

Working on Wellness

SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER NOVEMBER 2024



In This Month's Issue:

- Gratitude Scavenger Hunt
- Jump Rope
- Pecans
- Diabetes
- Prediabetes
- Wellness Book Bingo
- Crossword Puzzle

What's Up with Wellness

- Take Ten Session - 25 Wellness Points: Self-Care: What It Really Is - Susannah Winters - TEDxHiltonHeadWomen
- Wellness Challenge - 25 Wellness Points: Gratitude Scavenger Hunt - If you look around, there is always something to be thankful for! How much gratitude can you find this month? - Page 2
- Crossword Puzzle - 25 Wellness Points: Page 8 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 7
- Open Way Yoga Online Class Library
- SCS Wellness Facebook Group: Click to join!

Submit your November wellness activities by Tuesday, December 3rd 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

Gratitude Scavenger Hunt

A place that
you are
thankful for.
Visit it.

A person
you are
thankful for.
Give them a
hug.

A yummy
food you are
thankful for.
Eat it.

A skill you
have.
Show it to
someone.

A game you
enjoy.
Play it.

A scent that
you really love.
Give it a big
sniff.

Something in
nature that you
find beautiful.
Look at it.

A sound you
enjoy.
Sit and listen
to it.

A song
you are
thankful for.
Dance.

A book you
enjoy.
Read.

A photo that
brings back a
happy memory.
Delight in it.

A quote that
reminds you to
be grateful.
Display it.

JUMP ROPE

the ultimate fitness boost

DEVELOP SPEED & BALANCE

Start with feet together and jump on the balls of your feet. Keep your arms relaxed and spin the rope from your wrists.

TRAIN FOR OBSTACLE RACES

Jumping rope enhances agility and coordination, perfect for obstacle course preparation.

BURN CALORIES FAST

Just 10 minutes of jumping rope equals a 30-minute jog! Start small and gradually increase your time for maximum benefits.

LOWER IMPACT CARDIO

It's easier on your joints than running, distributing weight evenly and burning calories like an 8-minute mile.

ENHANCE MOTOR SKILLS

Studies show jumping rope boosts coordination and balance, especially beneficial for kids in sports.

STRENGTHEN ANKLES

Jumping builds strength in ankle-supporting muscles, helping prevent injuries.

BUILD BONE DENSITY

A daily routine of 100 jumps strengthens bones through positive impact.

BOOST BRAIN POWER

Jumping improves spatial awareness, memory, and mental alertness by engaging both hemispheres of the brain.

GET STARTED TODAY!

PECANS

- A handful goes a long way: an ounce (about 19 halves) is 200 cal, 3g fiber and 3 g protein
- Important for immunity
- Full of flavonoids (a type of antioxidant)
- High in key minerals (manganese & copper)
- Crucial for heart health
- Low in sugar
- Brain boosting
- Helpful for weight loss

MAPLE CANDIED PECANS

¼ cup maple syrup

1 tbsp unsalted butter, melted

1 ½ tsp kosher salt

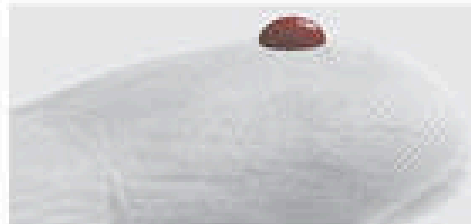
2 tsp vanilla extract

¼ tsp ground cinnamon (or 1 tbsp pumpkin spice)

Scant ¼ tsp cayenne pepper (optional)

3 cups raw pecan halves

- Preheat oven to 325°F. Line a baking sheet with parchment paper.
- In a bowl, whisk together maple syrup, melted butter, salt, vanilla, cinnamon, and cayenne. Add pecans and coat well.
- Spread pecans in a single layer on the baking sheet.
- Bake for 23-26 minutes, stirring after 10 minutes and then every 5 minutes, until golden and sticky.
- Remove from oven, stir once more, and let cool on the pan for 10 minutes. Separate any large clumps while warm.
- Store in a sealed bag at room temperature for up to 2 months.



