



Dakota Wellness Program

September 2020

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Join us for a 15 minute webinar “Get Moving at Work” on September 8 to help you find the pockets of opportunity in your day to move.

Click here to register today!



NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

SANFORD
HEALTH PLAN

GET UP and MOVE to reduce your disease risk

It might be surprising to hear health experts call sitting the new smoking. Research shows that sitting increases your risk for developing chronic disease and is rising up as one of the leading causes of death globally. In a 2008 Australian study, they suggest that every hour of television watched after the age 25 reduces the viewer's life expectancy by almost 22 minutes. By comparison, smoking a single cigarette reduces the life expectancy by 11 minutes. Other studies surrounding this topic demonstrate that the effects of long-term sitting are not reversible through exercise or other good habits. This means that the 60-minute workout session performed at the end of a sedentary workday might not be enough to combat the harsh effects of sitting. The risks associated with prolonged sitting include heart disease, diabetes, metabolic syndrome, cancer, and many more.

Many Americans have a sedentary job or lifestyle. The good news is that sitting disease is preventable, and there are simple methods you can incorporate into your day to establish a more active lifestyle—even with a sedentary career. There may not be one solution that will work for everyone, but here are a few ideas that you can turn into a goal to gradually increase activity time during the day.



Move at least 5 minutes every hour by simply standing up, walking to fill up your water bottle or stretch at your desk



Try a standing desk or tall table and use it as often as you can during the workday



Take the stairs or park further away from the entrance of a building



Bike or walk to your destination whenever possible



Book Club

Deskbound: Standing Up to a Sitting World

by Kelly Starrett, Juliett Starrett and Glen Cordova

Time to stand up for some startling news. Sitting can harm your body in many different ways. As a root cause of many aches and pains to the development of chronic diseases like cancer, diabetes and even depression. In *Deskbound*, Dr. Kelly Starrett—physical therapist and bestselling author—unveils how your sedentary lifestyle is killing you and, more important, what you can do to change it.

Learn how to develop a detailed plan to combat your chair and monitor your posture to improve mobility and reduce pain. Using creative solutions to help you get up and move more frequently, the book is also useful for creating a healthy environment for the general workplace and school settings.

Discussion questions

- 1. Using a 1-10 scale, how would you rate your activity level during the day? (1 = sitting or resting almost all day/10 = highly active or moving most of the day)**
- 2. What is a realistic way you can incorporate more movement in your day?**
- 3. Is your environment set up in a way that nudges healthy behaviors? Examples may be movement reminders or walking paths at work. If no, what are some changes you can make in your environment to encourage more frequently movement habits?**

Give it a try...



What are you waiting for?

Dakota Wellness Program benefit redemption

Employees and spouses can each earn up to \$250 a year through the Dakota Wellness Program. Don't delay redeeming your benefit, you can cash in your rewards for as little as \$10 (1,000 points) at a time. As a reminder, all earned points must be redeemed by December 31st, 2020.

Haven't earned any points yet?

There is still time! By simply logging in, completing your health assessment, and checking off any applicable Wellness Requirements—you could earn \$100 if you have visited your doctor or dentist this year.

Are you going to the gym and earning fitness reimbursements?

If you missed any gym payments throughout the year, you can also earn points in the online wellness portal and redeem them to reach your full benefit. You can check your 2020 balance in the Redemption Center.

WANT MORE INFO?

Visit sanfordhealthplan.org/ndpers/dakotawellnessprogram for instructions. There are new options for employees to earn workplace vouchers through consultations and monthly webinars.



Learn the warning signs to prevent suicide

COVID-19 has brought about many new stressors and changes to daily life. Some people may be experiencing thoughts and feelings that are impacting their behavioral health. It is important to watch for warning signs of suicide in yourself and your loved ones.

Suicide warning signs:

- Talking about ending one's life
- Talking about being a burden to others
- Sleeping too little or too much
- Withdrawing and excessive isolation
- Lack of interest in activities & feeling hopeless
- Increase use of drugs and/or alcohol
- Displaying extreme mood swings
- Giving away personal belongings

There are options for those in need of counseling with various providers offering telehealth and in-person appointments. Sanford Health Plan Behavioral Health Case Managers are available to connect you to resources that meet your needs. You can reach them by calling **(888) 315-0884**.

We can all work together to create a community of support by reaching out and checking in with ourselves and others.

