With Spring and Summer right around the corner, many of us are thinking about enjoying some well-earned vacation time. However, in today’s world, breaking away from the work place means more than physically not being there. Between checking social media and waking up with our smartphones, most of us will find ourselves returning voicemails, checking emails and interacting with Facebook when we should be soaking up the vacation time. A recent TripAdvisor survey found that 77% of U.S. respondents say they have worked on vacation during the past year and 91% stating that they check work e-mail while they are away.

One of the best ways to break away from the work place is through digital detox. A digital detox is a period of time where an individual shuts off all cell phones, tablets, laptops, and computers. Instead of recharging your devices, recharge your own batteries, spending quality time away from screens, texts, and other digital distractions. Below is a list of 5 tips to start a “Digital Detox.”

1. Maintain healthy boundaries with screen technology. Create a “media curfew” and shut off all devices by a certain time each day or night.
2. Designate the bedroom a “tech free zone.” Smart phones emit a bright blue light and trick your brain to think it is sunlight. This causes your brain to stop producing melatonin, a hormone that give yours body the “time to sleep” cues.
3. Un-plug the Wi-Fi router before you go to bed.
4. Make a daily habit of mindfulness meditation.
5. Spend more time outside in nature. Various estimates suggest that people today spend <5% of their day outdoors.
Each year, since 2010 the county has offered the Healics Health Assessment to all county employees. As a reminder, your results are completely confidential. The only data the county receives is aggregated, so individual results cannot be deduced. Where do we stand this year as a worksite? See some of the highlights below:

Positives:
- 666 county employees participated in the health assessment.
- Almost 85% of employees had a blood pressure that was within the normal range.
- Almost 80% of employees had a blood glucose that was within the normal range.

Areas to Improve:
- Weight control—68% of employees are out of the normal range.
- 1 out of 2 employees are not getting the recommended amount of physical activity per day.
- Tobacco Use—108 employees fall into the ‘extreme risk’ category.

The employee wellness team is evaluating the results of the Healics Assessment and the recent wellness survey. The team will continue to strive to provide programming to meet all of our health and wellness needs. Stay tuned!

**Don’t forget to share your Healics test results with your medical provider. Your results may save you time and additional tests or money!**
Check out the employee wellness page at:  
www.getactivelacrosse.org/employee-wellness!

You can also access the website from the Get Active homepage. Scroll down to the bottom of the page to the ‘county employees only’ section. Click ‘employee wellness.’

Top 5 Things to Find on the Get Active Website:

- Fitness Center Discounts
- Walking Routes
- Recipes
- Local Community Wellness Events (including car seat checks, 5ks, workshops, and more!)
- Wellness Newsletters

Upcoming Wellness Events

Thursday, March 3rd 6-7pm: Kiddos in the Kitchen!  
(Viterbo University Nursing Building—Second Floor Room 284)
Help us kick off National Nutrition Month with a fun family cooking class! We’ll be making tasty turtle treats out of fruit and mini pizza people using your choice of veggies! There is a chance to win PRIZES or your very own MyPlate!

Thursday, April 7th 12:15pm-12:45pm: Addiction to Sugar  
Health Department Room 2100
How exactly does sugar play into the obesity crisis in our nation? We, as humans, are born enjoying the taste of sugar. This lunch and learn will explore the relevant topics of sugar addiction and obesity. This lunch and learn is conducted by students from Viterbo University.

Thursday, April 21st 12:15pm-12:45pm Sneaky Sugars  
Health Department Room 2100
Come join us for a lunch and learn about those sneaky sugars that we might not be aware are hiding in our lunches! We will be assessing favorite drinks and foods that might be included in many of your lunches. The lunch and learn will be lead by students from Viterbo University.
La Crosse County Employee Wellness Newsletter

Minutes in Motion Challenge

Join the ‘La Crosse County’ team for the 10th annual Minutes in Motion Challenge!
The challenge is FREE and starts March 21st! See below for more information and how to register.

What is Minutes in Motion?
It is a six-week community physical activity challenge. Track and record your minutes of physical activity—at least 30 minutes every day for six weeks. Report your activity daily, weekly or by the end of the challenge. When you meet the 1,260 minute goal, you will be entered into the grand prize drawing, a $500 gift card.

Who can take part?
Anyone, any age or fitness level, can join Minutes in Motion. Simply follow the registration process at gundersen-health.org/mim to get started. Be one of the first 2,000 people to register and your name will go in a drawing for a chance to win a $200 gift card.

When is Minutes in Motion?
It starts Monday, March 21st and ends Sunday, May 1st.

What is the cost to participate?
Thanks to Gundersen Health System and community partners, the program is FREE to all participants. However, you must registered and report your activities to be eligible for PRIZES!

How can I register and join the ‘La Crosse County’ team?
1. Go to gundersenhelath.org/mim/register.
2. Click to create an account (unless you participated last year, sign-in.) Then log-in.
3. Once logged in, click “available challenges” and then click “Minutes in Motion.”
4. Click “worksites team.” Then in the drop down boxes for ‘employer’ and ‘team name’ select LA CROSSE COUNTY.
5. You are now registered for Minutes in Motion 2016!