

# Wellness Wednesday:

## 2.27.2020

### GFPS Employee & Student News For Health, Wellness and Safety

#### 1. GFPS YOGA Minute

Have you always wanted to give YOGA a try but just haven't had the chance or are not sure where to start? Our very own YOGA instructor and GFPS teacher Lisa Moore is ready for you to join her. Lisa asked her current class participants "*What are the benefits of coming to YOGA?*" We will share **three** of those today! Each week watch for us to add to the list of benefits. **1)** More balanced - physically and emotionally **2)** Reduced pain in lower back **3)** Improved sleep

Additionally, GFPS Employees are able to attend class for free at the times listed below. The location is [Free To Be Yoga Studio](#) 1415 NW Bypass.  
Wednesdays: 5:00 pm - 6:00 pm **AND** Thursdays: 5:30 pm - 6:30 pm

#### 2. Financial Fitness: Common Cents

We are right in the middle of tax season, which makes us examine our finances more closely. Launching today is the popular Financial Fitness information from WELCOA (Wellness Councils of America). It originated as a four week program, but it is quite alright to finish in a week or two or whatever works for your schedule. Personal finances can be a source of stress for many people. Check out the links below to read all about it. *This informational challenge is not intended to replace the advice of a financial planner.*

[Financial Fitness Challenge](#) located on the GFPS Employee Wellness site.

[Rural Dynamics Incorporated Great Falls MT](#)

[Dave Ramsey](#) well known financial expert. Some free tools some with fees.

[7 Simple & Free Budgeting Tools](#) from US News & World Report

[mymoney.gov](http://mymoney.gov)

#### 3. Meal Planning 101

Who doesn't need a little help in this area? Check out the resources below for new and exciting ideas!

[Meal Planning 101](#)

[Beginners Guide to Meal Prep From Eating Well](#)

[10 Tips for People Who Hate to Plan](#)

#### 4. Ice Breaker Coming Right Up – 4.26.2020

The 41<sup>st</sup> Annual Ice Breaker Event is **8 weeks** from Sunday. Options include a **5** mile run (8K=4.97 miles), a **3** mile run (5K = 3.1 miles) and a **1** mile run/walk. Are you a long time participant? Maybe you have always wanted to participate but haven't yet. Either way it's time to start training! Rain or shine it is a great day and so much fun with friends and family. A day that is good for the **heart** and soul. If you are already a runner, grab a friend

and help them train. If you are not a runner but want to start, find a friend who will help you train!

Registration details: <http://icebreakergf.com/>

Training suggestions: [5K tips](#) [8K tips](#)

#### 5. **Worth Repeating: 7 Day Smartphone Detox**

Last week in WW-sharing again: This 7-day phone detox schedule may help us detach from those little glowing screens. Let's work together to step away from the phone and instead better our lives and our relationships! **Are you in?** Sunday might be a challenge. Many of us don't have land lines any longer and it may be our only way people can contact us. Play that one by ear! Good luck! [Click here](#) to view the detox challenge.