



January Living Well Calhoun

The Calhoun County Wellness Committee Members would like to welcome you to the kick start of our **Living Well Calhoun** program. I say **our** program, because we should all take part in creating a healthier, better, friendlier work place.

In 2020, 139 employees participated in the **Living Well Calhoun** program, with 79 going above and beyond, meaning that they completed more than 12 initiatives.

All participants that completed more than 12 initiatives were eligible for a prize drawing.

Above and beyond is back in 2021. This program offers so many different challenges/initiatives, there is no reason not to strive to do more.

Back in 2021: Sponsor a co-worker

- 1- Be a cheerleader for **someone who has never participated** in the program
- 2- Have them write your name on the back of their ticket to wellness
- 3- Have them complete at least 12 initiatives/challenges, **including the HRA**

Succeed in your sponsorship, and your name will be added for a prize drawing. For every employee that you sponsor, your name will be added to the drawing. Succeed in sponsoring 6 new participants (with completed fit ticket) and your name will be added 6 times to the drawing.

2021 Living Well Calhoun Wellness Program

Let's face it, we are all hoping for a better and more social 2021. However, the year will start a little like it ended, with most of us working remotely. Due to this, we have decided to change it up a bit for the 2021 wellness program. Wellness Committee Members will be available if you have questions about the monthly initiatives and the wellness program, but you will not need to have your ticket validated by them. Instead, you will be provided with a virtual [Living Well Calhoun 2021 calendar](#) and a virtual ticket to wellness, your participation will be based on the honor system.

Along with the monthly initiatives, the calendar offers three additional initiatives/challenges each month, that you can easily keep track of on the calendar.

Read more about the program by following this link: <https://cms5.revize.com/revize/calhouncountymi/2021%20Wellness%20Program%20Guide.pdf>

**The Wellness Committee Members welcome you to our
2021 Living Well Calhoun Wellness Program!!!**

January 2021 is finally here!

By: Jennifer Baffi, Wellness Committee Member

Let's face it, 2020 was a bust in so many ways. It is nice to have a new calendar year begin with hopes of some normality in the future. Stress has been one of those things many of us have had to harness during this historical time we all have been enduring. This month is all about de-stressing, turning the negative into positive, hence making a healthier lifestyle.

Uncertain and stressful times has led me to the road of comedy! I have made it a habit to watch comedy clips, new and old to get a good laugh and to take my mind to a lighter place. I recommend watching whatever type of comedy that will make you laugh, as laughter is so good for the soul and it has been hard to come by this past year.

This initiative is to incorporate more positivity into our lives. It all starts from within. We all have positive things we need to acknowledge to ourselves and see the good in the things that we do.

Exercise is also important to a mind and body of wellbeing. It's time to walk it off! Walking or any type of exercise reduces stress and keeps our anxiety and mind in check to be efficient and productive in our personal and work lives. Keep track of your positive affirmations and exercise on our new and improved electronic calendar to receive a ticket point for the month of January. Be good to yourself and give your health the extra mile, because you are worth it!!

Here's to the start of a New Year, with new goals towards our health and wellbeing!



*We all could use a little bit of Stuart Smalley's Daily Affirmations
in our lives, minus the sweaters of course.*

Strength Training

If you've been exercising and eating right and you're still not seeing or feeling the results you want, it might be time to spend some time lifting things up and putting them down.

"It can completely enhance your quality of life," says Adrian Hutber, PhD, vice president for the American College of Sports Medicine's Exercise is Medicine initiative. Strength-training keeps muscles flexible, helps regulate body chemistry, and strengthens the body to help it fight off disease and other signs of aging.

Not quite sold? Here are six reasons to look to strength-training to help you achieve your-better-health goals.

