



HEALTH AND WELLBEING



Get Moving in May

This month we are challenging you to get moving. Any type of movement counts. We are looking for 200,000 steps. So any activity you do will equate to steps. (That's 6,452 steps per day for the month of May). Find something you love to do to move: walking, dancing, gardening, yoga, biking, kayaking; whatever makes you happy and inspires you to do more movement. Get rid of the mindset that you have to do 30-40 minutes of hard cardio. When you find something you love to do you will continue to do it. So find a coworker and take a walk at lunch or after school, find a yoga class, try Tai Chi, or find something to do in your own home. There are plenty of videos for movement. And remember before starting any exercise program, consult your physician first.

[Madfit 20 minute total body beginner](#)

[Madfit 20 minute HIIT workout \(high intensity\).](#)

[15 Minute Walking workout](#)

Employee Wellness Survey-Win Gift Cards

For those that are insured, you will be receiving a survey regarding the wellness program on May 6th. There will be two surveys, one for people that participated in the program for the 23-24 year and those that are insured but did not participate. There will be gift card raffle for each of the districts and Penn college for those that complete a survey as well as a three larger prizes. This is voluntary and can be anonymous, but raffle prizes will only be for those that complete their name and email on the survey.

Healthy Recipes

[Spring Pea Risotto with Lemon and Mint](#)

[Healthy Lemon Squares](#)

LCIC HEALTH COURSE

Click Link to Register:

[Healthy Eating on a Budget](#)

Movement Planner

Use this planner to choose the activities, the minutes and it will create a printable tracker for you based on things you love to do.

[Activity Planner](#)



Improving Anxiety

According to the American Psychological Association, anxiety is “an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure.”

Anxiety can be persistent in our daily lives. Calm’s [Reduce Stress & Anxiety Collection](#) is a toolkit that can help ease your nervous system so you can return to a neutral state and work with a calm mind.

Start redirecting your anxiety to a state of calm with the following mindfulness resources from the collection:

- [Calming Anxiety](#)
 - In this collection of breathing meditation exercises with Tamara Levitt, you get to choose how long you want to be guided in calming yourself down.
- [Managing Anxiety On the Go](#)
 - In this 4-minute guided meditation with Dr. Eric Lopez, you’ll learn to shift your attention away from stress through self-awareness of what’s happening with your body.
- [The Creativity of Mental Health](#)
 - In this 11-minute Daily Trip session with Jeff Warren, see how your mental health is an internal artwork that can help you be more aware of your inner world.
- [Sleep & Serenity](#)
 - In this music track produced by Superposition, you’ll be on a deep listening excursion with warm analog drone scapes designed to aid with sleep and ease anxiety.

Check out the Calm app for other diverse resources that’ll support your mental health journey. Haven’t redeemed your free Calm Premium subscription yet?



Join a [Calm App Webinar](#) to learn how to personalize your app experience or deep dive into monthly themed topics to enhance your mental health toolkit.

Important Note: If you’re experiencing chronic anxiety, please reach out to [Benefits contact/EAP liaison] or your doctor for the appropriate medical resources and support.