

WORKING ON WELLNESS

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



Fruit and Vegetable Awareness Month

Fruits and vegetables are an important part of your overall healthy eating. Eating a variety of fruits and vegetables may help control your weight and blood pressure and reduce your risk of heart disease and stroke. They provide key nutrients many of us don't get. The American Heart Association recommends filling at least half your plate with fruits and veggies in order to make it to the recommended 4 ½ cups of each per day.

Fruits and vegetable challenges are a fun way to encourage employees to eat more fruit and vegetables every day! You can achieve this with your employees by implementing one or both of these challenges. [American Heart](#) has a great one to for your worksite as well as [Eat Smart Move More NC](#).

Infuse Your Water

Jazz up your water with infusions - Here are [12](#) great combinations to keep it fun.



Garden to Table

A WorkWell grantee had the opportunity to promote healthy lifestyles through worksite environmental change. The Black Hills and Badlands Tourism Association built a raised fruits and vegetable garden for their employees. This was a team project with great success! They captured great pictures seen below.

"We were able to pull some greens from our garden to make a salad! So much fun!"

- Black Hills & Badlands Tourism Association

