### March 2023

**City of Racine Wellness Calendar**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

#### Recipe Spotlight!

- **March Madness** starts soon! Get together with friends or family to make the
- **Today is national Oreo Day**, enjoy an Oreo treat today!
- **Learn about healthy sleep habits**
- **Aurora EAP Webinar**
  - **Time:** 12:30pm - 1
  - **Where:** Zoom - Meeting Link
- **Read how to maximize the health benefits of your smoothie**
- **Learn why breakfast is so important**

#### Mini Workout!

- **80 walking lunges**
- **10 crunches**

#### Wellness Wednesday

- **Have a green thumb? These are the best plants**
- **Learn more about the importance of vitamins & minerals**

#### Recipe

- **Banana Waffles**
- **Giant Zucchini Hash**

#### Recipe

- **Mocha Mug Cake**

#### Mini Workout!

- **20 walking lunges**
- **10 crunches**

#### Recipe

- **If you have trouble falling asleep try these bedtime journal prompts**
- **Today is the last day to turn in the wellness**

### Notes:

- *Wellness Bingo card submission** due no later than 3/31/2023
- *Wellness Word Search card submission** due no later than 3/22/2023
- *March Madness Fitness Challenge* due no later than 4/3/2023
- *Biometric Screenings* - March 15th & 22nd
- **Each submission = 1 raffle ticket (raffle tickets will be used to pick winners for prizes at the end of the year)**
Your health is your greatest asset
Schedule your biometric screening today

Take the first step to better your health by scheduling your 12-minute screening appointment for one of the following days.

Where: City Hall – Conference Room 207A & 207B (Second Floor)
730 Washington Avenue
Racine, WI 53403

When: Wednesday, March 15: 8:00 a.m.-12:00 p.m.
Wednesday, March 22: 12:00-4:00 p.m.

CLICK HERE to sign up. Available to employees currently enrolled in the medical insurance.

Your screening will include the following: blood pressure, height, weight, body fat %, BMI, tobacco attestation and a fasting blood draw (lipid panel and blood glucose). You must fast 10-12 hours before your appointment. Avoid all foods, snacks and beverages including caffeine and alcohol prior to your screening. Please drink plenty of water before screening. Consult with your physician if you have questions about fasting and your medications. Please wear a top that is short-sleeved, sleeveless or easy to roll up over the elbow for the blood pressure screening and blood draw.

• Please come at your appointed time slot only
• No walk-in appointments available
• A mask is recommended
• Please maintain a 6-foot distance between individuals

Cancel your appointment if you answer YES to any of the questions below. Are you experiencing any COVID-19 symptoms:
• Fever of 100.4 degrees or higher when taken by mouth
• Muscle pain or chills
• Runny nose/congestion (for chronic allergies, a change in baseline)
• New loss of taste or smell
• Nausea, vomiting or abdominal pain
• New onset of severe headache, especially with a fever
• New uncontrolled cough (for chronic allergic/asthmatic cough, a change in baseline)
• Sore throat
**FEBRUARY & MARCH MASHUP BINGO**

Once you get a BINGO, submit your card to HR for one (1) raffle ticket.

One (1) BINGO per employee*.

Must take picture of at least two (2) of the activities you participate in.

February 1st - March 30th (submit to HR no later than 3/31)

<table>
<thead>
<tr>
<th>Listen To a Love Song</th>
<th>Find a Gold Coin, Real Or Fake</th>
<th>Eat Something Heart Shaped</th>
<th>Look For 4-Leaf Clovers</th>
<th>Receive Valentine’s Day Chocolates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make a March Madness Bracket</td>
<td>Buy Flowers</td>
<td>Wear Green</td>
<td>Watch the Super Bowl</td>
<td>Eat 2 Green Fruits or Veggies</td>
</tr>
<tr>
<td>Try 3 New Fruits Or Veggies</td>
<td>List the Things You’re Lucky to Have</td>
<td>Drink a Shamrock Shake</td>
<td>Watch a Rom-Com</td>
<td></td>
</tr>
<tr>
<td>Drink 64 oz. of Water in a Day</td>
<td>Give Someone a Valentine’s Day Card</td>
<td>Attend a St. Patrick’s Day Parade</td>
<td>Go on a Winter Hike</td>
<td></td>
</tr>
<tr>
<td>Make a Valentine’s Day Card</td>
<td>Eat a Healthy Breakfast</td>
<td>Read a Love Story</td>
<td>Bake Something Green</td>
<td></td>
</tr>
<tr>
<td>Try 3 New Recipes</td>
<td></td>
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</table>

**FREE SPACE**

Send pictures to: Benefits@cityofracine.org

*Employee must be full-time and on the City’s health insurance to be entered into drawing
WELLNESS WORD SEARCH

FIND THE WORDS THAT ARE **BOLDED** BELOW.

