



2018 Lifesaver Wellbeing Series

WORKPLACE HEALTH & WELLBEING TOOLKIT

Increase the energy and resilience of your workforce with FREE tools to build an effective health and wellbeing program

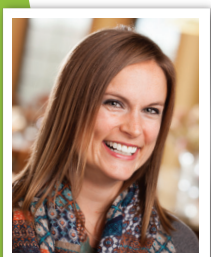
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2018 MONTHLY WELLBEING MATERIALS

JANUARY Discover Your Purpose	FEBRUARY Live Wholeheartedly	MARCH Sleep Well	APRIL Every Step Counts
MAY "I See You" Emotional Health Support	JUNE Unplug From Technology	JULY Freedom From Cravings	AUGUST Use Your Strengths
SEPTEMBER Learn and Grow	OCTOBER Love is an Action	NOVEMBER Build a Better You	DECEMBER Financial Freedom

WELLNESS CHALLENGES WITH TRACKERS:

- **Goal-Setting** Complete a Personal Improvement Plan
- **Heart Health** Take the Fast Food Challenge and limit visits to 10 a month
- **Physical Activity** and Pain Increase aerobic activity to 150 minutes a week
- **Nutrition** Drink more water by increasing consumption to 64 oz. per day
- **Blood Pressure** Reduce caffeine consumption and limit to 200 mg daily
- **Men's Health** Complete your Annual Physical
- **Cancer Prevention** Increase fruit and vegetable consumption to 5 or more servings a day
- **Blood Sugar** Avoid sweets and starchy foods by limiting sweet treats to one per day
- **Cholesterol** Increase fiber intake to 20 grams daily by eating whole grains
- **Women's Health** Complete your Annual Physical
- **Tobacco** Create a plan and commit to a date to quit using tobacco
- **Stress & Depression** Take 10 minutes each day for quiet and relaxation
- **PLUS:**
 - **WELCOA** programs such as "Eat Right for Life" and "Stop Stress this Minute"
 - **Inspirational Lifesaver** videos from local individuals who share their success
 - **Wellbeing Library** with calendar and planning templates, videos, and individual and group activities



Contact **Nurse Jesse** at wellnessconsultant@bellin.org
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