

# Monthly Wellness Coordinator Update

## Dakota Wellness Program



May 2025

### Monthly Well-being Theme

#### Starting and Sticking to Physical Activity

Regular physical activity improves health. Aim for 150 minutes of moderate aerobic exercise weekly, such as walking or cycling, and strength training twice a week using weights or bodyweight exercises. Balance exercises like yoga enhance stability. Reduce sedentary time by incorporating movement into daily tasks. Choose enjoyable activities, start with 10 minutes daily, and gradually increase. Overcome barriers by scheduling workouts, using reminders, and involving friends. Affordable options like walking ensure staying active is accessible and sustainable.

### Member Wellness Webinar

2<sup>nd</sup> Tuesday of the month

May 13th 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!

### May Well-being activities

#### 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 1 through May 28 (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](https://member.sanfordhealthplan.org/portal)
  - If you do not have a **MyChart** account, you will need to select **“Sign Up for Yourself”**
- 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”**

### Walk@Work

Promote a walking event at your agency and distribute a voucher to all participants. Share your photos & stats with the wellness team.

#### Inside this issue...

- Starting and Sticking to Physical Activity
- Wellness Webinar
- Reminders and Announcements
- Program Resources

[View past coordinator newsletters](#)

[View past coordinator webinars](#)

#### Monthly Book Club

***Stick with Exercise for a Lifetime: How to Enjoy Every Minute of It! (Personal Wellness Program)*** by Robert Hopper PhD

[Download poster](#)  
[Download flyer](#)

#### Wellness Coordinator Webinar

4<sup>th</sup> Tuesday of the month:  
May 27<sup>th</sup> at 10 a.m.

**Register for the 2025 meetings!**

#### Monthly Observances

Asthma and Allergy  
Arthritis  
Physical Fitness and Sports  
Blood Pressure  
Employee Health and Fitness  
Mental Health  
Sleep  
Stroke  
Vision  
11-17 Women's Health Week  
16 National Bike to Work Day

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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Free well-being information

Follow Sanford Health Plan's Facebook page for access to our well-being information all in the convenience of your newsfeed.



Contact your wellness team

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