

March 2024



Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 NATIONAL PEANUT BUTTER LOVERS DAY 	2 LET YOUR LIGHT SHINE! 	3 Reach for the Stars! 
4 DO SOMETHING TODAY THAT YOUR FUTURE SELF WILL THANK YOU FOR. <i>Our actions and decisions today will shape the way we will be living in the future.</i>	5 RECIPE SPOTLIGHT  Baked Salmon w/roasted asparagus on cracked wheat bun	6 KIDNEY HEALTH  • Limit Meat and Dairy intake • Stay Hydrated • Exercise Regularly • Get regular screenings • Quit Smoking • NO Added Salt to foods • Caffeine in Moderation • Limit Medication Intake	7 Drink your water! 	8 MARCH IS FOR National Nutrition Month Eat Clean add more green to your meals 	9 WORLD KIDNEY DAY To protect your kidneys limit foods that are high in: sodium (salt), potassium, phosphorus, saturated fats, and protein 	10 Sleep Awareness Week February 10-16th 
11 IMPLEMENT A SLEEP SCHEDULE 	12 The average adult needs 7-9 hours of sleep nightly.  This will improve concentration, boost mood, and create higher energy levels.	13 WELLNESS WEDNESDAY PRACTICE MEDITATION TO IMPROVE SLEEP 	14 RECIPE SPOTLIGHT  Corned Beef and Cabbage	15 MARCH IS FOR National Kidney Disease Month For kidney health: Eat more cabbage, cauliflower, pineapples, red grapes strawberries blueberries, and cranberries 	16 Take the stairs to get in extra steps 	17 ST. PATRICK'S DAY 
18 Go for a walk in the park! 	19 MARCH IS FOR National Colorectal Cancer Awareness  Stay Informed Get screened for preventable disease	20 WELLNESS WEDNESDAY Go for a short bike ride 	21 MARCH IS FOR Bleeding Disorder Awareness Learn about these inheritable diseases and what we can do to prevent them or find a cure. 	22 RECIPE SPOTLIGHT  Honey Lime Rainbow fruit salad	23 DREAM BIG 	24 Live your dream. 
25 CHOOSE kindness BE KIND TO YOURSELF AND OTHERS CELEBRATE YOURSELF	26 RECIPE SPOTLIGHT  BBQ PINEAPPLE CHICKEN	27 WELLNESS WEDNESDAY Take a dip in the indoor pool to improve kidney health and relax 	28 Keep your distance and dial down the brightness for eye health Find a comfortable working distance from monitor to protect from blue light. 	29 MARCH IS FOR National Save Your Vision Month Workplace EYE Wellness : Eat Right Include beta-carotene like spinach and kale in daily diet Practice good habits and posture The 20-20-20 rule 	30 IMPROVE YOUR SLEEP HABITS BY.... Removing electronic devices at least 1 hour before bedtime. 	31 Easter Sunday Spend quality time with family and friends 

Top Priorities!

Are your kidneys healthy? Take action on having healthy kidneys now!

Create a sleep friendly environment - Nothing like feeling well rested!

Try picking-up a new hobby!

Notes

- **Q1 Step Challenge** - Submit items through WellRight Portal to receive 30 points
- **Register for Real Appeal** - Submit proof through WellRight Portal for 20 points
- **Brain Health** - Complete City of Racine quiz & submit answers on WellRight Portal for chance to win prize! (Prize worth \$25)
- **Yoga** - Participate in yoga on March 11th from 2:30pm - 3 in City Hall Room 207
- **Superfood Challenge** - Artichokes - Upload photo to WellRight Portal for 5 points

Name: _____

Date: _____



City of Racine Quiz



How much do you know about the City of Racine?
Answer the following questions.

