

# Working on Wellness

## SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER OCTOBER 2024



### In This Month's Issue:

- 'That Fall Feeling' Challenge
- Mountain Climbers
- Apple Cider
- Breast Cancer Awareness
- Breast Cancer Health
- Wellness Fair
- Wellness Book Bingo
- Crossword Puzzle

## What's Up with Wellness

- Take Ten Session - 25 Wellness Points: Are your coping mechanisms healthy? - Dr. Andrew Miki - TEDx
- Wellness Challenge - 25 Wellness Points: That Fall Feeling - Fall is upon us! Soak up all its goodness with this feel-good challenge - Page 2
- Crossword Puzzle - 25 Wellness Points: Page 9 or online! Complete the puzzle, click print then save as PDF or screenshot to submit online.
- Wellness Book Bingo - 100 Wellness Points: Throughout the 2024/2025 school year, read books on the board to complete a bingo! - Page 8
- Employee Wellness Fair - 100 Wellness Points: See page 7 for all the info!
- Open Way Yoga Online Class Library
- SCS Wellness Facebook Group: Click to join!

Submit your October wellness activities by Tuesday, November 5th to be entered to win a SCS Stanley Cup! You can earn up to 3 entries each month by completing the Take Ten Session, Wellness Challenge and Crossword Puzzle.

All wellness activities can be found on the SCS Wellness website

# 'That Fall Feeling' Challenge

• OPEN THE  
WINDOWS ON  
• A CRISP DAY •

• WATCH THE  
LEAVES FALL •

• ENJOY A FALL  
THEMED MOVIE •

• SHOP AT A  
FARMER'S  
MARKET •

• DRINK HOT  
APPLE CIDER •

• CARVE/PAINT A  
PUMPKIN •

• PICK APPLES •

• TAKE A WARM  
EPSOM SALT  
BATH •

• PUT OUT YOUR  
FALL DECOR •

• JUMP IN A PILE  
OF LEAVES •

• CUDDLE UP  
WITH A PET OR  
LOVED ONE •

• EAT DELICIOUS  
SOUP •

• TAKE YOURSELF  
OUT FOR COFFEE •

• GO ON A  
NATURE WALK •

• MAKE A  
HEALTHY  
PUMPKIN OR  
APPLE RECIPE •

• HAVE A  
LAZY DAY •

Name: \_\_\_\_\_



# MASTER MOUNTAIN CLIMBERS

1. Get into a plank position and distribute your weight evenly from your hands to your toes.
2. Check your form—your hands should be about shoulder-width apart, back flat, abs engaged, and head in alignment.
3. Pull your right knee into your chest as far as you can.
4. Switch legs, pulling one knee out and bringing the other knee in.
5. Keep your hips down and run your knees in and out as far and as fast as you can. Alternate inhaling and exhaling with each leg change.



**BENEFITS: BUILDS CARDIO ENDURANCE, CORE STRENGTH AND AGILITY, WORKS SEVERAL MUSCLE GROUPS AT ONCE, IMPROVES HEART HEALTH AND BURNS CALORIES**



# Apple cider

- **RICH IN ANTIOXIDANTS**
- **SUPPORTS A HEALTHY HEART**
- **PROMOTES A HEALTHY GUT**
- **DRINK HOT OR ICED**

While apple cider is 100 percent juice from apples, it is high in sugar. With 24 grams of sugar and little to no fiber and protein in each cup, it can lead to spikes in blood sugar.

Enjoy apple cider in moderation and pair it with a protein such as a meat and cheese tray.



**BREAST CANCER IS A DISEASE IN WHICH MALIGNANT CELLS FORM IN THE TISSUES OF THE BREAST**

**WHEN CAUGHT IN ITS EARLIEST, LOCALIZED STAGES, THE 5 YEAR RELATIVE SURVIVAL RATE IS 99%**

**IN 2024, AN ESTIMATED 310,720 WOMEN AND 2,800 MEN WILL BE DIAGNOSED WITH INVASIVE BREAST CANCER**

**THERE ARE CURRENTLY OVER 4 MILLION BREAST CANCER SURVIVORS IN THE US**



**BY PERFORMING MONTHLY BREAST SELF-EXAMS, YOU WILL BE ABLE TO MORE EASILY IDENTIFY ANY CHANGES IN YOUR BREASTS**

**1 IN 8 WOMEN IN THE US WILL BE DIAGNOSED WITH BREAST CANCER IN HER LIFETIME**

**THE PRESENCE OF SIGNS AND SYMPTOMS DOES NOT AUTOMATICALLY MEAN THAT YOU HAVE BREAST CANCER**

**BREAST CANCER IS THE MOST COMMON CANCER IN AMERICAN WOMEN, EXCEPT FOR SKIN CANCERS**

# LET'S BE AWARE

We can fight breast cancer together

## SYMPTOMS:

- A BREAST LUMP OR THICKENED AREA OF SKIN THAT FEELS DIFFERENT FROM THE SURROUNDING TISSUE.
- A NIPPLE THAT LOOKS FLATTENED OR TURNS INWARD.
- CHANGES IN THE COLOR OF THE BREAST SKIN. IN PEOPLE WITH WHITE SKIN, THE BREAST SKIN MAY LOOK PINK OR RED. IN PEOPLE WITH BROWN AND BLACK SKIN, THE BREAST SKIN MAY LOOK DARKER THAN THE OTHER SKIN ON THE CHEST OR IT MAY LOOK RED OR PURPLE.
- CHANGE IN THE SIZE, SHAPE OR APPEARANCE OF A BREAST.
- CHANGES TO THE SKIN OVER THE BREAST, SUCH AS SKIN THAT LOOKS DIMPLED OR LOOKS LIKE AN ORANGE PEEL.
- PEELING, SCALING, CRUSTING OR FLAKING OF THE SKIN ON THE BREAST.



