February 2024

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
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<tr>
<td></td>
<td></td>
<td></td>
<td>1 National Dark Chocolate Day!</td>
<td>2 GROUND HOG’S DAY SHADOW OR NOT? LONGER WINTER?</td>
<td>3</td>
<td>4 Rise and shine early and get moving today! Step outside if possible; take in some sunshine to improve your mood and boost your immunity.</td>
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<td></td>
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<td></td>
<td>Benefits of 1-2 squares of dark chocolate:</td>
<td>• Could improve brain health</td>
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<td></td>
<td></td>
<td></td>
<td>• May reduce heart disease risk</td>
<td>• Raises HDL and protects LDL from oxidation.</td>
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<td></td>
<td>Get your steps in! Take the stairs and avoid</td>
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<td></td>
<td></td>
<td></td>
<td>elevators today.</td>
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<td>5 START THE WEEK WITH A SUCCESS PLAN AND WALK IT OUT</td>
<td>Recipe Spotlight!</td>
<td></td>
<td>MAKE CLEAN EATING A NEW NORMAL Eat MORE WHOLE FOODS AND PLANT BASED MEALS</td>
<td>February is for: Black History Month!</td>
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<td></td>
<td>Chicken Vegetable Stir Fry</td>
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<td>Wellness Wednesday</td>
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<td>12 Recipe Spotlight!</td>
<td>National Self-Love Day</td>
<td></td>
<td>National Donor Day! Go for a 10 minute stroll with your partner, family, or friend.</td>
<td>February is for: Boost your Self-Esteem Month!</td>
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<td>Turkey Avocado Veggie Wraps</td>
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<td>Wellness Wednesday</td>
<td>Develop some positive affirmations and recite them daily to boost self-esteem</td>
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<td>19 National Cancer Prevention Week!</td>
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<td>Stay hydrated but remember to avoid sugary drinks. Healthy alternatives are water and unsweetened tea.</td>
<td>National Random Acts of Kindness Day!</td>
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<td>26 National Eating Disorder Awareness Week!</td>
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<td>Fiber found in carrots promote healthy digestion and help regulate cholesterol levels that may help prevent development of cancerous cells.</td>
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<td>27 Recipe Spotlight!</td>
<td>Strawberry Poppyseed Salad with Chicken</td>
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<td>National Pancake Day! Celebrate by adding healthy toppings to your pancakes.</td>
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<td>28</td>
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<td>29 LEAP INTO NATIONAL TOAST DAY</td>
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**Notes**

- **Q1 Step Challenge** - Get at least 150,000 steps per month
- **Valentine Day Scavenger Hunt** - Submit items on WellRight portal to be entered into raffle basket! (Basket worth $50)
- **Heart Month** - Susie, Wellness Coach Employee Clinic will host yoga once a week. Attend at least 75% of the yoga sessions to receive 30 points in WellRight portal.
- **Superfood Challenge** - Sweet Potato - Upload photo to WellRight Portal for 5 points

**Top Priorities!**

- Schedule your annual physical
- Have a Heart Scan done
- Eat a healthy snack everyday for the whole month
YOU ARE INVITED TO PARTICIPATE IN THE...

Valentine's Day Scavenger Hunt!

CITY WELLNESS

FEBRUARY 12 - 16 2024

WHAT? Find at least five (5) paper hearts around City buildings (City Hall, Annex).

SUBMIT: Take a picture of each heart you find, and submit items in Wellness Platform (WellRight) or submit to HR to be entered into a drawing for a Raffle Basket worth $50!

Benefits@cityofracine.org
YOGA IS FOR EVERYBODY

You deserve a break from work!

Come join Susie (Health Coach) in some yoga!

When? Every Monday in February (5, 12, 19 & 26)
Time? 12pm - 12:30pm
Where? City Hall - Room 303

Get credit towards becoming a Wellness Allstar!
Participate in at least 75% of the classes to receive 30 points
**Q1 2024 Step Challenge**

**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 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.