DIABETES

DIABETES IS
ON THE RISE



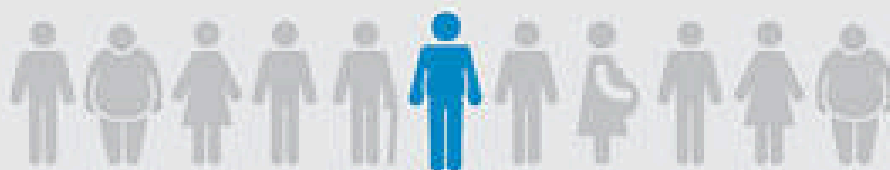
422 MILLION
adults have diabetes

3.7 MILLION
deaths due to diabetes
and high blood glucose

1.5 MILLION
deaths caused
by diabetes



THAT'S 1 PERSON IN 11



Main types of diabetes



TYPE 1 DIABETES

Body does not produce
enough insulin



TYPE 2 DIABETES

Body produces insulin
but can't use it well



GESTATIONAL DIABETES

A temporary condition in
pregnancy

Consequences

Diabetes can lead to complications in many parts of
the body and increase the risk of dying prematurely.

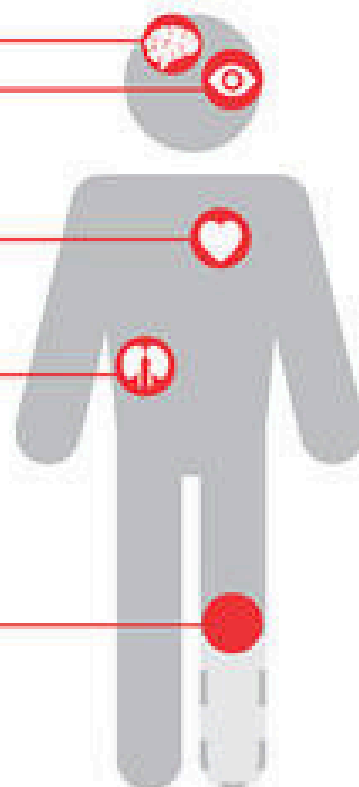
Stroke

Blindness

Heart attack

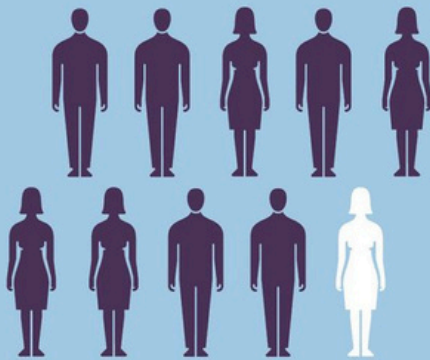
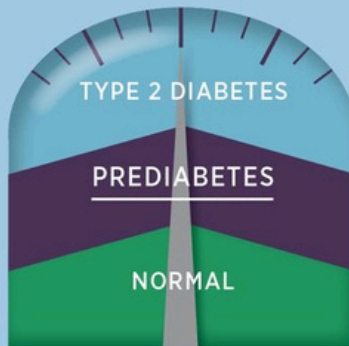
Kidney failure

Amputation

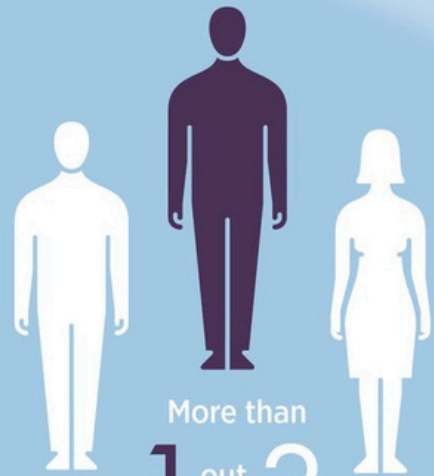


Prediabetes: Could You Be At Risk?

PREDIABETES occurs when your blood glucose (blood sugar) level is higher than normal, but not yet high enough to be considered diabetes.



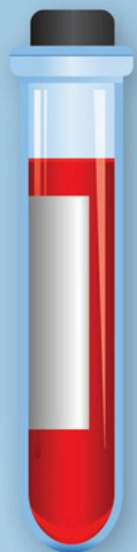
9 out of 10
people with
prediabetes don't
realize they have it.



More than
1 out of 3
adults in the United States
have prediabetes.