Big 3 relationships

When most of us think of relationships, we think of family, friends, and other loved ones. These relationships are likely counted among our most valuable resources. However, these relationships with others are just one among the three most important relationships we will ever have. There are two other relationships to consider — our relationship with ourselves and our relationship with our work.

The relationship we have with ourselves is the one most easily neglected. We are quick to use the little time we have available to take care of others. Set an intention to get know yourself and your needs. Whether you enjoy time spent exercising, creating art, or just sitting in silence, getting to know yourself is time well spent.

The third relationship is the one we have with our work because this is where we spend the majority of our waking hours. Spend time and intention to look beyond your everyday needs at work. Focus instead on what your work needs of you, and what you truly need to thrive at work, to begin exploring this relationship.

Source and for more information:
The Three Marriages by David Whyte



Activate!

STRETCHES FOR MOBILITY

Mobility refers to the strength of the muscle in various ranges of motion. When we spend all day sitting at a desk or on the couch, it can cause aches and pains along with tightening up of our muscles. This form of movement helps you reduce your risk for injury during exercise and improves overall muscle function and technique.

SHOULDER STRETCH

Stand about an arm length away from a secure surface about hip height like the kitchen counter or bathroom sink. Grip hands on the surface, keep your back flat and push your hip backwards and keep your legs and arms straight forming a "V" shape with your body. Hold for 20-30 seconds.

NECK STRETCH

In a standing or seated position – relax your shoulder and slowly turn your head to look over your right and then left shoulders. Follow the side stretch by looking up towards the ceiling and then down at the floor. Perform this cycle of stretches for about 60 seconds.

QUAD ROCKERS

Start in a tabletop position on the floor with hands under shoulders, on your knees. Tuck your toes and lift your knees a couple of inches off the ground. Sit your hips back towards your feet and keep your arms straight out in front of you, hands on the floor, keeping knees elevated. Rock forward again to the tabletop position, keeping knees elevated and then rock hips back towards feet, moving slowly back and forth for about 60 seconds.

LYING HAMSTRING STRETCH

Start by lying on your back and keep it flush to the floor. Straighten your right leg and bring it towards your head. Place your hands behind your knee to deepen the stretch and alternate flexing and pointing your toes. Perform this stretch on each side for 45 seconds.

HIP STRETCH

Starting on your hands and knees, step one leg forward between your hands and keep your shin vertical. Your back should be flat and your hips square. Hold each side for 45 seconds.

Minestrone Soup

Serves: 6

Total Time: 60 min | Prep: 10 min

Ingredients:

3 cloves garlic, minced
2 large carrots, chopped
1 onion, chopped
2 stalks celery, chopped
1 lb. ground beef or turkey,
90% lean or greater
1 28 oz. can diced tomatoes

1 14 oz. can cannellini beans,
drained and rinsed
2 cups chopped kale or spinach
4 c. chicken broth
1 Parmesan cheese rind
1 c. whole grain pasta (elbow or rotini)
Salt and pepper to taste

Directions:

In a large pot over medium heat, sauté the garlic, carrots, onion, and celery until softened, about 5 minutes. Add meat and cook until browned. Add tomatoes, beans, kale (or spinach), and broth and bring to a boil. Add the Parmesan cheese rind and reduce to a simmer. Simmer 15-20 minutes. Add pasta and simmer an additional 20 minutes. Season with salt and pepper to taste. Remove parmesan rind before eating. If no rind is available, you may top your bowl of soup with a tablespoon of parmesan cheese.

Nutrition Facts:

Calories: 289 Total Fat: 8g Sodium: 649mg Total Carbohydrates: 33g
Dietary Fiber: 7g Total Protein: 24g

Nutrition information compiled using MyNetDiary.com

Monthly Observances

Blood cancer
Childhood cancer
Childhood obesity
Cholesterol education
Fruits and veggies
Food safety
Healthy aging
Menopause
Ovarian cancer
Preparedness
Prostate health
Recovery
Whole grains
Yoga

6-12—Suicide Prevention
11—Day of service and remembrance

QUICK LINKS

sanfordhealthplan.com/ndpers

SET-UP A

mySanfordHealthPlan

ONLINE ACCOUNT

[sanfordhealthplan.com/
memberlogin](http://sanfordhealthplan.com/memberlogin)

CONTACT US

NDPERSwellness@

sanfordhealthplan.com
(800) 499-3416

Join us for live cooking classes on our Facebook Group. **REGISTER HERE!**

This information should not be considered medical advice and is not a substitute for individual patient care and treatment decisions.