

Working on Wellness

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

WorkWell in Your Worksite



Here's what Central Farmers Coop had to say about their worksite wellness efforts:

"Our company tried to focus on nutrition in our second quarter. We had two brief monthly sessions at every location focusing on portion control and calorie content. We also engaged a speaker to do a "lunch and learn" session for our employees and their spouses.

Thirty-seven attendees received a produce bag. Several door prizes were awarded including portion control plates and water bottles. We tried to keep our Wellbeing program "in front" of employees by hanging up posters and submitting articles to the company newsletter. We utilized our easily accessible online calendar where participants can see what events in the area are focusing on healthy living. We had great participation on our "Cancer Awareness Day" which was held on October 20. We asked employees to wear pink, and bring a pink treat to share."



Take Control of Your Health this Winter Season!

Boost your immune system and keep your health in-check for the holidays.

- Exercise for at least 30 minutes several days a week.
- Eat healthier meals by increasing your fruit and vegetable intake.
- Drink eight, 8-ounce glasses of water each day.
- Quit or cut down on tobacco use.
- Get quality sleep.
- Practice relaxation or meditation techniques to manage your stress.
- Work on your favorite hobbies or start a new one.
- Spend quality time with family and friends.