1 In what year was the first school district in Racine established?

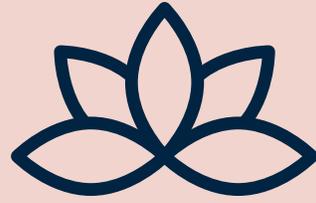
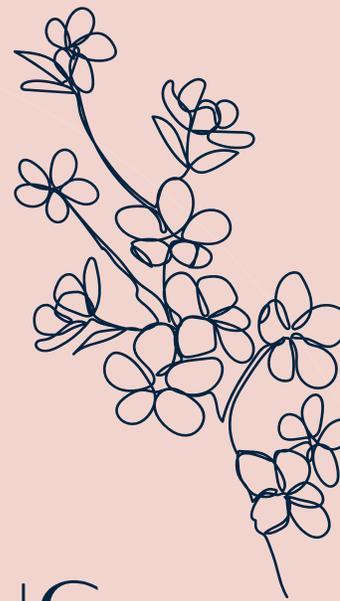
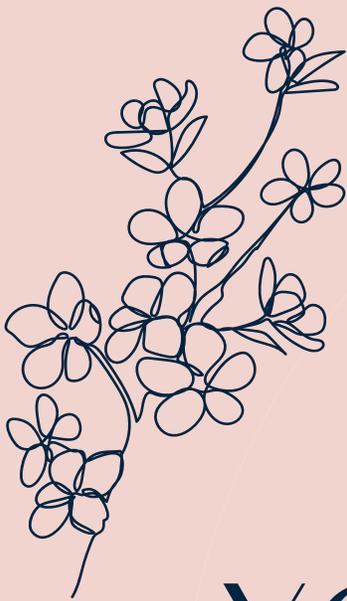
2 Who was the first Mayor of the City of Racine?

3 Who constructed the first bridge across Root River?

4 How many Community Centers are in the City of Racine?

5 How many Districts are in the City of Racine?

Upload this completed form to the Wellness Portal and be entered into a raffle to win a prize!



YOGA SESSIONS

City Wellness

Join Susie (Health Coach) from the Racine Health & Wellness Clinic for a much needed work break!

March 11th - 2:30pm - 3:00

June 10th - 2:30pm - 3:00
June 24th - 12pm - 12:30

April 15th - 2:30pm - 3:00
April 29th - 12pm - 12:30

July 8th - 2:30pm - 3:00
July 22nd - 12pm - 12:30

May 6th - 12pm - 12:30
May 13th - 2:30pm - 3:00

August 19th - 2:30pm - 3:00
August 26th - 12pm - 12:30

Location: City Hall Room 207



Healthy Alternatives



INSTEAD OF USING THIS....

White Rice

- High Calories
- High Carbohydrates
- Filler that doesn't fill you up much
- Highly processed



Tip - Try making Cauliflower rice with a head of cauliflower instead of pre-made rice.



TRY THIS INSTEAD....

Cauliflower Rice

- Full of antioxidants
- Lower calories
- Great source of fiber
- High in Vitamin B



Simple Seasoned Cauliflower Rice





What?

Get at least 150,000 steps per month from January 1st - March 29th. Submission due on Wellness Platform (WellRight) or to Human Resources no later than March 31st, 2024.



When?

Challenge runs from January 1st- March 29th 2024.



Submit:

Documentation to show that you have met the 150,000 steps per month requirement. You can use your phone, tracking device, or app.



Points:

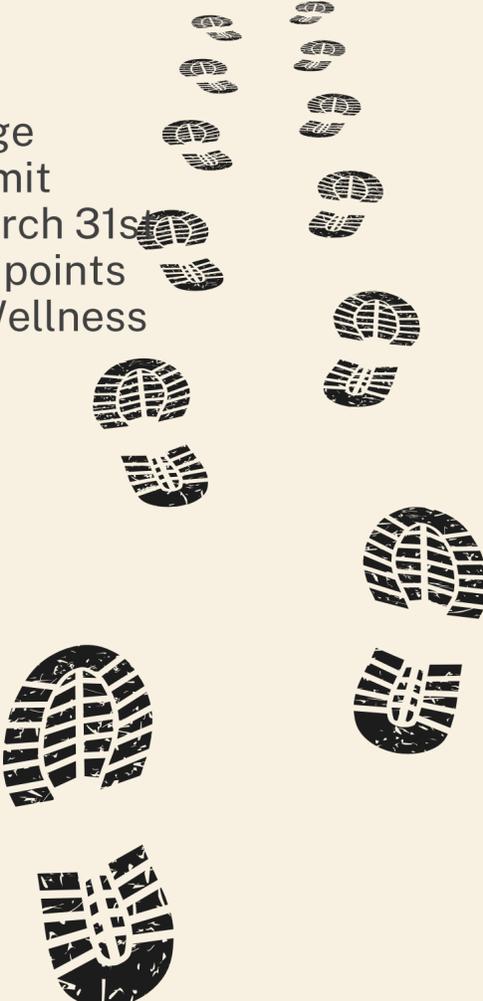
If you met the challenge requirements and submit items no later than March 31st 2024, you can earn 30 points towards becoming a Wellness Allstar



Questions?

Contact Human Resources at 262-636-9175 or human.resources@cityofracine.org

Q1 2024 Step Challenge



Q1 2024 Superfoods

Lentils - January



Sweet Potato - February



Artichokes - March



Task: Create a meal using the superfood of the month for each month of quarter one.

Submit a photo to the Wellness Portal (WellRight) or to HR to receive five (5) points* towards becoming a Wellness Allstar!

*5 points for each month you complete the requirements for.

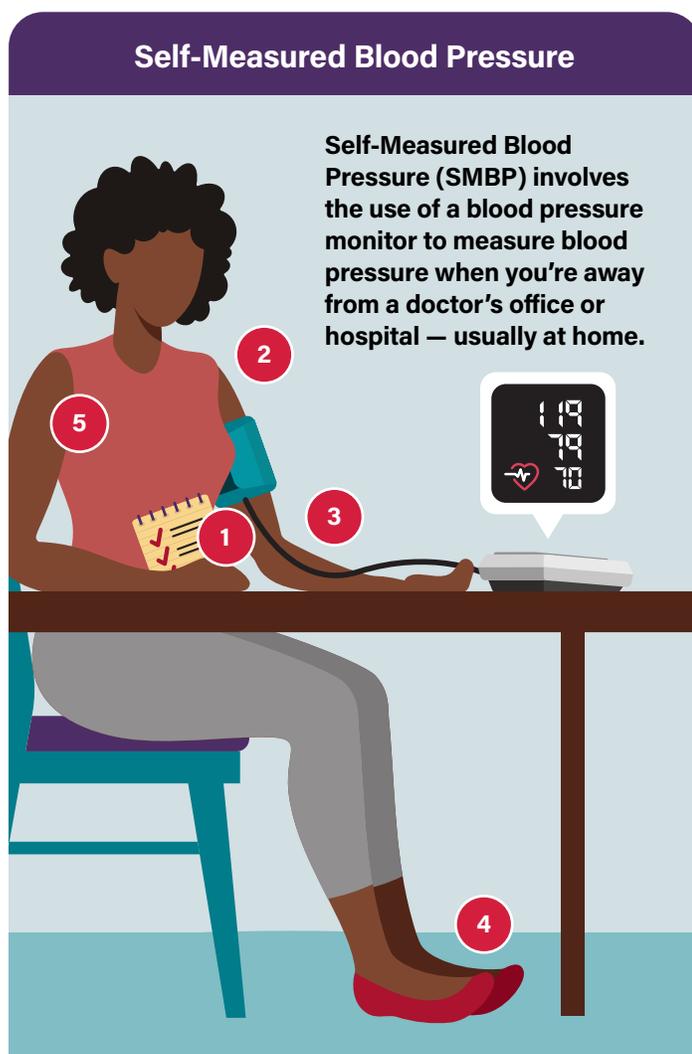


Self-Measured Blood Pressure



Blood pressure is the force of blood pushing against the walls of your arteries as your heart pumps blood. When blood flows through your arteries at higher than normal pressures, you may have **high blood pressure**, also known as **hypertension**. High blood pressure is a major risk factor for heart disease, which is the leading cause of death in the United States.

