
From: Employee Wellness
Sent: Monday, February 22, 2021 5:06 PM
To: County Staff
Cc: Michelle Moore
Subject: Take the stairs for health.

Follow Up Flag: Follow up
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In this issue: Combating a Sedentary Lifestyle, Wellness 2021, The Vegan Breakfast Cookie and more.

Employee Wellness



Wellness 2021

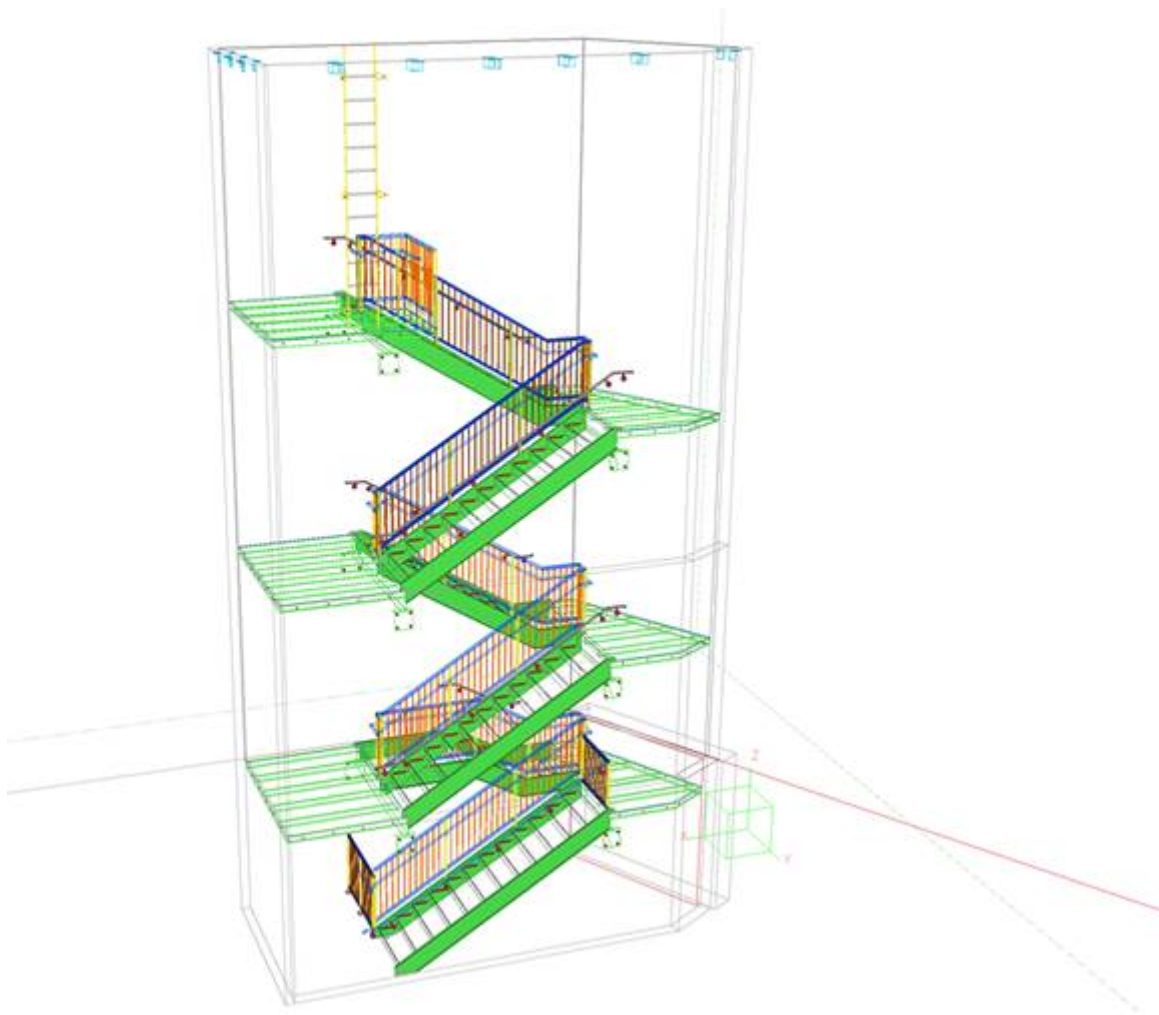


Tips for a healthy 2021, pick one or two to start and add more each week. Or incorporate all.

