

# Working on Wellness

Monthly wellness from  
**WORKWELL** LIVING HEALTHY WORKS.



## SPRING into Movement

As temperatures begin to warm across South Dakota, April is a great time to encourage employees to get moving again after winter. Regular physical activity helps reduce the risk of chronic diseases such as heart disease, diabetes, and certain cancers.

### Small ways to move more at work:

- Take a 10-minute walking break during the workday
- Hold walking meetings
- Stretch or stand during longer meetings
- Park farther away or take the stairs when possible

Adults should aim for **at least 150 minutes of moderate physical activity each week**. Even short movement breaks throughout the day can improve energy, focus, and overall health.



### Movement Tip

Try adding a **10-minute walk to your daily routine this April**. Walking improves mood, boosts energy, and supports heart health.

Missed the 1<sup>st</sup> webinar of 6 in 2026? View it [HERE](#).

## April is Stress Awareness Month

### Tune in to Stress Less

April is **Stress Awareness Month**, a reminder to recognize how stress can affect both physical and mental health. Chronic stress can contribute to fatigue, sleep problems, anxiety, and increased risk for conditions such as heart disease and high blood pressure.

One simple way to help manage stress is by **listening to podcasts**. Podcasts can provide quick mental breaks, introduce mindfulness and relaxation strategies, and offer tips for managing daily stress. Try listening during a walk, commute, or short break to help reset and refocus. Even taking **10 minutes to pause, learn, and recharge** can help reduce stress and support overall well-being.



LISTEN HERE



**WORKWELL WEBINAR SERIES**

**Wednesday, April 8th at 1pm CST**

PRESENTED BY

**BHSSC** **CAPPA** **SOUTH DAKOTA DEPARTMENT OF HEALTH**

**Enid Weiss, Black Hills Special Services**  
**Michelle Haselhorst, South Dakota Department of Health**  
**Ray Lyons, Cappa Health, Inc.**

**WORKSITE HEALTHY LIFESTYLE PROGRAM (HALT 360)**

WORKWELL WEBINAR SERIES

### Nutrition Tip



Keep healthy snacks at your worksite. Options like fruit, yogurt, nuts, vegetables and cheese help to avoid less nutritious choices when needing a snack throughout the day.

### Design Your Home to:

**Help you Move More • Eat Better • Sleep Soundly**

Most people don't realize how much their home and surroundings can influence their long-term health. Creating a supportive environment can make healthy choices easier. [Here](#) are a few tips to help design a home space that encourages movement, supports healthier eating, and promotes better sleep.