

EMPLOYEE HEALTH NEWS

EMPLOYEE HEALTH AND FITNESS COMMITTEE

Vol. 2, Issue 3

In this issue:

- Worksite Wellness
- Group Fitness
- Sleep Health
- Frozen Yogurt Pops

[Click here for the Summer 1 Group Fitness Schedule.](#)



Worksite Wellness

Our Worksite Wellness Program promotes the benefits of improved health, reduced medical expenses, heightened personal performance, reduced absenteeism, and improved employee satisfaction.

Go to the [Wellness Center Page](#) for more information.

You need the following documents for your 30-minute worksite wellness.

- Health Risk Acknowledgement Form
- Physical Fitness Readiness Questionnaire
- Release of Liability
- Worksite Wellness Form

You can earn 8-hours of vacation time by getting your yearly check-up.

- You need a doctor's note stating you have been seen for your physical.
- Worksite Wellness Leave Form

Sleep Health

According to the [CDC](#), about 1/3 of US adults report they get less than the recommended amount of sleep. Adults should get around 7+ hours each night for optimal health. Sufficient sleep is essential for a healthy lifestyle.

Consequences of not getting enough sleep?

Diabetes, cardiovascular diseases, stroke, obesity, and depression.

Tips for Better Sleep...

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Remove electronic devices, such as TVs, computers, and smart phone at least 1 hour before bed.
- Avoid large meals, caffeine, and alcohol before bedtime.

Visit the [Centers for Disease Control and Prevention](#) for more info.

Summer Treat: Frozen Yogurt Pops

Ingredients

- 1 Cup Yogurt- Plain
- 1 Medium Banana
- 1 Cup- Mixed frozen berries
- 1/8 Cup- Honey

Directions

Toss all ingredients into a blender and puree. Divide evenly between paper cups. Cover with aluminum foil and pierce foil in center with popsicle sticks to hold sticks in place. Freeze for 4-5 hours or until solid.

