

Dakota Wellness Program

MAY 2023

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Join Sanford Health Plan Wellness team member for our monthly 15-minute wellness webinar.

Click here to register today!



NORTH DAKOTA
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Physical activity during the work day

12 hours is the amount of time the average person spends sitting throughout the day. Additionally, physical inactivity is the 4th leading risk factor for global mortality. It is likely that a portion of the hours people spend sitting are during the work day. By incorporating physical activity into your work day, you may notice some of the following benefits while also reducing your risk for chronic conditions:

- Increased (↑) energy and productivity
- Reduced (↓) stress and anxiety
- Enhanced (↑) mood
- Better (↑) sleep
- Increased (↑) socialization

It can be difficult to find time to incorporate physical activity during the work day. By adding just 5 to 10 minutes of movement a few times throughout the day, you will start to experience the positive benefits listed above. Here are some ways to get your blood flowing throughout the work day that don't require much time, space, or equipment:



Park farther away and take the stairs when you arrive to work



Use a standing desk and alternate between standing and sitting throughout the day



Take a walking meeting or phone call, instead of sitting in a conference room or at your desk

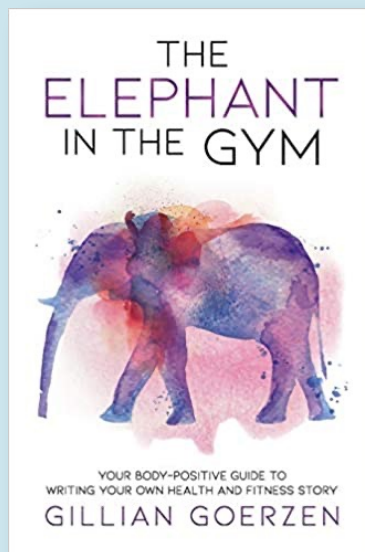


Do some simple exercises at your desk, such as chair squats, wall push-ups, or lunges



Try doing some desk yoga, which involves simple stretches and poses that can be done at your desk. You can find many videos with examples on YouTube.

Check out <https://www.juststand.org/> for more information, tips, and benefits of physical activity at work.



Book Club

The Elephant in the Gym: Your Body-Positive Guide to Writing your Own Health and Fitness Story

by Gillian Goerzen

Stop eating Gluten. Want fast fitness results? Do HIIT and lift weights. Keto is the best way to lose pounds quickly. Intermittent fasting is the answer to everything. So much information! What do you trust? More importantly, what's right for you? Conflicting information is everywhere, but the underlying message is loud and clear - Your body is the problem and, you'd better fix it.

What if the solution isn't a new diet or another fitness program? What if you could create a healthy lifestyle using simple strategies to build lasting habits of a healthy life - a solution based on loving the body you're in?

Award-winning Personal Trainer and Health Coach Gillian Goerzen wants you to know it's not about the perfect program - it's about redefining healthy living on your terms, and developing strategies, routines and habits that work for you - and your real life! Grounded in science, self-compassion and Goerzen's personal journey from body hatred to body positive, you'll learn to ditch the diet, reclaim an empowered relationship with your body, and become healthier as a result.

DISCUSSION QUESTIONS

1. **What was your initial reaction to the book's title? How did the author's approach to the topic of body positivity and fitness challenge or reinforce your preconceptions?**
2. **The author often refers to her own struggles with body image and fitness. What aspects of her personal story did you find most relatable, and why?**
3. **How have you approached fitness in the past, and how might the author's advice help you find a more positive relationship with exercise?**

Ask the Expert

Registered Dietitian

Question: What are the benefits of tart cherries?

Tart cherries, also known as sour cherries, a fruit that have been shown to have numerous health benefits. When combined with physical activity, tart cherries can have even greater benefits for overall health and wellness.

One of the main benefits of tart cherries is their anti-inflammatory properties. Studies have shown that tart cherry consumption can reduce inflammation and oxidative stress in the body, which can help to reduce muscle soreness and improve recovery after exercise.

Additionally, tart cherries are a rich source of anthocyanins, which are powerful antioxidants that can help to protect against cellular damage and reduce the risk of chronic diseases such as heart disease and cancer.