- Drink a glass of water first thing in the morning.
- Schedule a preventive care exam such as an annual physical or well-woman exam.
- Prepare at least one healthy vegetarian recipe for dinner every week.
 - Find an activity or hobby that helps boost your mood.
 - Spend at least 10 minutes on stress-relieving activity.
- Aim to go to bed at a time that allows you to sleep for 8 hours five days per week.
- Include three days of resistance or strength-building exercises each week.

- Write down three things you are grateful for every day.
 - Get out into nature at least one day per week.
 - Designate three evenings each week to be screen-free time.
 - Do some jumping jacks before starting your favorite TV show.
 - Drink a glass of water before you eat a meal.
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Take the Stairs



Stair Climbing Burns More Calories Than Jogging

studies have shown that stair climbing, which is considered vigorous-intensity physical activity, burns more calories per minute than slower-paced jogging.

Stair Climbing Improves Cardiovascular Fitness

By virtue of being a form of vigorous exercise, stair climbing improves cardiovascular fitness—and, thus, cardiovascular health over the long term. Decades of research has shown that regular exercise improves cardiovascular fitness and can help prevent cardiovascular disease.

Stair Climbing Is an Easy Way to Combat a Sedentary Lifestyle

A great deal of research points to the all-too-common sedentary lifestyle of today's technologically advanced world as a major contributing factor to the global obesity epidemic. Taking the stairs whenever possible is a quick and easy way to break out of that sedentary lifestyle and add more physical activity and movement to your everyday life.

Stair Climbing Strengthens Muscles

Think about what it takes to climb the stairs. All the muscles in your legs, plus activating your abs, plus moving and perhaps pumping your arms—not to mention activating the muscles in your back. All of that translates into a stronger and healthier musculoskeletal system.

[Click here](#) to learn more.

Health & Wellness Webinars



Kaiser Permanente

*****Pre-Recorded** Defeating Sleepless Nights***

[Click here](#) for access.

Sutter Health

Thursday, February 25th 12-1pm

****Live** Webinar – Heart Disease: Differences Between Men and Women**

[Click here](#) for access.

****Pre-Recorded** Optimizing Health In a Pandemic**

[Click here](#) for access.

****Pre-Recorded** Optimizing Your Immune System Against COVID-19**

[Click here](#) for access.

Virtual Yoga Resources



Virtual yoga resources from our local community and yoga studio

WEDNESDAYS

Virtual Yoga class w/Leslie Goodfriend – Wednesday's 7-8pm

This is a beginner+ class. Have a yoga mat or towel, one or two blankets, and one or two pillows.

Donation based \$0-\$15.

VENMO - @Leslie-Goodfriend

To access this course – please use the following link.

<https://us02web.zoom.us/j/87891031412?pwd=dXJtQUxOSUdUaDB2eGhkbU84bXRoQT09>

Meeting ID: 878 9103 1412

Passcode: 502478

ANYTIME

Ongoing Yoga, Relaxation & Meditation Resources:

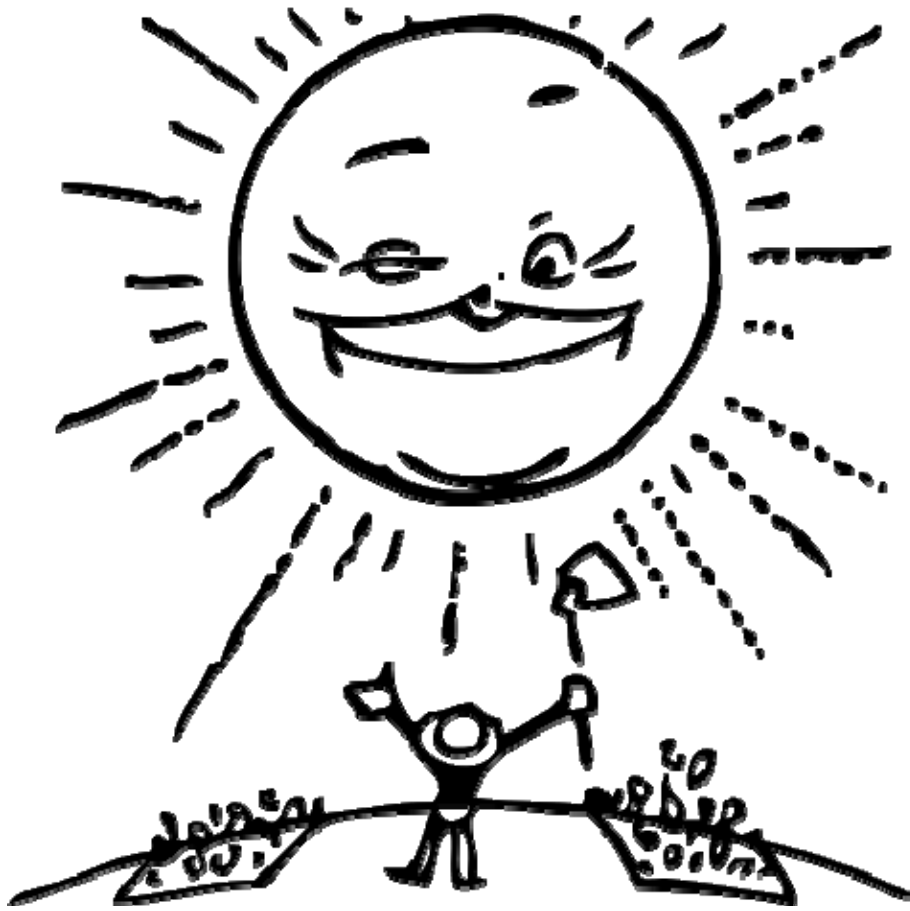
[Santa Cruz Yoga](#) – check out their online class offerings

[Luma](#) – offers Virtual Wellness (yoga, breathing, meditation, etc.)

[Luma Yoga Online Practice Library](#) – a variety of videos of yoga and breathing exercises

[Yoga for All Movement](#)

Farmer's Market



We're lucky to still have the Farmer's Markets. Fresh, in-season produce, grown locally, and available to us at multiple locations throughout the county!

Online Farmer's Market at [Eatlocal.farm](https://eatlocal.farm) (temporarily closed)

Check out the local Farmer's Market too – don't forget to bring a mask.

Downtown Market: 1pm-5pm on Wednesdays

Westside Market: 9am-1pm on Saturdays

Live Oak: 9am-1pm on Sundays

Felton: CLOSED FOR THE SEASON

Scotts Valley: CLOSED FOR THE SEASON

Aptos: 8am-12pm on Saturdays

Watsonville: 3pm-7pm on Fridays

Recipe Corner



[Vegan Thai Green Sweet Potato Curry](#)



[Hearty Vegan Chili](#)



[Vegan Breakfast Cookie](#)

Mental Health Corner



Mental Health America has compiled a range of resources and information to assist you during this stressful time. Mental health information and resources related to COVID-19, isolation, anxiety, stress, and more can be found here:

<http://mhanational.org/covid19>

US Department of Health & Human Services website offers tips for coping after traumatic events and disasters. Many of our community members are evacuated from their homes and many have suffered the loss of their homes. All of us are experiencing this traumatic event in some way and it is important to take care of ourselves in the coming days and months. To learn more about coping with traumatic events

and disasters from a mental health standpoint visit the US Department of Health & Human Services website [here](#).

Employee Assistance Program (EAP)



Childcare

Childcare problems produce frustration, worry and guilt. They can interfere with a parent's routine, causing missed time from work and canceled plans. When you call MHN for childcare assistance, our care consultants help you:

- Assess your childcare needs
- Understand the differences in cost and structure of the types of childcare available for infants, preschoolers and school-aged children
- Identify and evaluate childcare and special needs resources and providers

Your assigned care consultant will provide contact information for local childcare providers **with current confirmed openings across multiple zip codes.**

For more information... login to MHN Employee Assistance Program:

members.mhn.com

Select MHN EAP Employee Assistance Program Resources

Company code: [santacruz](#)