



Dakota Wellness Program

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Wellness team members for
our monthly 15-minute
wellness webinar.

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NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

SANFORD
HEALTH PLAN

Improving Your Environmental Health

Improving your environmental health is important because it directly impacts your overall well-being and quality of life. Taking small, intentional steps can create a healthier environment for you and your family. Start by making your home healthier: reduce clutter, improve ventilation and choose low-toxic cleaning products to cut down on indoor pollutants. These simple actions can create calmer, cleaner spaces.

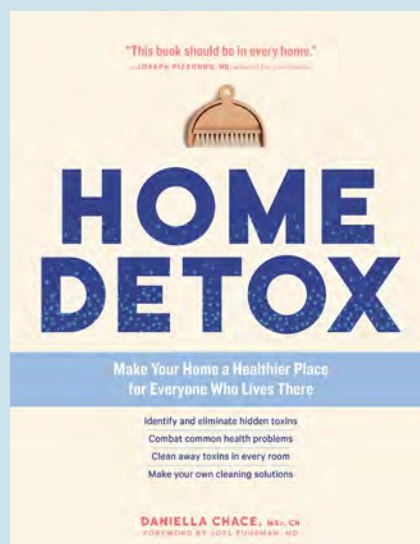
Next, work to reduce your allergies by keeping dust, pollen, and pet dander under control. Regular vacuuming, washing bedding in hot water and using air purifiers can make a big difference in daily comfort.

As temperatures rise, stay safe during hot weather by staying hydrated, limiting outdoor activities during peak heat and checking in on older adults or vulnerable neighbors.

When winter rolls in, guard against cold weather by layering clothing, preparing your home for freezing temperatures and being aware of frostbite and hypothermia risks.

Because air quality affects your health year-round, monitor local air reports and limit strenuous outdoor activities when pollution levels are high.

Lastly, stay safe in the water by swimming with others, obeying posted warnings and wearing life jackets when appropriate. Small proactive habits can protect your health in every season.



Monthly Book Club

Home Detox: Make Your Home a Healthier Place for Everyone Who Lives There

by Daniella Chace, MSc, CN

Home Detox is a practical, room-by-room guide to identifying and eliminating hidden toxins in the home. Chace, a professional toxicologist and health writer, explains how everyday items – such as cleaning products, mattresses, furniture and clothing – can contribute to chronic health problems like headaches, asthma, skin issues and sleep disturbances. She outlines her “Home Detox Method,” highlights the top toxic offenders in each space and offers strategies for removing or replacing them with safer alternatives. The book also includes easy, natural homemade cleaning solution recipes using ingredients like vinegar and baking soda.

Discussion questions

- **Which everyday household items mentioned in *Home Detox* surprised you most as potential sources of toxins, and how realistic would it be for you to replace or reduce them in your own home?**
- **Chace emphasizes a room-by-room approach to detoxing the home. Which room do you think has the greatest impact on overall health, and why?**
- **How might making small changes – such as switching cleaning products or improving air quality – affect long-term health, especially for children, older adults or those with allergies?**

Ask the Expert

Canned or Frozen Vegetables – Which Is Best?

All vegetables can be part of a healthy diet, but each option has pros and cons. Fresh vegetables often offer great flavor and texture, yet they can lose nutrients over time in storage. Frozen vegetables are picked at peak ripeness and flash-frozen, locking in nutrients and making them a convenient, affordable choice. Canned vegetables are budget-friendly and shelf-stable, though they may contain added sodium – look for low-sodium or no-salt-added versions. The bottom line? Eating more vegetables matters most. Choose the option that fits your lifestyle, budget and access – and enjoy them often.



Finding the Best Time to Move Your Body

The best time to exercise is the time you'll do it consistently. Morning workouts can boost energy, improve focus and help set a positive tone for the day. They may also support better sleep and routine-building. Evening exercise, on the other hand, can feel easier physically – your muscles are warmer, strength and endurance may be higher, and it's a great way to release stress after a long day. The key is listening to your body and lifestyle. Whether it's sunrise yoga or an after-dinner walk, the health benefits come from moving regularly, not the clock.

