

## WORKING ON WELLNESS

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

### WorkWell Webinar: Walk with Ease

Walk With Ease is an evidence-based 6-week walking program that teaches class participants to walk safely, make physical activity part of their everyday, and how to do safe stretches and strengthening exercises.



LIVING HEALTHY WORKS.  
GOOD & HEALTHY SOUTH DAKOTA WORKPLACES

**Time**  
**Tuesday, October 8, 2019**  
**12:30 PM Central Time**

**Join Zoom Meeting**  
**<https://zoom.us/j/892976979>**

### Motivate Someone to Exercise!

Saying the right thing in the right way can be tricky, especially when it comes to someone else's health. Be sure to communicate so you motivate! Here are **THREE** tactics to encourage you or yourself to get moving.



1. Emphasize strength and health, not appearance.
2. Encourage mastering a skill over winning.
3. Convey unconditional support, not critiques.

**Is Weight Loss Really the Right Goal?!** Diet and weight loss advice is everywhere. But does any of it really work and should weight loss even be the sole goal? In fact, a recent survey shows that 77% of Americans are trying to lose weight, yet about 70% of Americans remain overweight or obese. Instead, those who focus on overall wellness enjoy health benefits—including weight loss. [Read more from the Blue Zones](#) to find simple tips to help direct you to a healthier lifestyle.



### Breast Cancer Awareness Month

Every October is [Breast Cancer Awareness Month](#), an opportunity to spread awareness. Each year in the United States, about 245,000 cases of breast cancer are diagnosed in women and about 2,200 in men. About 41,000 women and 460 men in the U.S. die each year from breast cancer. No matter your office budget, there are plenty of ways to raise breast cancer awareness in the workplace. It's also a fantastic opportunity to engage the local community through educational events and fundraising challenges. Ready to get started? Here's [14](#) ideas to spread breast cancer awareness.



### DID YOU KNOW?

1. One strawberry has around 200 seeds and along with raspberries they are the only fruit that wear their seeds on the outside.
2. You can ripen a banana (and other fruit and veggies) quickly by putting them in a paper or plastic bag with an apple or tomato.
3. Tomatoes are actually fruits and are made of 94.5 percent water.