Half of all Americans have high blood pressure and many don't even know it. Adults should have their blood pressure checked by a healthcare provider. If your numbers are high, your healthcare provider may suggest self-measuring your blood pressure outside of the doctor's office. Blood pressure is measured using two numbers. Systolic is the first number and is the pressure when blood is pumped out of the heart. Diastolic is the second number and is the pressure between heartbeats when the heart is filling with blood.



Self-Measured Blood Pressure (SMBP) involves the use of a blood pressure monitor to measure blood pressure when you're away from a doctor's office or hospital – usually at home.

Follow these tips to measure your blood pressure at home.

- 1** Prepare for your blood pressure reading:
 - **Avoid exercising, eating a meal, drinking caffeine, or smoking** for 30 min before.
 - If you are on **blood pressure medication**, measure your blood pressure **before** you take your medication.
 - **Go to the bathroom** and empty your bladder beforehand.
 - **Find a quiet space** with a table and chair and no distractions.
 - **Sit and relax for 5 minutes** before taking your blood pressure reading.
- 2** **Uncover your upper arm** and put the blood pressure cuff above the elbow and mid-arm. Do not put the cuff over your clothing.
- 3** **Rest your arm on the table** so it's supported and the blood pressure cuff around your upper arm is located at heart level. Keep your arm supported and your palms up.
- 4** While taking your reading, make sure your **feet are uncrossed** and **flat on the floor**.
- 5** **Sit up straight in a chair**—make sure your back is supported. **Stay calm and relaxed**. Don't talk or watch TV while taking your reading.



Measuring your blood pressure at home is simple and effective. Studies have shown that self-measured blood pressure along with clinical support can help people with hypertension lower their blood pressure.



Take more than one measurement

To make sure your results are the same, **take two to three measurements 1 minute apart each time.**

Also, try taking your blood pressure at **the same time(s) each day.**



Set targets

Work with your doctor to set blood pressure numbers that are healthy for you. **Typically, a healthy blood pressure is less than 120/80 mm Hg.**

If your reading is **higher**, talk with your doctor about how to **lower or control it.**

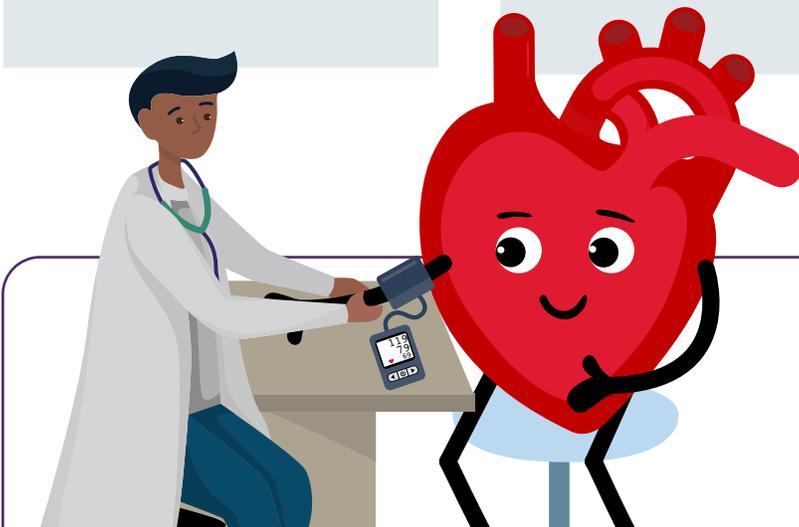


Record and track your measurements

You may be diagnosed with high blood pressure **based on your medical history** and if your blood pressure readings are **consistently higher than 130/80 mm Hg.**

Ask your doctor what your target numbers should be and how often to check it.

Use the **Blood Pressure Tracker** to record your numbers.



There's a lot you can do to control your blood pressure.

