

WEALTH IN WELLNESS

FEBRUARY WELLNESS NEWSLETTER

Brought to you by the Monroe County Personnel and Health Departments



EXERCISING FOR HEART HEALTH

Being physically active is a major step toward good heart health. It's one of your most effective tools for strengthening the heart muscle, keeping your weight under control and warding off the artery damage from high cholesterol, high blood sugar and high blood pressure that can lead to heart attack or stroke. Here are three kinds of exercise that boost heart health:

AEROBIC EXERCISE

What it does: Improves circulation, which lowers blood pressure and heart rate. Increases overall aerobic fitness (how well your heart pumps), and helps control blood glucose.

How much: At least 30 minutes a day, at least five days a week.

Examples: Brisk walking, running, swimming, cycling, playing tennis and jumping rope.

RESISTANCE/STRENGTH

What it does: Helps reduce fat and create leaner muscle mass. A combination of aerobic exercise and resistance work may help raise HDL (good) cholesterol and lower LDL (bad) cholesterol.

How much: At least two nonconsecutive days per week.

Examples: Exercises with free weights (dumbbells or barbells), weight machines, resistance bands, or body-weight exercises (push-ups and squats).

FLEXIBILITY/BALANCE

What it does: Benefits musculoskeletal health, which enables maintenance of aerobic/resistance exercise routines by reducing joint pain, cramping and other muscular issues.

How much: Every day and before and after other exercise.

Examples: Your doctor can recommend basic stretches you can do at home, or you can find free online videos to follow. Tai chi and yoga also improve these skills.

SHOW YOUR BODY RESPECT



Invest in Clothes That Fit

Donate clothes that no longer fit. Invest in clothes that fit your current body and dress comfortably in a style that you like.



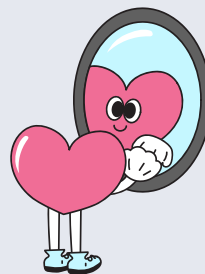
Stop Comparing

Out of sight, out of mind! If you use social media, consider unfollowing accounts that promote a particular body standard or images you constantly compare yourself to.



Refrain from Body Bashing

Body bashing involves talking negatively about your body or someone else's body. The next time you hear this kind of talk, refrain from joining in to bash your own body, and speak up to encourage them to reframe their self talk.



Practice Body Compassion

Replace negative body thoughts with kind statements. You may choose to focus on body parts you really like, or you may choose to appreciate body parts for what they can do.

WINTER BLUES GOT YOU FEELING DOWN?

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the "winter blues," some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

WHAT'S HAPPENING THIS MONTH?

MEET WITH A RETIREMENT ADVISOR

- Roth IRA representative, Ron Gloe, will be on site Feb 8th from 9am-4pm. Contact Ron at 1-866-708-3894 or send an email to ron.gloe@securitiesamerica.com to schedule an appointment.
- Deferred Compensation representative, Gregg Sperber, will be on site Feb 27th from 9am-4pm and Feb 28th from 9am-3pm. Schedule an appointment online at <https://bit.ly/MonroeCoWI> or email questions to sperbg1@nationwide.com.



VIRTUAL LEARNING TABLE

Attend our monthly virtual "Learning Table" to learn more about improving your health and well-being. All 2024 Learning Tables will be held on the 2nd Tuesday of each month, starting at 8:15am.

- February: Taking Care of Your Heart
Tuesday February 13th at 8:15am-8:45am.
- March: Healthy Hydration
Tuesday March 12th at 8:15am-8:45am.



Join our Zoom Meeting:

<https://bit.ly/3Hr1Ztn>
Meeting ID: 872 7191 0533
Passcode: 690755



*Presentation recordings will be posted to the Employee Wellness section on the Personnel web page.

Find our 2024 wellness resources at:

<https://www.co.monroe.wi.us/departments/personnel/wellness>