats
- ★ 30 Push-ups
- ★ 20 Jumping jacks
- ★ 10 Split jumps
- ★ 30 seconds of burpees

Take a 15-30 second break between exercises (based on fitness level)

BACK TO SCHOOL *meal planning*



CHOOSE **1** FROM EACH CATEGORY

MAIN COURSES

- Italian pasta salad (Zoodles)
- Avocado chicken salad
- Roasted tomato soup
- Hummus wrap
- Avocado toast
- Deli wraps
- Pre-cooked chicken sausages
- Quesadillas

FRUITS

- Bananas
- Apples
- Kiwi
- Oranges
- Nectarines / Peaches
- Watermelon
- Grapes
- Applesauce
- Pomegranate
- Mango

SNACKS / TREATS

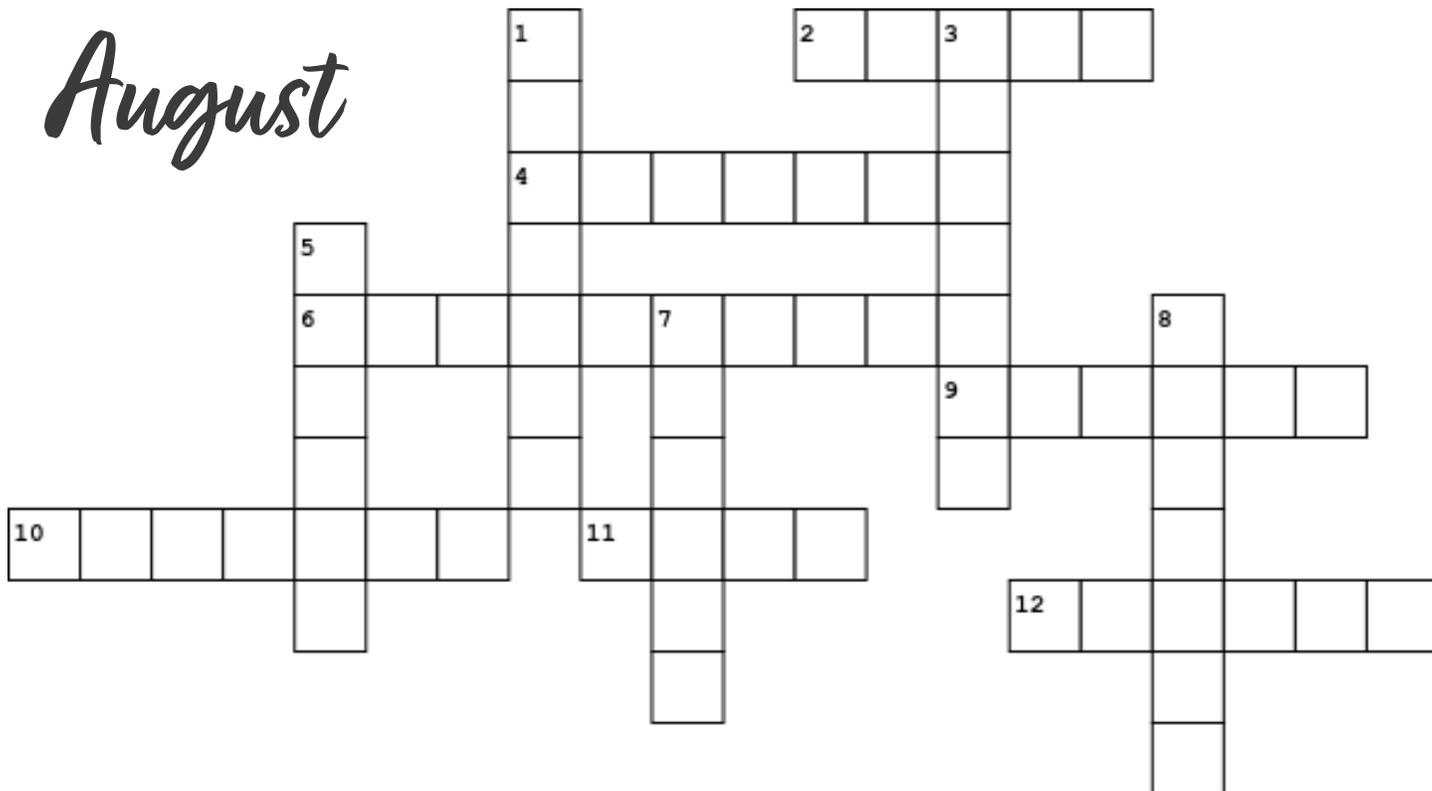
- Granola bars
- Zucchini bread
- Banana bread
- Greek yogurt
- Trail mix
- Hard boiled eggs
- String cheese
- Pretzels / Crackers

VEGGIES & DIPS

- Carrot sticks
- Celery sticks
- Bell pepper slices
- Edamame
- Broccoli
- Cucumber slices
- Cherry tomatoes
- Hummus
- Ranch
- Peanut Butter

TIP: Let kids help prepare their food. The more invested they are in preparing the meal, the more likely they are to try it and eat it!

August



Across

2. Benefits of HIIT include _____ and convenient exercise and burning fat in a short amount of time.
4. People can also call the Lifeline if they are worried about a loved one who may need emergency _____.
6. Heat cramps, heat _____ and heat stroke are 3 types of heat-related illnesses.
9. Make back to _____ meal planning easy by choosing one main course, snack, fruit and veggie from the idea lists.
10. Improve digestive health and _____ kidney stones by enjoying lemon in your diet.
11. Hot and humid weather can make it more challenging for your _____ to cool down, leading to heat-related illnesses.
12. Similar to dialing 911 for medical emergencies, people in emotional distress or suicidal _____ can call or text 988 to be connected to trained counselors

Down

1. To qualify for the wellness reimbursement, complete at least 25 fitness or meditation sessions or 3 _____, reiki or acupuncture sessions each quarter.
3. HIIT is a training technique in which you give all out, one hundred percent effort through quick, _____ bursts of exercise.
5. Learn why having fun is the _____ to a healthier life in the August Take Ten session.
7. Suicide is the _____ leading cause of death amongst preteens and adults aged 25 to 34.
8. To prevent heat related illness, eat light, refreshing foods and do chores or other outdoor activities in the _____ or evening.

P
A
G
E

Name _____ Building _____
Submit completed crosswords using the online Wellness Activity Form by Tuesday, September 6th.