GET TESTED

The condition often causes no symptoms, so ask your doctor if you need to be tested. Three types of blood tests may be used to detect prediabetes. You may have prediabetes if your test results are:



5.7 to 6.4 percent
on an A1C test, which gauges your average blood glucose level over the past two to three months, or

100 to 125 mg/dl
on a fasting plasma glucose test, which measures your blood glucose level after an eight-hour fast, or

140 to 199 mg/dl
on an oral glucose tolerance test, a two-hour test that shows how your body processes glucose

LOWER YOUR RISK

Within **5** years, people with prediabetes who don't take steps to manage it may develop type 2 diabetes.

These three steps help protect your health if you have prediabetes:



Getting **2.5** hours per week of moderate physical activity helps keep type 2 diabetes away.




Losing **5 to 7** percent of your body weight helps lower your risk of getting type 2 diabetes, if you're overweight. That's just 10 to 14 pounds for a 200-pound person.



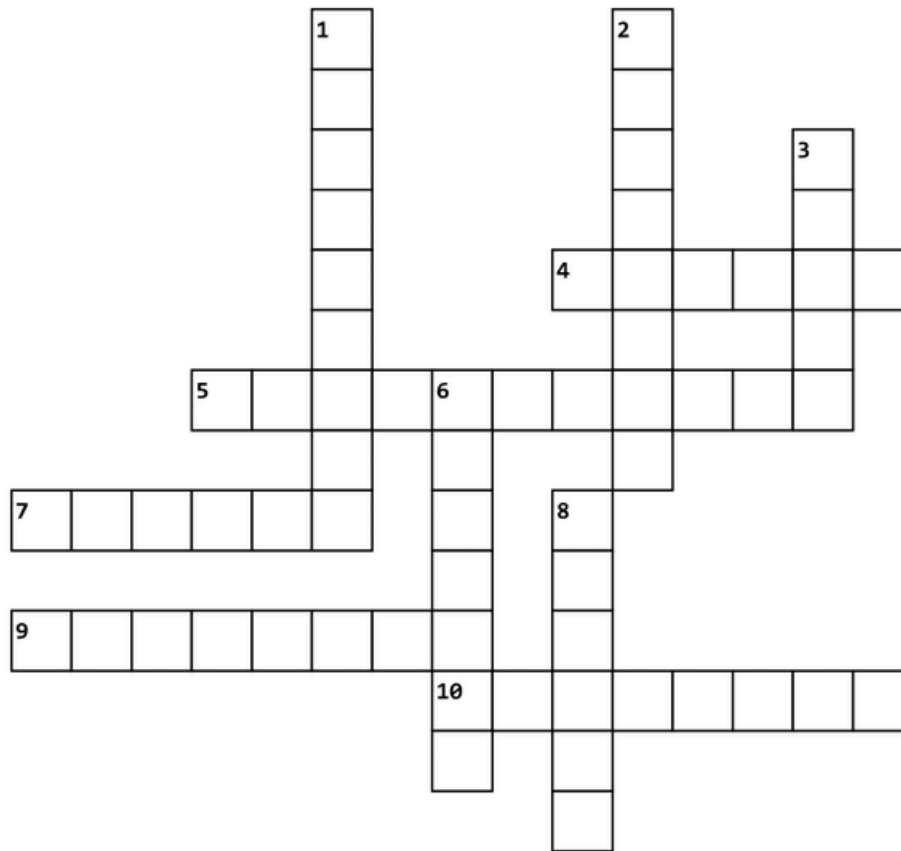
Quit smoking,
if you are a smoker.

SOCS WELLNESS

book bingo




November Wellness Crossword



Across

- 4.** Make healthy maple candied _____ with maple syrup, butter, salt, vanilla, cinnamon and pecans.
- 5.** Nine out of ten people with _____ don't realize they have it.
- 7.** Jumping rope is easier on your _____ than running, distributes weight evenly and burns calories like an 8-minute mile.
- 9.** Getting 2.5 hours per week of moderate _____ activity helps keep type 2 diabetes away.
- 10.** Pecans are important for _____, brain boosting, low in sugar and high in key minerals.

Down

- 1.** Jumping improves spatial _____, memory and mental alertness by engaging both hemispheres of the brain.
- 2.** _____ can lead to complications in many parts of the body and increase the risk of dying prematurely.
- 3.** A daily routine of 100 jumps strengthens _____ through positive impact.
- 6.** In type 2 diabetes, the body produces _____ but can't use it well.
- 8.** Prediabetes occurs when your blood glucose level is higher than _____, but not yet high enough to be considered diabetes.