☺ **Keep your ticker ticking.**

If you lift weights, your heart will thank you. Resistance training can help lower your blood pressure, according to a research review in *the Journal of the American Heart Association*. This, in turn, can lower your risk for heart disease. Isometric resistance training, where the angle of your joint doesn't change, such as holding yourself in a plank position, may be most beneficial for lowering systolic blood pressure (the top number), according to this review.

☺ **Strengthen your bones.**

According to the National Osteoporosis Foundation, approximately 10 million Americans have osteoporosis, and another 44 million have low bone density, which increases their risk for the disease. Sometimes, losing a lot of weight or shedding pounds quickly can have a negative effect on bone density in older adults. The SmartPoints plan promotes a safe rate of weight loss of up to 2 pounds per week which should help protect bone health especially if combined with strength-training, which research has suggested can help maintain and possibly improve bone density, even during weight loss. You don't have to be a powerlifter for stronger bones. Lifting light weights for a higher number of repetitions may be just as beneficial as lifting heavier loads for bone health, according to a small, preliminary study published in a 2017 issue in *The Journal of Sports Medicine and Physical Fitness*.

☺ **Lower your diabetes risk.**

Type 2 diabetes is a serious diet and weight-related health problem that's reaching epidemic proportions, says Hutber. Increases in muscle mass and stronger mitochondria—the energy center of cells—as a result of intense long-term personalized resistance-training programs may positively impact insulin responsiveness and glucose control in some individuals with type 2 diabetes, according to a scientific re-

view published in the journal *Nutrition & Metabolism* in March 2017.

☺ **Support your weight loss goals.**

"If you're trying to lose weight, resistance-training can be a helpful addition to a healthy diet and exercise routine," says Baltimore-based exercise scientist Erica Suter, CSCS. The average weight-training routine will only help you look and feel leaner, but it won't necessarily change the numbers on the scale. This is because muscle is a denser and more metabolic tissue than fat. Strength-training develops muscle mass. "The more muscle you have, the harder your body is working to burn calories at rest," she says. Think of it as getting an extra bang for all the hard work you've done.

☺ **Have energy and strength to do what you love.**

Strength-training not only improves body composition, which can affect health in positive ways, but it also improves other areas of your life, says Suter. "Maybe you're a runner and you want to not get sore at the end of a race, or maybe you play co-ed sports and want to get faster," she says. "Whatever it is, strength-training will make you more resilient for the everyday demands of life."

☺ **Feel more confident.**

Let's face it: resistance training is hard work, and it forces you to push your limits. But it's worth it for how great you'll feel about yourself as a result, says Suter. "There's nothing more empowering than getting your first pull up or doing a perfect push-up. Strength-training is a great way to chase performance goals," she says.

Ready, set, lift!

Convinced of the health benefits of strength training, but a little nervous to start? That's normal, but try not to sweat it, says Suter. Try starting with bodyweight exercises, such as squats, dips and push-ups.

"Everyone has been a beginner and you're moving yourself in the right direction to a better body and mind," she says. "The key is to start off slow and listen to how your body feels as you progress in weight, as well as ensure you're doing proper form with each exercise before you increase intensity."

See the January initiatives for some strength training challenges along with our favorite Core Strength Training the Plank Challenge!!!



HelpNet

Visit www.helpneteap.com
or call **1-888-975-9355**
to speak to a wellness coach
about additional resources
available.

Loneliness and Our Health

Loneliness and feelings of disconnection have become increasingly prevalent in our society. Research suggests that social media is responsible, in part, for decreasing real-life connection. Prolonged loneliness can cause the stress hormone cortisol to increase. High levels of cortisol can impair cognitive function, weaken the immune system and potentially even cause anxiety, depression, sleep issues and weight gain, and over time lead, to disease. Fortunately, there are ways to increase human connection, which can help maintain healthy stress levels!

Ways to fight the effects of loneliness:

- Become more aware of when and why you may be lonely.
- Push yourself out of your comfort zone by trying new things.
- Practice random acts of kindness.
- Take a social media break.
- When socialising, focus on quality not quantity.