Once you find all of the words and participate in at least 5 of the activities, submit this to HR for one (1) raffle ticket! One (1) Word Search per employee*. Must take a picture of at least two (2) of the activities you participate in. February 13 – March 17 (Submit into HR no later than 3/22/2023)

```
E W N K Y U R W M Q H Q J O U
P S X C A E E E N R N W U Y E
I E P B T Z D G J T N C M T F
C L O A W I R M I T E I P E G
E B W I T G A U A G O Y I C W
R A S A P E R D Q I B S N C X
X T T E J F M Q C W M T G P D
H E U E E D F I V C U C J Q C
E G P X T P S A L A D S A C J
F E S U Q D R L D Y B W C P P
Z V K G S M D U B F J P K Z L
S T E P S H W F B W O U S S Y
V Q P P J O U L U V S I G Q S
S A I Q U A X U T M Z U M B V
L D N E D M M F A I E U Z Z G
```

- Eat 3 red **vegetables** in one day
- Make a **salad**
- Do 15 **push-ups**
- **Meditate** for 10 minutes
- Attend a **yoga** session
- Do 10 **burpees**
- Try a new healthy **recipe**
- Drink 8 cups (64 ounces) of **water** in one day
- Take 4,000 **steps** in one day
- Do 20 **jumping jacks**

*Employee must be full-time and on the City’s health insurance to be entered into drawing.*
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>100 Air Squats</td>
<td>6</td>
<td>25 Sec left side plank 25 Sec right side plank 25 Sec plank hold</td>
<td>100 Jump rope hops</td>
<td>100 Calf raises</td>
<td>11</td>
</tr>
<tr>
<td>12</td>
<td>50 Jumping jacks</td>
<td>13 35 Tricep dips 35 Straight leg dips 30 Tricep dips</td>
<td>14 2x35 Sec sprints 1x30 second sprint</td>
<td>15 Chair pose for 1:40 minutes</td>
<td>17 100 total ice skaters</td>
<td>12</td>
</tr>
<tr>
<td>19</td>
<td>2x50 Sec sprints</td>
<td>20 25 Squats 25 Single leg squats 25 Front lunge 25 Back lunge</td>
<td>21 50 Pulses 50 Star crunches</td>
<td>22 Mountain climbers for 1:40 minutes</td>
<td>23 50 Push-ups 50 Sit-ups</td>
<td>13</td>
</tr>
<tr>
<td>26</td>
<td>100 Cross body punches</td>
<td>27 100 Total butt kicks</td>
<td>28 50 Burpees 50 Sec jog in place</td>
<td>29 50 Total crab toe touches 50 Air squats</td>
<td>30 50 Left fire hydrants 50 Right fire hydrants</td>
<td>14</td>
</tr>
<tr>
<td></td>
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<td>30</td>
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**Instructions:** Complete at least four (4) exercises each week. “X” out the day that you completed. Submission due to HR no later than 04/03/2023. 1 submission = 1 raffle ticket
Topic: 8 Dimensions of Wellness
When: 3/14, 5/18, 8/24 & 11/9
*Each session will focus on one to two dimensions of wellness
Time: 12:30pm - 1pm

Meeting links:
3/14
5/18
8/24
11/9
PRODUCE OF THE MONTH

Brussels Sprouts

Rich in Vitamin K - necessary for blood clotting and bone health

High in antioxidants - promote overall health and help prevent damage to cells

High in Fiber - just 1/2 cup of cooked brussel sprouts contains 2 grams of fiber!

Low calorie food - great for weight management!

May help maintain healthy blood sugar levels - studies have linked intake of cruciferous vegetables, to decrease risk of diabetes

Recipes that incorporate Brussels Sprouts - try them out!
ARE YOU THINKING ABOUT RETIREMENT?

Wisconsin Retirement System (WRS) has some helpful webinars coming up, that can help you plan for your retirement with WRS. These webinars are done online, live and interactive.

DATES AND TIMES:
- February 23rd @ 6pm
- March 7th @ 11am
- March 22nd @ 6pm
- April 12th @ 1pm
- April 26th @ 6pm
- May 11th @ 11am
- May 23rd @ 6pm
- June 7th @ 1pm
- June 22nd @ 6pm

CONTACT US ☏ 262-636-9175 ✉ benefits@cityofracine.org
WRS WILL TALK ABOUT:

- The money you and your employer have put towards your retirement account.
- How your retirement account grows through investments.
- When you can retire.
- Options for receiving your retirement benefit.
- Rules you must follow if you return to work after retiring.
- What happens to your account after you die.
- Changes to your health and life insurance in retirement.

REGISTER HERE

WHAT'S YOUR PLAN FOR RETIREMENT?
March Wellness Newsletter

National Health Observance
National Nutrition Month
National Colorectal Cancer Awareness Month

March’s Health Observance is National Nutrition Month and National Colorectal Cancer Awareness Month. Check out the following UnitedHealthcare educational resources:

- Dietary guidelines tips
- Eat healthy for less
- Mindful eating tips
- Colorectal cancer

Health Tip Flier of the Month
Dietary Guidelines

Learning about common health topics is one way to help support your health and wellness.

Check out this month’s Health Tip Flier on Dietary Guidelines.

Rally Mission of the Month
Stock up on Healthy Foods

Rally Missions can help you take small steps to live a healthier lifestyle. Consider completing this month’s Rally Mission – stock up on healthy foods.
United at Work Presentation of the Month

Understanding Digestive Health

Click here for the Understanding Digestive Health education presentation where we will review the importance of “gut” health and the anatomy of the digestive system.

It will also help you understand how preventive care may help improve digestive health.

Click here for the entire United at Work catalog.

Next Month’s Preview...

Health Observance
Alcohol and Substance Abuse Awareness Month

Health Tip Flier of the Month
Living Tobacco Free (English & Spanish)

Rally Mission of the Month
Drink in Moderation

United at Work Presentation of the Month
Understanding Alcohol Use & Misuse
CITY OF RACINE WELLNESS

Raffle Ticket

For each task you complete and submit, you will receive one (1) raffle ticket that will be placed in drawings at the end of the year.

More tickets = more chances to win!
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<th>Meditate for 10 minutes</th>
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**ANSWER SHEET**