

# Wellness Wednesday: 1.22.2020

## 1. Staff Wellness: Move More, Sit Less

Here's a fun, healthy idea, which takes just 5 minutes and can impact your own physical, mental, and social well-being and the well-being of your colleagues. To get started, print the cards referenced at the end of the email. Cut along the gray dotted lines to make the physical activity cards easy to use. Click here: [Healthier Generation's Fitness Break Cards](#).

## 2. Winter Weather Tips for Pets

- Cold weather can pose serious [health risks](#) to pets including hypothermia and frost bite.
- Know when cold is [too cold for your pet](#) to be outside.
- [Keep your pet safe during cold weather](#) by knowing your pet's limits, checking their paws frequently when outside, and consider using a sweater and/or booties.

## 3. Winter Trails Day 2020

Get Fit Great Falls is preparing for their **FREE** annual event! Have you ever wanted to give snowshoeing a try or cross country skiing? Now is your chance! Guided snow shoe hikes as well as cross country skiing opportunities are available at this annual event! Equipment is provided, space is limited and registration is required. Go to the Get Fit Great Falls website to register or for more information. Registration opens at 6:00 pm on January 22, 2020. It fills up fast so be ready! Click here: <http://getfitgreatfalls.com/hikes-winter/>

## 4. Fitness Classes -- Check Them Out!

Check out all of the **FREE** options! We have just added the Circuit Training Class back on the menu. We also have the FREE Fitness Center, YOGA, ZUMBA and Water Exercise Class along with lap and open swimming options. Click here to view the entire schedule and locations: <http://gfpsweb.weebly.com/fitness-center.html>

## 5. My Vaping Mistake – Student Perspective

Starting this week, the U.S. Food and Drug Administration's "[The Real Cost](#)" Youth E-Cigarette Prevention Campaign will release videos featuring teenagers sharing cautionary tales about their e-cigarette addiction. The campaign will include a series of four videos called "My Vaping Mistake" with teenagers describing the physical and emotional effects of vaping addiction. The videos will be released on youth-focused channels and amplified on social media throughout the year.

## 6. Healthy Habits B-I-N-G-O 2020

**Begins: Jan. 8 Ends: Feb. 7 → 31 days to complete the challenge!**

This challenge is designed to encourage you to try a variety of activities to improve your well-being. This is a fun way to experience and learn new ways to live a healthier, happier lifestyle. Simply complete the activities as you are able. Please share with staff who may not have regular access to a computer.

The rules are easy:

- Complete as many healthy activities as you can during the month. Record the dates of completion.

- You do not have to complete in an specific order, and you may complete several things on one day! Your choice, your challenge!
- Just like BINGO, you “win” by completing five activities in a row – vertically, horizontally or diagonally.
- To be eligible for one of the four \$25 cash prizes drawn at the end, complete at least 3 rows/columns.
- Go for a black out and get your name in the cash drawing an extra time!
- Near the end of the challenge, there will be a link in Wellness Wednesday that will direct you to a google doc. The doc will ask you a few questions to validate or verify your participation. No need to send me the card.
- We have provided a fillable PDF Form, make sure to save on your desk top of in a folder. OR you may print and hand enter the dates and info. Your choice!
- Get your BINGO card on the Employee Wellness website:  
<http://gfpsweb.weebly.com/gfps-wellness.html>

### **Visit the Employee Wellness Website**

Fitness schedules, nutrition, health and wellness topics.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Staff—>Employee Wellness

### **Visit the Student Wellness Website**

GFPS Guidelines, Smart Snack calculator, student health and wellness.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Parents & Students—>Student Wellness