

# Wellness Wednesday: 11.6.19

## Workplace Safety in the Holiday Season

Thank you to the GFPS Safety and Transportation Department for sharing holiday season safety tips. [Click here](#) to view the informative article with great tips.

## PGEC Fitness Center Now Open

The Fitness Center at Paris (2400 Central Ave) is now open for all staff and spouses. The center is open Monday through Friday during the school year (Closed on holidays). [Click here](#) for Fitness Class information.

5:30 am -- 7:00 am

3:30 pm -- 9:00 pm

## Looking For NEW Circuit Training Instructor

For several years we have offered a super duper Circuit Training class FREE for employees. Our beloved instructor has had to step down due to a change in her work schedule. We think we have a temporary instructor lined up for a short bit, but need to find a permanent replacement. The class is scheduled for Monday and Wednesday 4:30-5:30 pm at the PGEC Fitness Center. If you or someone you know might be interested, please contact Jody at 6770 or reply to this email.

## Happiness Calendar for November

[Click here](#) for the November 2019 Calendar! Always a great resource. Make sure to save for daily viewing.

## New Members For Employee Wellness Team

The GFPS Employee Wellness Team is looking for a few additional members. We meet 4-6 times per year to plan the Wellness activities for GFPS staff. If you are interested please reply to this email for more information.

## YOGA Class News

The GFPS YOGA class is free to our staff and spouses on Wednesdays 5:00 – 6:00 pm and Thursdays 5:30-6:30 pm. If you would like to check out their other classes, plan to visit their new website. Classes outside of the 2 free offerings do have a fee to the participant. They are planning several donation based classes for the holiday season, so keep your eyes open for details on those events. The benefits of yoga are for everybody. Call 868-0840 to sign up or visit the website: [freetobeyogamt.com](http://freetobeyogamt.com).

### New Classes:

Align and Flow - a class focused on functional alignment and combining breath with movement. Mondays at 6:30 pm, 11/4/16 - 12/9/19. 6 weeks for \$60 or drop in for \$15. Kate Weiskittel will be teaching!

Yin Yoga - a quiet, mostly seated practice of poses designed to promote inner awareness and connective tissue health. Wednesdays at 6 AM 11/13/19 - 12/4/19. 4 weeks for \$40 or drop in for \$15.

### Continuing Classes:

Every Body Yoga - An inclusive, body affirming course that makes yoga accessible and accommodating for everybody. Tuesdays at 5:30 pm 11/12/19 - 12/17/19. 6 weeks for \$60 or drop in for \$15.

Open Level Class - appropriate for all students of yoga. Variations are suggested to provide all students

to move mindfully with their breath to develop balance, flexibility and strength in body and mind. Wednesdays at 5:00 pm and Thursdays at 5:30 pm. These classes are provided free to employees of Great Falls Public Schools, and are also open to anyone, drop in for \$12.

## Welcome to Stress FUNdamentals—GREAT Resource From Blue Cross Blue Shield!

Did you get the chance to take a look at this yet? You may jump in **anytime**. The resources will 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, next week or next month! Your choice.

### **NEW - WEEK #4 (11-6-19): Financial Stress- It's Not A Bed of Roses**

Are you dealing with financial concerns that have grown out of hand? Like other forms of stress, people may deal with financial stress by using unhealthy coping methods such as overeating, drinking and smoking. Or they may ignore the issues and avoid facing their problems altogether. Financial Stress: It's Not a Bed of Roses

Plan to view the 4 different resources for this topic by visiting the Employee Wellness site. Click here.

**Financial Stress Resources – [Click here](#) to visit all or click below to view each resource.**

[Financial Stress General Tips](#)

[Budget Your Budget Back on Track](#) includes a monthly spending plan.

[Tips on How To Save](#)

[Tips on How to Tame Your Urge to Spurge](#)

[Click here](#) to access archived resources from the other weeks.

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

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

**Week #2 (10-23-19):** Sleep & Stress, Sleep Assessment, Sleep Log Sheet, Sleep Tips, Relaxation Tips

**Week #3 (10-30-19):** Stress relief is a laughing matter, Laugh More, Embrace Laughter

### **FREE → SIGN UP NOW: Eat Smart, Move More. Maintain, don't gain!**

**THIS IS AWESOME!!** 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 it 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 run 11-18-19 to 12-31-19. Over 39,000 people participated in last year.
- As a part of the Challenge, you will receive FREE weekly newsletters, healthy holiday recipes, quick daily tips, and weekly challenges. These will be delivered to your email. There is support through social media including: a private FB community, recipes on Pinterest and tips on Twitter and Instagram. The social media parts are all optional.
- This is a free online program delivered across the US. 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/>

**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