# While you can't usually prevent breast cancer, it is important to be proactive about your health.

Women with certain risk factors are more likely than others to develop breast cancer.  
A risk factor is something that may increase the chance of getting a disease.



## Age

Two out of three women with invasive cancer are diagnosed after age 55.



## Family History and Genetic Factors

If a first-degree relative has been diagnosed with breast or ovarian cancer, you have a higher risk of being diagnosed with breast cancer in the future. Your risk increases if your relative was diagnosed before the age of 50.



## Menstrual and Reproductive History

Early menstruation (before age 12), late menopause (after 55), having your first child at an older age, or never having given birth can also increase your risk for breast cancer.



## Being Overweight or Obese

Being overweight or obese can increase your risk for breast cancer. Your risk is increased if you have already gone through menopause.



## Combined Hormone Replacement Therapy (HRT)

Taking combined hormone replacement therapy, as prescribed for menopause, can increase your risk for breast cancer and increases the risk that the cancer will be detected at a more advanced stage.



## Radiation to the Chest

Having radiation therapy to the chest before the age of 30 can increase your risk for breast cancer.



## Lack of Physical Activity

A sedentary lifestyle with little physical activity can increase your risk for breast cancer.



## Poor Diet

A diet high in saturated fat and lacking fruits and vegetables can increase your risk for breast cancer.



## Drinking Alcohol

Frequent consumption of alcohol can increase your risk for breast cancer. The more alcohol you consume, the greater the risk.





# SANDUSKY CITY SCHOOLS EMPLOYEE WELLNESS FAIR

# MOVIE

Thursday, October 3, 2024  
2:30 - 5:00 PM



Sandusky Career Center  
Multipurpose Room  
4501 Venice Heights Blvd, Sandusky

**Come right after your  
students leave for the day!**

Speak with representatives from


*TrueScripts*<sup>™</sup>  
Amazing Care

**FLU VACCINES > VENDORS > SNACKS > GIVEAWAYS**



# SOCS WELLNESS

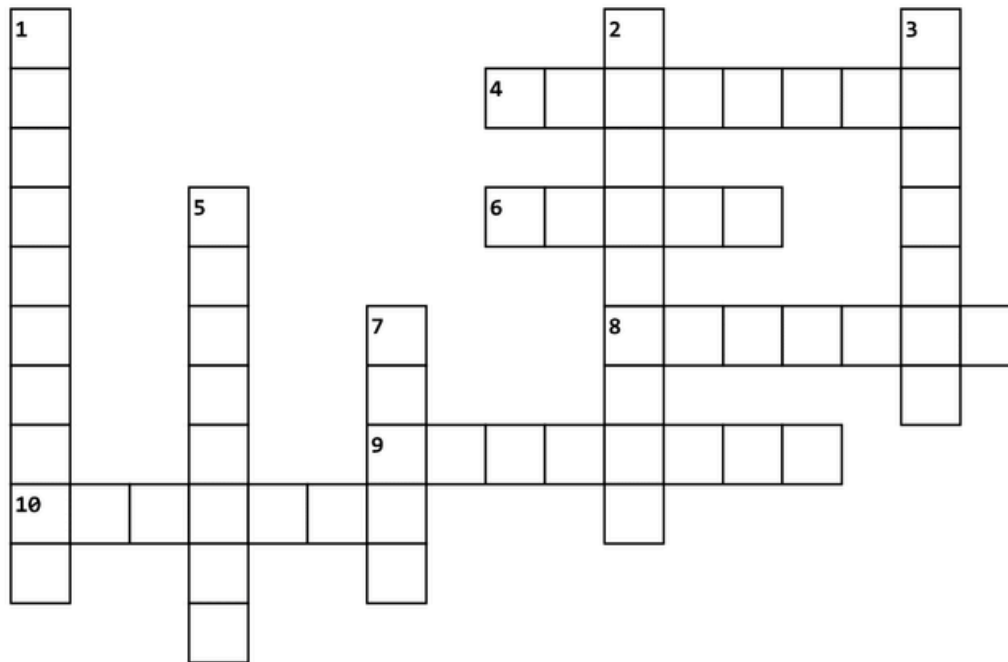
## book bingo





# October Wellness Puzzle



## Across

- 4.** Mountain climbers build cardio endurance, core \_\_\_\_\_ and agility, works several muscle groups at once, improves heart health and burns calories.
- 6.** To start a mountain climber, get into a \_\_\_\_\_ position and distribute your weight evenly from your hands to your toes.
- 8.** Breast cancer is a disease in which malignant cells form in the \_\_\_\_\_ of the breast.
- 9.** A sedentary lifestyle with little physical \_\_\_\_\_ can increase your risk for breast cancer.
- 10.** You can come to the employee wellness fair at the Sandusky Career Center on Thursday, \_\_\_\_\_ 3rd right after your students leave for the day.

## Down

- 1.** Enjoy apple cider in \_\_\_\_\_ and pair it with a protein such as a meat and cheese tray.
- 2.** While you can't usually prevent breast cancer, it is important to be \_\_\_\_\_ about your health.
- 3.** By performing monthly breast self-exams, you will be able to more easily identify any \_\_\_\_\_ in your breasts.
- 5.** The presence of signs and \_\_\_\_\_ does not automatically mean that you have breast cancer.
- 7.** Apple cider is rich in antioxidants, supports a healthy \_\_\_\_\_, promotes a healthy gut and can be drank hot or iced.