

Working on Wellness

SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER FEBRUARY 2025



In This Month's Issue:

- Eat Red, Eat Right
- Heart Health
- Exercises for Blood Pressure
- Winter Skin Care
- Egg Roll in a Bowl
- Wellness Book Bingo
- Crossword Puzzle

What's Up with Wellness

- National Wear Red Day - Friday, February 7, 2025 - Put on your reddest red — whether it be a lipstick, a pair of pants, or your favorite hat — to raise and spread awareness to help eradicate heart disease and stroke in millions of women all over the nation.
- Take Ten Session - 25 Wellness Points: Simple Steps to Improve Your Metabolism | Dr. Casey Means & Dr. Andrew Huberman
- Wellness Challenge - 25 Wellness Points: Eat Red, Eat Right - How many naturally red foods can you eat for heart 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 February wellness activities by Tuesday, March 4th to be entered to win the monthly prize! 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

EAT RED, EAT RIGHT

How many naturally red foods can you eat for heart month? Cross off any that you eat!

Pomegranates, red beets, cherries, apples, tomatoes, cranberries, strawberries, radishes, kidney beans, raspberries, red peppers, red grapefruit, red onions, red cabbage, red potatoes and red grapes.



Name: _____

Heart Health



HEART DISEASE IS A SERIOUS ISSUE, BUT IT CAN OFTEN BE PREVENTED BY MAKING SIMPLE LIFESTYLE CHANGES. PRIORITIZING HEART HEALTH IS ESSENTIAL, ESPECIALLY FOR ADULTS.

Nutrition



A whole-food, balanced diet can improve biometrics like cholesterol, blood pressure, and triglycerides.

✓ Focus on:

Whole grains

Beans & legumes

Fruits & vegetables

Lean proteins

Nuts, seeds & nutrient-rich oils

Physical Activity



Regular exercise promotes blood flow and reduces chronic inflammation.

✓ Aim for:

150 minutes of moderate activity per week

Sleep & Recovery



Getting enough sleep is critical for heart health and overall well-being.

✓ Aim for:

7 hours of sleep per night

CONSISTENT EFFORTS AND WORKING WITH YOUR HEALTHCARE PROVIDER CAN MAKE A LASTING DIFFERENCE IN IMPROVING HEART HEALTH.



EXERCISE & HIGH BLOOD PRESSURE

High blood pressure and lack of exercise are closely linked. The American College of Sports Medicine recommends moderate-intensity aerobic exercise 5-7 days per week including:

RESISTANCE TRAINING: 2-3 DAYS PER WEEK

FLEXIBILITY EXERCISES: 2-3 DAYS PER WEEK

Research has found that excessive sedentary time can contribute to various health conditions. Break up sedentary time by getting 5-10 minutes of low-intensity activity every hour—like getting up to get a drink of water or going on a short walk.

Aerobic exercises that can help lower blood pressure:

WALKING JOGGING CYCLING DANCING

High-Intensity Interval Training (HIIT): Short bursts of intense activity with recovery periods can also be beneficial.

While weight training can cause a temporary increase in blood pressure during exercise, it has long-term benefits to blood pressure that outweigh the risk of a brief spike for most people.

TIP: USE PROPER FORM, EXHALE WHEN PUSHING WEIGHT, LIFT LIGHTER WEIGHTS WITH MORE REPETITIONS AND LISTEN TO YOUR BODY.

Important: Always get your doctor's approval before starting or increasing your exercise routine. Stop if you feel chest pain, dizziness or discomfort.

STAY ACTIVE, STAY HEALTHY!

winter skin care

- ★ **1 Review Your Cleansers:** Ensure you're using a hydrating cleanser that's free from harsh exfoliants, fragrances, and alcohol.
- ★ **2 Add in Moisture:** The best time to apply lotion is right after a shower when your skin is still damp.
Tip: Use a separate moisturizer for your face, as facial skin is more sensitive and thinner than body skin.
- ★ **3 Start with a Serum:** Winter's dry air can dehydrate your skin. Boost moisture by applying hydrating serums (like hyaluronic acid or lactic acid) before your moisturizer.
Tip: Consult your dermatologist to find the best serum for your skin.
- ★ **4 Turn Down the Heat:** Hot showers can strip your skin of moisture. Try using lukewarm water and limit shower time to protect your skin's moisture barrier.
- ★ **5 Lock in Your Moisturizer:** Try "slugging," a technique where you apply a thick layer of petroleum jelly (like Vaseline or Aquaphor) over your skincare routine at night to lock in moisture.

Alternatives: You can use skin-safe oils such as pumpkin seed oil, rosehip oil, or vitamin E oil.

- ★ **6 Don't Forget the Sunscreen:** Even in winter, you're at risk of sunburn, especially if you're outdoors in the snow where sunlight reflects off the surface. Always apply SPF 30+ to protect your skin.



