

# WEALTH IN WELLNESS

## OCTOBER WELLNESS NEWSLETTER

Brought to you by the Monroe County Human Resources and Health Departments



### WALKING CAN IMPROVE YOUR OVERALL WELL-BEING

Walking is one of the simplest yet most effective ways to enhance your overall health and well-being. Just 30 minutes of brisk walking each day can significantly improve cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. Not only does it help in maintaining a healthy weight, but walking also reduces the risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis, and certain cancers. It is also a fantastic way to improve mental health, as the rhythmic nature of walking can help alleviate symptoms of anxiety and depression, boost mood, and enhance cognitive function.



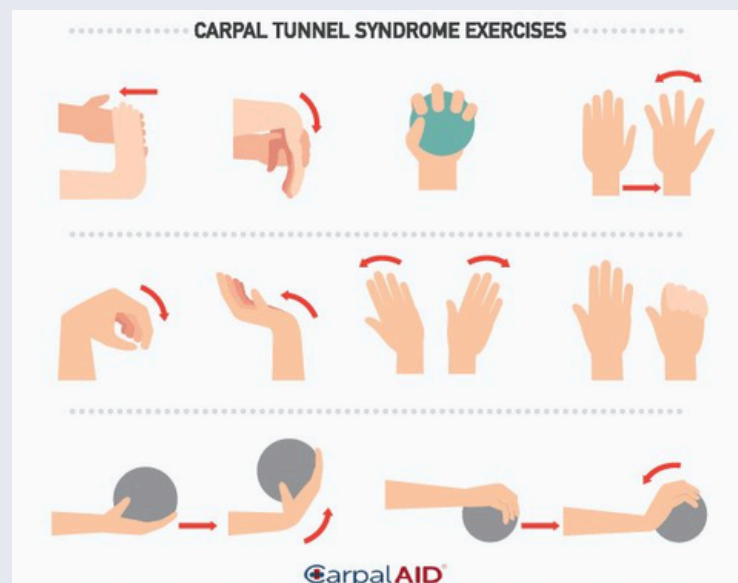
**Join us for the Walktober Challenge this month!** Download your tracking sheet on our wellness webpage ([co.monroe.wi.us/departments/human-resources/employee-wellness](https://co.monroe.wi.us/departments/human-resources/employee-wellness)). Walk 31 miles throughout the month of October, and turn in your tracking sheet to be entered into a prize drawing for fall-related prizes. Prize drawing will take place during the November 12th Learning Table.

### PROTECT YOUR WRISTS FROM CARPAL TUNNEL

Carpal Tunnel Syndrome (CTS) is a common yet preventable condition that affects millions of people, particularly those who engage in repetitive hand and wrist movements, like those needed when working at a computer or scrolling on a phone. To help protect yourself from CTS, it is important to adopt ergonomic practices both at work and home.

Start by ensuring your workstation is set up to promote a neutral wrist position; keep your wrists straight, and your hands slightly below elbow level. Take frequent breaks to stretch and flex your hands and wrists, and consider using ergonomic keyboards and mouse pads to reduce strain. Maintaining overall hand and wrist strength through exercises can also be beneficial. By integrating these simple preventive measures into your daily routine, you can significantly reduce the risk of developing Carpal Tunnel Syndrome and maintain better hand health.

Try adding these stretches to your daily routine --->



## FEATURED RESOURCE: HELP IS JUST 3 NUMBERS AWAY

In Wisconsin, three numbers are all you need to get connected to emergency help, support, or community resources in almost any category:



## WHAT'S HAPPENING THIS MONTH?

### 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.

- **October:** Breast Cancer Prevention and Screening with Laura Reutlinger from the Monroe County Health Department Tuesday, October 8th at 8:15am-8:45am.
- **November:** Resilience - Mindfulness, Self-Care, Boundaries with Kristen Godding from Gundersen Employee Assistance Program (EAP) Tuesday, November 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 on the Human Resources website.

Find our 2024 wellness resources at:

<https://www.co.monroe.wi.us/departments/human-resources/employee-wellness>