

Monthly Wellness Coordinator Update

Dakota Wellness Program



March 2025

Monthly Well-being Theme Balance Food and Activity

Energy balance is the relationship between ENERGY IN (calories consumed) and ENERGY OUT (calories burned through daily activities and exercise). Think of it like a "lifestyle budget"—if you plan to indulge in high-calorie foods, balancing your energy by eating lighter meals or increasing activity before or after can help you avoid weight gain. A steady balance over time keeps weight stable: when ENERGY IN and OUT match, weight stays the same; more ENERGY IN leads to weight gain, while more ENERGY OUT promotes weight loss. Simple choices, like swapping soda for water or walking more, support a healthy energy balance.

Member Wellness Webinar

2nd Tuesday of the month

March 11 at 10 a.m.

During this 15-minute LIVE webinar, Sanford Health Plan will share ways to improve your well-being.

Employees who register and attend the live webinar will receive a certificate of completion voucher from Sanford Health Plan for 3,000 points.

Register for the 2025 webinars!

Reminders and Announcements

The 2025 wellness benefit

Complete the Health Assessment and earn **500 BONUS POINTS** for early completion. Complete this step first if you want to redeem your \$250 benefit or receive fitness center reimbursements. Earn 3,000 total points if you complete it by March 31, 2025.

Wellness Challenges

Five to Thrive Challenge:

Challenge runs from Feb. 19 to March 18

Last day to enter data is March 25

The Five to Thrive Nutrition Challenge encourages people to eat 5 or more servings of fruit and vegetables each day for better health.

During the challenge, participants must track and record fruit and vegetable consumption for at least 21 out of 28 days and are eligible to earn rewards if they consume 5 or more servings per day for at least 14 days.

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- Wellness webinar
- Reminders and announcements
- Program resources

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Monthly Book Club

***The Fitness Equation:
Balancing Exercise, Nutrition,
and Mindset* by Maya Bella**
[Download poster](#)
[Download flyer](#)

Wellness Coordinator Webinar

4th Tuesday of the month:
March 25 at 10 a.m.

Register for the 2025 meetings!

Monthly Observances

March 14 – World Sleep Day
March 25 - Diabetes Alert Day
Brain Injury Awareness Month
Kidney Month
National Nutrition Month
Save Your Vision Month

Other challenges in 2025:

- Marathon In a Month runs May 1 - 28
- Sleep Challenge runs Aug. 20 - Sept. 16
- Stress Challenge runs Oct. 29 – Nov. 25

[Coordinator Wellness Program Resources](#)
Website and downloadable tools

[Dakota Wellness Website](#)

[Dakota Wellness Program Guide](#)

[Dakota Wellness Program Certificate of Completion](#)

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