Exercise is Medicine (EIM)

Exercise is Medicine (EIM) is a 12-week program that empowers you to make exercise a habit and gives you the tools you need to decrease your health risks. It's **ONLY** offered virtually at this time. To qualify, you must be 18 years old or older.

EIM Price Guide

Virtual EIM program over Webex, which includes a fitness box: \$99
Non-Sanford Health Plan member virtual EIM program: \$199

A one-time fee unlocks:

- Group fitness classes
- Access to a personal trainer
- A fitness box will be mailed to your home, which includes:
 - EIM workbook
 - Recipe book
 - Pilates ball
 - Mini loop resistance band
 - Handled resistance band
 - Yoga mat

Virtual Class Options

Virtual EIM offers four weekly live virtual classes. Participants are encouraged to attend 3 live classes every week. New cohorts start in March.

- Afternoon Workout Session: Mon. and Wed. 6 to 7 p.m. CT.
- Morning Workout Session: Tues. and Thurs. 5:30 to 6:30 a.m. CT.
- Workbook Overview: Fri. 11:30 a.m. to Noon CT.

Learn more and register at sanfordhealthplan.com/exercise-is-medicine.

Preventive Health

President Lyndon B. Johnson proclaimed February to be American Heart Month beginning in 1964. Heart disease is a leading cause of death in the United States. There are things each of us can do to reduce our risk of developing heart disease. Even the smallest lifestyle changes can make a difference over time. Understanding what changes can make a difference, you can be equipped to manage and improve your health.

- Understand your risk – know your family history and talk with your physician
- Eat a diet rich in whole foods – make healthy choices that include less processed foods and more fruits and vegetables
- Engage in physical activity – move more! It's one of the best ways to prevent heart and other diseases, stay healthy, and age well
- Manage your weight – maintain a healthy weight range for you
- Know your cholesterol and blood pressure - these are two main risk factors that could cause heart disease
- Know how to properly perform cardiopulmonary resuscitation (CPR) and how to use an automated external defibrillator (AED) to help save lives. Learn more at the [American Heart Association®](#).

Copypat Sweetgreen Harvest Bowl



Ingredients:

Roasted Sweet Potatoes:

1 small sweet potato, diced
Olive oil spray
Pinch of salt

Roasted Chicken Breasts:

1 (5oz) chicken breast
1/2 tsp paprika
1/2 tsp garlic powder
1/2 tsp onion powder
1/4 tsp salt

Balsamic Dijon Dressing:

1/2 tbsp olive oil

1 tbsp balsamic vinegar

2 tsp Dijon mustard

1 tsp honey

Pinch of salt and pepper

Bowl Ingredients:

2 cups chopped kale

Add the diced chicken breast

Add the diced roasted sweet potatoes

1/4 cup cooked brown rice

1/2 of apple diced

1 tbsp chopped almonds or pecans

1 tbsp crumbled goat cheese

Instructions:

Roasted Sweet Potatoes: Dice sweet potatoes into small cubes, Spray with olive oil, toss with salt, and air fry or bake at 400°F for 15-18 minutes until soft and lightly caramelized. **Roasted Chicken Breast:** Season both sides of the chicken with paprika, garlic powder, onion powder, and salt. Air fry at 375°F for 15 minutes or until cooked through. **Balsamic Dijon Dressing:** Whisk together olive oil, balsamic vinegar, Dijon mustard, honey, and a pinch of salt and pepper. Whisk all ingredients together until smooth. **To Build the Bowl:** Add kale to your bowl, then top with chicken, roasted sweet potatoes, brown rice, apple, nuts, and goat cheese. Drizzle the balsamic dressing over the top and toss gently to combine.

Nutrition Facts: Serves 1 | Calories per serving: 465 | Protein: 40g | Carbohydrates: 37g | Fat: 18g

Monthly Observances

American Heart Month

Cancer Prevention

Feb. 4: World Cancer Day

Feb. 6: National Wear Red Day (for women's heart health)

Feb. 14: National Donor Day

Feb. 23 – Mar. 1: Eating Disorders Awareness Week

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sanfordhealthplan.com/memberlogin

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