

WORKING ON WELLNESS

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



THE BEST PLACE TO START? THE MORNING!

The time for resolving to do new things is approaching once again, and it doesn't matter how many times you say you won't set a resolution this year – it will happen. Healthy habits don't become habitual overnight. Morning routines can improve your employees' well-being, along with tips for establishing and maintaining healthy routines.

1. Better Nutrition

A nutritious breakfast can provide the physical and mental fuel to kick off the work day. Eating a nutritious breakfast rich in fiber, protein, healthy fat, and fruits or vegetables tend to create a more productive day and stay on track to eating better as the day progresses.

2. Better Exercise

The morning can be the best time for exercise.

- Fewer distractions.
- An early-day energy boost.
- Starting the day with a positive.
- Exercise in the morning leads to healthier eating throughout the day.

3. Centered Minds and Balanced Emotions

Mindfulness breaks during work can refuel the mind and make a world of difference. Take 5 minutes to reset and recharge!

Stay Active This Winter!



During winter, it's easy to fall into a routine where you hide from outdoor activity. Winter can be a time where the "winter blues" set in. Fresh air can help with that so bundle

up, and enjoy making winter part of your routine. Take the **Artic 500** minute challenge and get outside for the next 30 days!



New Year Challenge

Creating a healthier relationship with food and taking better care of your body and mind can drastically improve your health in various ways.

- Sit less and move more.
- