

# Working on Wellness

Monthly wellness from the SD Department of Health  
Office of Chronic Disease Prevention and Health Promotion

## Annual WorkWell Partnership Summit



WorkWell invites you to attend the annual Partnership Summit to be held Thursday, October 4th in Mitchell, at the Highlands Conference Center. This year's keynote and leader of the day-long workshop is sure to leave you with resources and knowledge to bring back to your worksite. This year marks our seventh year hosting the WorkWell summit. Each year we strive to sponsor credible in-state and out-of-state presenters. We look forward to your attendance at this event!

Don't wait to register - add this to your calendar of events before September 15th and be entered to win a Fitbit. To register, visit <http://goodandhealthysd.org/workwells Summit/>

### This summit will provide the following education:

- What's missing in your wellness program.
- Interactive sessions using examples from worksites to demonstrate common workplace stressors and best-practice solutions at the organizational, managerial, and individual levels.
- Discuss common workplace policies and programs.
- View showcased worksites' environmental and policy changes.
- Health and wellness market place.

For more information on this year's keynote speaker, visit [www.embraceyourheart.com](http://www.embraceyourheart.com)



**LIVING HEALTHY WORKS.**  
GOOD&HEALTHY SOUTH DAKOTA WORKPLACES

September

Health  
Observance

## Fruits & Veggies Month



Healthy eating doesn't have to be hard or expensive. Just 5 servings of fruit and vegetables every day will do the trick. When you think healthy, think color – fresh, frozen or canned – it all counts! Cover those plates with color to help balance calories and maintain a healthy weight.

Looking for a fall challenge in the worksite? The Fruits and Vegetables Challenge is a fun way to encourage employees at your worksite to eat more fruits and vegetables every day. The Challenge is designed as a month-long event when participants compete to score points by eating more fruits and vegetables. By incorporating more fruits and vegetables into their meals and snacks each day, participants learn to make them a part of their daily lives. The Challenge Overview provides step-by-step instructions and guidance on organizing the event. Several other related materials needed for the Challenge such as an announcement poster, sign-up sheet, quick tips sheet, Challenge log to track points, weekly newsletters, evaluation form and certificate of achievement can also be downloaded here [www.workwellinc.com/turnkey\\_FruitsAndVegetablesChallenge.php](http://www.workwellinc.com/turnkey_FruitsAndVegetablesChallenge.php).

### Resources:

- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)
- [www.healthysd.gov/category/healthy-eating+workplace/](http://www.healthysd.gov/category/healthy-eating+workplace/)