

Working on Wellness

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



Workplace Spotlight: Healthy Foods & Beverages at Lloyd Companies

At **Lloyd Companies**, they implemented [Munch Code](#). Two lunch and learns were held for employees and a fruit and vegetable challenge as well as a water challenge for employees to participate in. By implementing Munch Code, Lloyd Companies is working daily to sustain healthier eating choices amongst their employees. With assistance from their company, health coaching was provided to employees daily to educate them on nutrition, weight loss, and stress to improve awareness for employees to make healthy lifestyle choices.

June is National Safety Month



Mental Health The outbreak of COVID-19 may be stressful. Find [ways](#) to cope with stress and know the facts to reduce stress and

take care of your mental health. We are working together to make everyone stronger!

Ergonomics A comfortable work space can help you feel your best. Give your sitting work area a makeover with this [visual guide](#) to office ergonomics.

Driving Keep South Dakota safe by encouraging buckling up! Remind workers to be safe by wearing seatbelts. Lets save lives, share this [resource](#)!

Healthy Eating Starts at Home

Build better eating habits, one plate at a time. **American Heart Association** provides several videos to help your cooking skills. You can view one that grabs your attention, or you can view them all!



American Heart Association.

- ✓ [COOKING](#)
- ✓ [MEAL PLANNING](#)
- ✓ [CUTTING](#)
- ✓ [SHOPPING](#)
- ✓ [PREPARING](#)
- ✓ [STORING](#)

HEALTHY SUMMER RECIPES



Find healthy and tasty recipes at these sites:

- ✓ [EATINGWELL](#)
- ✓ [AMERICAN HEART ASSOCIATION](#)
- ✓ [CHOOSEMYPLATE](#)
- ✓ [LIVESTRONG](#)