When combined with regular physical activity, tart cherries can help to enhance athletic performance, increase endurance, and improve overall health and wellness. Overall, incorporating tart cherries into a balanced diet and exercise routine can have numerous health benefits and may help to improve overall physical performance and recovery.



Understanding different perspectives

Understanding different perspectives is an essential skill that can help us navigate the complexities of our diverse world. It involves recognizing and appreciating that there are various ways of seeing and interpreting things, and that each person's perspective is valid and shaped by their unique experiences and backgrounds.

One of the most critical aspects of understanding different perspectives is being open-minded and curious. Rather than dismissing someone's viewpoint simply because it differs from our own, we should take the time to listen and try to understand where they are coming from. We may not always agree with their opinion, but we can learn from it and gain a deeper understanding of the issue at hand.

Another crucial element of understanding different perspectives is empathy. We should strive to put ourselves in other people's shoes and consider how their experiences have influenced their beliefs and attitudes. This can help us develop a more compassionate and inclusive mindset, and ultimately foster greater unity and understanding within our communities.

In today's world, where social and political tensions are high, understanding different perspectives is more important than ever. By embracing diverse viewpoints, we can learn from each other, broaden our own perspectives, and work towards creating a more just and equitable society.



Marathon in a Month

Are you ready to step up your health? Then get excited for the Marathon in a Month Challenge! It's a fun way to stay active and earn rewards from the Dakota Wellness Program. During the challenge, you can walk, hike, dance or get your steps in any way you like. Just track 50,000 steps from May 4 through May 31 (must track 21 of the 28 days) to earn 1,500 points toward your wellness incentive.

To register:

- Log on to your **MyChart** account at member.sanfordhealthplan.org/portal/Authentication/Login
 - If you do not have a **MyChart** account, you will need to select **"Request access for myself."**
- Click on the **"Your Menu"** icon
- Scroll to **"Portals and Links"** under insurance
- Click **"Wellness Portal"** inside the Portals and Links page
- Select **"Sign up today"** on the Marathon in a Month step challenge

Preventive Health

Healthy Vision

May is Healthy Vision month. Our eyes are the windows to how we learn and process what is around us. Here are some tips to help protect your vision:

1. See an eye professional for a comprehensive dilated eye exam
2. Know your family history - many eye diseases are hereditary
3. Having a healthy diet that includes dark leafy greens and fish containing omega-3 fatty acids will help slow down age-related eye conditions
4. Be active and maintain a healthy weight. This reduces the chance of your developing diabetes or other conditions that may affect your eye sight.
5. Quit smoking. Smoking could increase your chance of developing certain diseases that affect the eyes, such as macular degeneration or cataracts.
6. Wearing sunglasses to block out UVA and UVB rays helps protect from cornea and lens damage
7. Protective eyewear is important during certain activities, such as home repairs and sports
8. Give your eyes a rest when working on computers



Monthly Observances

Asthma and allergy

Arthritis

Bike

Blood pressure

Employee health and fitness

Melanoma

Mental health

Sleep

Stroke

Vision

14-20 - Women's health

15-21 Bike to work

QUICK LINKS

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Anti-inflammatory cherry spinach smoothie

Ingredients:

1 cup Fairlife milk	1 (1/2 inch) piece peeled ginger
1 cup frozen tart cherries	1 tsp chia seeds
1 cup baby spinach leaves	
1/2 mashed ripe avocado	
1 Tbsp nut butter of choice (almond butter used in nutrition fact calculations)	

Directions:

Add milk, cherries, spinach, avocado, nut butter, ginger and chia seeds to a blender; puree until smooth. Pour into a glass; garnish with more chia seeds, if desired.

Nutrition Facts:

Calories: 435 | Total fat: 25g | Saturated Fat: 3g
Total Carbohydrate: 43g | Dietary Fiber: 14g |
Total Protein: 21g | Sodium: 204mg
Nutrition information compiled using MyNetDiary.com



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The information in this newsletter should not be considered medical advice and is not a substitute for individual patient care and treatment decisions.



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