EGG ROLL IN A BOWL

WITH CREAMY CHILI SAUCE

FOR THE EGG ROLL IN A BOWL

- ☐ 2 TABLESPOONS SESAME OIL
- ☐ 6 GREEN ONIONS SLICED, WHITE AND GREEN PARTS SEPARATED
- ☐ ½ CUP DICED ONION
- ☐ 5 CLOVES GARLIC MINCED
- ☐ 1 POUND GROUND MEAT OF CHOICE
- ☐ 1 TEASPOON GRATED FRESH GINGER
- ☐ 1 8-OUNCE CAN WATER CHESTNUTS CHOPPED
- ☐ 1 TABLESPOON SRIRACHA SAUCE
- ☐ 1 14-OUNCE BAG COLESLAW MIX
- ☐ 3 TABLESPOONS COCONUT AMINOS
- ☐ 1 TABLESPOON RICE WINE VINEGAR
- ☐ ¼ TEASPOON FRESHLY CRACKED PEPPER
- ☐ SALT TO TASTE

FOR THE CREAMY CHILI SAUCE

- ☐ 2 TABLESPOONS AVOCADO OIL MAYONNAISE
- ☐ 2 TABLESPOONS PLAIN GREEK YOGURT
- ☐ 1-2 TABLESPOONS SRIRACHA

SUGGESTED GARNISHES

- ☐ SLICED GREEN ONIONS GREEN PARTS, RESERVED FROM ABOVE
- ☐ BLACK SESAME SEEDS




Heat large skillet over medium heat. When pan is warm, add sesame oil and swirl pan to distribute oil across surface. Continue heating pan until oil is hot. Add white parts of green onions, diced onion, and garlic to skillet and stir to incorporate. Sauté, stirring frequently, until onions begin to soften. Add ground meat, grated fresh ginger, water chestnuts and sriracha to skillet. Cook, stirring frequently, until meat is browned and crumbled. Add coleslaw mix, coconut aminos, rice wine vinegar, pepper and salt to skillet. Stir until ingredients are well incorporated. Continue cooking egg roll mixture, stirring regularly, until cabbage is tender. Add mayonnaise, Greek yogurt and sriracha to a mixing bowl. Stir ingredients together and set aside.

Divide egg roll mixture equally between 4 serving bowls. Transfer creamy chili sauce to sandwich bag. Snip one corner off bag and use as piping bag to drizzle chili sauce over top of egg roll mixture. Sprinkle green parts of sliced green onions over chili sauce. Garnish bowls with black sesame seeds if desired and serve immediately.

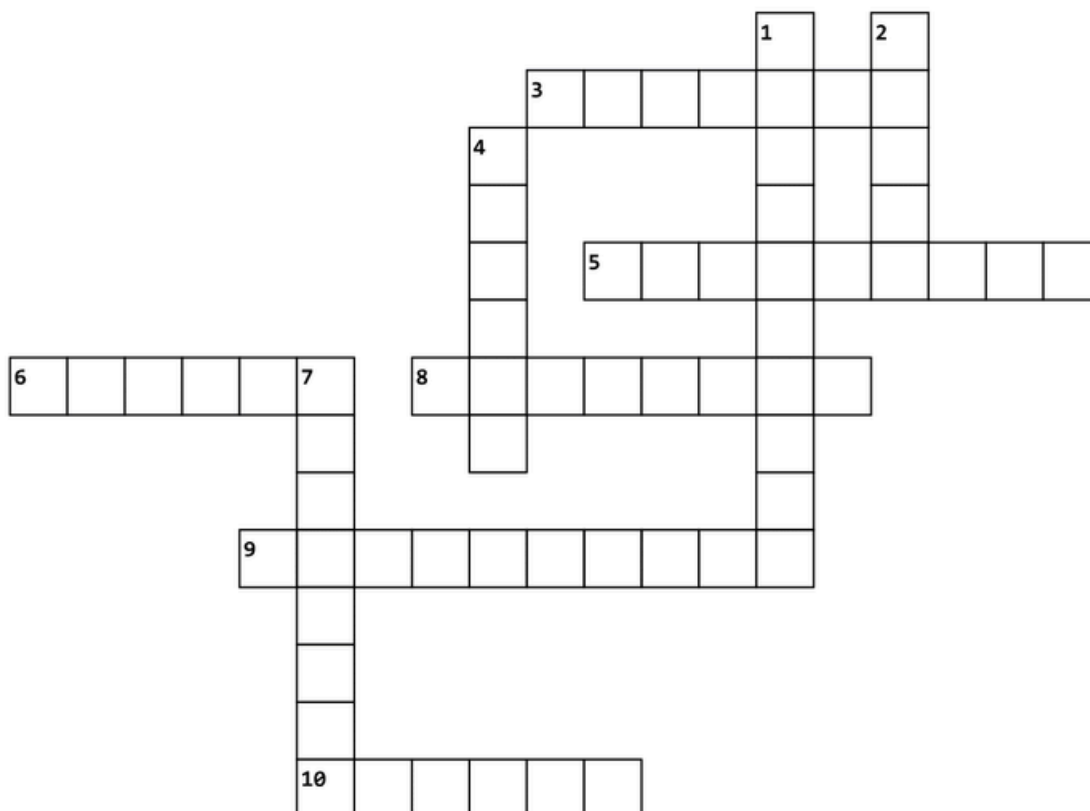
SOCS WELLNESS

book bingo



February Wellness Crossword



Across

3. Always get your doctor's approval before starting or increasing your exercise _____.
5. Break up _____ time by getting 5-10 minutes of low-intensity activity every hour.
6. Heart disease can often be prevented by making _____ lifestyle changes.
8. Hot showers can strip your skin of _____. Try using lukewarm water and limit shower time to protect your skin's moisture barrier.
9. Ensure you're using a hydrating cleanser that's free from harsh exfoliants, _____ and alcohol.
10. Use proper form, _____ when pushing weight, lift lighter weights with more repetitions and listen to your body while weight training.

Down

1. A whole food, balanced diet can improve _____ like cholesterol, blood pressure and triglycerides.
2. Getting enough sleep is critical for _____ health and overall well-being.
4. The best time to apply _____ is right after a shower when your skin is still damp.
7. High blood pressure and lack of _____ are closely linked.

Name _____