

Wellness Wednesday: 1.29.2020

1. The Truth About the 5 Second Rule

Should you just cut off that moldy piece of bread and eat the rest? Is it OK to drink milk past the date on the carton? Should you store opened maple syrup in the fridge? Some of these food safety facts may surprise you. [Click here](#) to take the quiz.

2. At Home Strength Training Tips

Check this out! <https://esmmweighless.com/9-strength-training-exercises-you-can-do-at-home/>

3. Fireplace Safety – Source: Health in the 406

- Half of all heat source-related home fires occur in December, January, and February; follow these [important safety precautions](#) when using a fireplace or other heat source in the home, such as testing smoke and carbon monoxide detectors monthly.
- Chimneys, fireplaces, and vents [should be inspected and cleaned at least once per year](#). Even if the fireplace is used infrequently, inspections help to identify other problems, such as animal nests, that might cause issues.
- Help [keep children and pets safe](#) and avoid a home fire with additional precautions such as safety screens, keeping a fire extinguisher close by, and never leaving a fire in the fireplace unattended.

4. Winter Trails Day 2020 – Some Spots Still Open!

Get Fit Great Falls is preparing for their **FREE** annual event which takes place this Saturday, February 1, 2020. 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/>

5. Healthy Habits B-I-N-G-O 2020—Winding Down!

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: Get your BINGO card on the Employee Wellness website: <http://gfpsweb.weebly.com/gfps-wellness.html>

BINGO NEWS: if you have finished the challenge—here is the link to get yourself entered in the drawing for one of the randomly drawn cash prizes! Click here to complete the survey: <https://forms.gle/U5DVrZxPrgBLRu8N8>

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