Physical Activity

Couch to 5K Challenge!

Have you thought about participating in a 5K, but don’t know how to get started? The Couch to 5K Challenge is for YOU! This 4-week challenge gradually integrates different intervals of walking and jogging to help you reach a goal of jogging an entire 5K! Jogging not for you? Try the challenge walking instead! Using a FitBit? This challenge could help you reach your step goal each day!

Start the Couch to 5K Challenge on Friday, September 1st and be ready to participate in the Maple Leaf 5K on Saturday, September 30th!

How to Participate:

1) Download and print the Couch to 5K training plan HERE.
2) Use your Fitbit to track your miles! (optional)
3) Sign-Up for the Maple Leaf 5K! (Select La Crosse County as your employer. The 5 mile run or half marathon will also count.)
4) Send proof of registration to Abbie Loos.
5) Run or Walk the Maple Leaf event on Saturday, September 30th!

The 1st 25 employees to sign-up for the Maple Leaf 5K will receive a FREE employee wellness t-shirt to wear the day of the event!

Can’t attend the event? Send an email to Abbie Loos with the subject line “I completed the 5K!” by Friday, October 6th to be entered into a separate prize drawing.
Featured Recipe:
Veggie Quesadillas

- 1 cup bell peppers (chopped)
- 1 cup summer squash (chopped)
- 1 cup corn
- 1 15 ounce can black beans
- 2 Tbsp. olive oil
- 8 (9 inch) whole wheat tortillas
- 2 cups shredded sharp cheddar cheese
- Salsa (as desired)

1) Preheat oven to 350 degrees.
2) Bake quesadillas until cheese has melted, about 10 minutes. Cut each quesadilla into 4 triangles. Serve with salsa as desired.

Find more recipes like this on our employee wellness website!

BINGO!
September 4th is the deadline for the Fruit & Veggie BINGO challenge! Don’t forget to send an email to Abbie Loos with the subject line BINGO (no need to attach the log) or interoffice mail your completed log to Abbie. Winners will be drawn and announced in September!

Stress Management
Mindfulness at Work

We live in a busy world. You fold the laundry or make dinner while keeping your eye on the kids and another on the television. You stress about your day while commuting to work, and then think about planning your weekend. In the rush to accomplish so many tasks, you may find yourself losing your connection with the present moment. Mindfulness is the practice of purposely focusing your attention on the present moment and has been found to be a key element in happiness. How can you practice being more mindful at work? Check out some tips below:

- Incorporate a guided “mindful minute” before the start of a work meeting.
- Use mindful reminders. Set an alarm on your phone or your calendar to remind yourself to take a minute for yourself to breathe. *(If you don’t have a lot of time, take 3 long deep breaths.)*
- Start a gratitude journal at your desk. Take a minute and write down 3 things each day that you are grateful for.
- Use mindfulness technology. There are a ton of YouTube videos and apps that encourage meditation and mindfulness. For example: Calm App