Learn more from *The Heart Truth*[®] at nhlbi.nih.gov/hypertension



Boost your brain health

With food, exercise and activities

Food

A diet that contains healthy nutrients, such as omega-3 fatty acids, is beneficial for brain health. Such a diet improves the formation of neurons and leads to improved thinking, attention, and memory. In sum, a healthy diet makes the brain happy, so we should all pay attention to what we eat. Below are just a few:

- **Beets.** Beets are high in antioxidants and nitrates. The former can prevent cancer and help the liver detoxify the blood, while the latter increase blood flow to the brain. Beets help the brain to think clearly and increase attention span.
- **Avocado.** Avocado is a superfood high in monounsaturated fats. These healthy fats keep blood sugar at a steady level and help keep skin, hair, and nails looking and feeling healthy. More importantly, avocados are rich in folate and vitamin K, which improve cognitive brain functions such as concentration and memory.
- **Broccoli.** Broccoli is high in both choline and vitamin K. These nutrients contribute to memory function and focus. This veggie also has a lot of vitamin C and fiber.

Exercise

What you might not realize is that with every step you take, every mile you pedal or every lap you swim, you're enhancing your cognitive fitness. Yes. That's right. Moving your body can help your brain work better. An increase in blood flow is not only extremely beneficial, it is essential. Exercise induces good blood flow to deliver all the nutrients required to carry out the brain's job, while it also increases production molecules important to brain function, including memory.

Activities

Any mentally stimulating activity will help to build brain health. Read, take courses, try "mental gymnastics," such as word puzzles or math problems. Experiment with things that require manual dexterity as well as mental effort, such as drawing, painting and other crafts.

Click on the link below to access some adult coloring pages. Improve your brain health and have fun!

<https://www.crayola.com/free-coloring-pages/adult-coloring-pages/>



Superfood of the Month: Artichoke

What is it?

The globe artichoke, also known by the names French artichoke and green artichoke in the U.S., is a variety of a species of thistle cultivated as food. The edible portion of the plant consists of the flower buds before the flower comes into bloom.

What do I do with it?

Preparing an artichoke for the first time can be daunting, but don't let it intimidate you! Artichokes are usually steamed but they can also be boiled, grilled or roasted. Once you prepare the artichoke by trimming the stem and leaves, you can boil them in a large pot of water for about 35-45 minutes until the leaves and stem are tender.

Steamed artichokes have three edible parts: the leaves, the stem and the heart. To eat the leaves, you peel them off one by one and scrape off the tender meat with your teeth, discarding the tough, fibrous shell. They are tasty on their own but melted butter or a dipping sauce really takes the flavor to another level.

Why should I eat it?

Artichokes are packed with powerful nutrients. Artichokes are low in fat while rich in fiber, vitamins, minerals, and antioxidants. Particularly high in folate and vitamin C, they also supply important minerals, such as magnesium, phosphorus and potassium.

Tips for buying and storing

When shopping for artichokes, look for ones that are heavy for their size. The best place to store artichokes is the vegetable crisper drawer in the fridge as it provides a cool and humid environment. They are best when eaten within a day or two of buying. Prepared artichokes can be stored in the fridge in a plastic bag or wrapped loosely in a damp paper towel for a few days.



Roasted Bell Pepper & Artichoke Dip

INGREDIENTS

- 9 mini bell peppers
- 1 (7 ounce) jar marinated artichoke hearts, drained and chopped
- ½ cup cream cheese (4 ounces)
- ½ cup sour cream
- Veggies, pretzels or chips for serving

PREPARATION

1. Position rack in upper third of oven; preheat broiler to high. Line a large rimmed baking sheet with foil. Arrange mini peppers on the baking sheet and broil, flipping once, until the skins are blackened and blistered all over, about 8 minutes. Transfer the peppers to a bowl, cover with plastic wrap and let stand for 10 minutes. Remove and discard stems, skins and seeds.
2. Combine the peppers, artichokes, cream cheese and sour cream in a food processor; process until smooth. Serve with veggies, pretzels or chips, if desired.

<https://www.eatingwell.com/recipe/7924142/roasted-bell-pepper-artichoke-dip/>