

# Wellness Wednesday: 10.23.19 – Packed Full of Info TODAY!

## Simple Home Workouts

The weather can be frightful or delightful this time of year! Don't let that halt your exercise routine. [Click here](#) for indoor workout tips. Don't forget that we offer free: ZUMBA, YOGA and Water Exercise classes to GFPS staff and spouses. [Click here](#) for that schedule located on the Employee Wellness site.

## Eat Smart, Move More. Maintain, don't gain! 2019 Holiday Challenge

A few years ago, Great Falls community members were invited to participate in the “**Eat Smart, Move More, Maintain, Don't Gain! Holiday Challenge**”. Many of us signed up just to see what is was all about and it was **GREAT!** That is why we are sharing it with all GFPS staff, friends and family again this year! There are a few details listed below. Reply to this email or call me @ 6770 with additional questions, otherwise just sign up with the link below. Once you are on the challenge page scroll part way down and look for the **BLUE REGISTER NOW** button on their site. **NOTE:** This is a confidential registration process, participants names will not be sent back to GFPS. We are participating in the free version and will not be receiving any information.

- The Holiday Challenge will begin on November 18, 2019 and run through December 31, 2019. Over 39,000 people participated in last years challenge!
- As a part of the Holiday Challenge, you will receive FREE weekly newsletters, healthy holiday recipes, quick daily tips, and weekly challenges. These will all be delivered to your email inbox, please let us know if you have any issues receiving emails. There is also support through social media including: a private Facebook Community, recipes on Pinterest and tips and updates on Twitter and Instagram. The social media parts are all optional and not necessary to follow to participate.
- Please note, this is a free online program delivered across the United States. You can participate as little or as much as you would like to. The past 13 years have shown that the more you participate, the more likely you are to maintain or lose weight. Utilize the social support and daily motivation to your advantage. We are all in this together, let's maintain and not gain this year! Share with friends and family!
- Here is the link to sign up. Also registration does not close and you may sign up at any time: <https://esmmweighless.com/holidaychallenge/>

## Red Ribbon Week 2019

The Great Falls community including Great Falls Public Schools will celebrate Red Ribbon Week **October 28-November 1, 2019**. Ribbons for all staff will be available in your buildings this week. [Click here](#) for theme days, and other pertinent information for the week. It's not just for kids! Many of our community partners participate by wearing red ribbons, decorating their workplace and yes, participating in the fun theme days, all to support our students! We are encourage staff and students to **WEAR RED** on Wednesday, October 30, along with many of our community members!

## Welcome to Stress FUNdamentals! Jump in any time!

Did you get the chance to take a look at this yet? You may jump in **anytime** and use the resources available. The resources will always be available on the Employee Wellness website ready for you to start at your own pace. The program has 6 weeks of tips. Plan to start today or next week or next month! Whatever works for you!

**WEEK #2 (10-23-19):** This week the information is all about SLEEP and STRESS.

Sleep deprivation is taking a big toll on many of us. Thirty-seven percent of American adults are so sleepy during the day that their daily activities are affected. Lack of sleep has been linked to health and behavioral problems, decreased productivity and safety issues. Are you suffering from a lack of zzzs?

[CLICK HERE](#) to access the following **5 resource sheets** for Week #2:

Sleep Assessment Sheet

Don't Skimp on Sleep

Sleep Log Sheet

Sleep Tips – If you don't snooze, you lose.

Relaxation Tips Sheet

**Visit the GFPS Employee Wellness site to access the previous weeks:** [CLICK HERE](#)

**Launch week (10-9-19):** Materials and resources to start the program with a personal contract and weekly schedule of topics.

**Week #1 (10-16-19)** Materials and Resources Address Stress, Stress Assessment, Physical Effects of Stress, Stress Less, Time Management

## INFORMATION WORTH REPEATING

### Safety Starts With YOU!

During the months of September through November, Montana School Boards Association invites you to participate in Safe Schools online safety training. Safe Schools offers online video safety training to all Great Falls Public Schools employees. You could win a \$50 gift card for participating. Please [click here](#) and follow the instructions to access the video trainings.

### Drug Take Back Event Next Week

A national prescription drug take back event is planned for October 26, 2019. 10-2 pm. Located behind Dante's Restaurant at the MT Highway Patrol Office: 812 14<sup>th</sup> St N. Message from event leaders about leftover or unused drugs: *Keep them safe. Clean them out. Take them back.* [Click here](#) for the flyer.

### GFPS Flu Shot Clinics End Next Week

- GFPS Flu Shot Vaccine Clinics are set for the month of October. Employees and spouses are eligible to attend. Pediatric shots are not available. [Click here](#) for the schedule or visit the GFPS Wellness site.
- Fire Station Flu Shot Fridays [Click here](#) for the schedule or visit the GFPS Wellness site.
- Veterans signed up through VA health care can get a free flu shot at Walgreens. [Click here](#) for more information.

- Your primary care provider is always available too!

**As always: 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

**As always: 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