

CC WELLNESS

Be you. Be Well. September 2019

Welcome to Step-tember!

Fall is approaching fast and there is no more beautiful time in Wyoming than September! The days are warm, the nights are cool and the colors begin to shift and change! This is the perfect month to be moving and grooving before the cold sets in upon us! Our two week walking challenge begins this month, make sure you get signed up and do yourself a wellness favor!

walk

*as if you are
kissing the Earth
with your feet.*



I'M TIRED
IT'S TOO COLD
IT'S TOO HOT
IT'S TOO LATE
IT'S RAINING
LET'S GO

Walking...

Our ancestors moved, and they moved a lot! Our bodies are not designed to be stagnant and immobile! Your cardiovascular system looooves hard work and so does your brain. Being outdoors also helps your connection and soaking up vitamin D does wonders for your mood. So, why aren't you getting outside and moving? What is your excuse? Logging just 30 minutes of continuous walking a day can change your life and your waistline. Your risk of heart disease lowers and your arthritis pains reduce. High blood pressure can be managed with adding extra steps and people with type

2 diabetes NEED to walk, it's just as important as diet. Balance, coordination and bone strength all improve with walking. We don't know about you, but we want to age with mobility and strength, no falling down for us! The immune system is boosted from walking, um....yes please, and your outlook on life improves! As if we need to keep going on about walking anymore! The benefits are incredible! **Sign up for the Step-tember challenge by emailing conversewellness@gmail.com and you will receive a log and instructions.** Grab a co-worker and get going. No time better than the present!

We aspire to reduce claims and have healthier staff through education. We are here to support and provide information that empowers them- Converse County Wellness Committee.

Health Fair/Blood Draws

Hard to believe an entire year flew by since the last blood draw! You are all lucky enough to have your employer pay for a basic blood draw panel for you! Do it! The voucher was attached to your August pay stub! You have 4 mornings to get it squeezed in your schedule, just make sure that you fast for at least 12 hours prior to the draw and you are good to go! Dates and times for this year's draw:

and rest of ingredients in a separate bowl. Pour egg mixture over onions and tomatoes. This frittata can be cooked over low heat on stove top until finished or placed in a 375 degree oven for 12 minutes or so until set. Enjoy!

Walking by the Minutes

By now you know that a brisk stroll will do both your mind and body a lot of good. But if you still need some motivation to get moving, check out exactly how different amounts of walking will benefit you.



Late Summer Frittata

Frittata is just a fancy word for egg pie! Enjoy this dish with the season's ripe tomatoes.

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|----------------------|------------------------|
| 12 Eggs | 2 C. Arugula |
| 1 pinch Chili flakes | 2 green onions, sliced |
| 2 C. Grape Tomatoes | ½ C Milk |
| Herbs of your choice | Ghee or avocado oil |

In a cast iron skillet melt the ghee or oil and caramelize the green onion. Add the tomatoes until they begin to blister. Mix eggs with milk

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