

Working on Wellness

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

Stand for Better Health

Take the workplace health and wellbeing initiative to reduce sedentary work in the workplace. Customizable workstations allow users to easily transition between a seated and standing work position multiple times throughout the day. Health benefits that have been reported with regular use of sit-stand workstations are listed below:



- Standing more while at work decreases the amount of time spent in sedentary work
- Standing more helps relieve pressure on the lower back, buttocks and legs and may help reduce compression of the spine arising from long periods of sitting
- Standing more may improve energy levels
- Standing more frequently may improve cognition
- Standing may increase circulation and lead to better blood flow to the brain and other organs
- Standing more burns more calories than sitting
- Standing more may assist with energy balance and aid in weight management
- Standing more may improve bone density over time
- Standing more may promote better sleep

Source: www.cdc.gov

Summer Fruit Salad

Servings: 10 servings Per Serving: 155 calories, 0.6 g fat, 39 g carbohydrates, 1.8 g protein, 5 mg sodium

Ingredients: 2/3 cup fresh orange juice • 1/3 cup fresh lemon juice • 1/3 cup packed brown sugar • 1/2 tsp grated orange zest • 1/2 tsp grated lemon zest • 1 tsp vanilla extract • 2 cups cubed fresh pineapple 2 cups strawberries, sliced • 3 kiwi fruit, peeled and sliced • 3 bananas, sliced • 2 oranges, peeled and sectioned • 1 cup seedless grapes • 2 cups blueberries



Directions: 1. Bring orange juice, lemon juice, brown sugar, orange zest & lemon zest to a boil in a saucepan over medium-high heat. Reduce heat to medium-low and simmer until slightly thickened, about 5 minutes. Remove from heat and stir in vanilla extract. Set aside to cool.
2. Layer the fruit in a large, clear glass bowl in this order: pineapple, strawberries, kiwi fruit, bananas, oranges, grapes and blueberries. Pour the cooled sauce over the fruit. Cover and refrigerate for 3-4 hours before serving.

Source: www.allrecipes.com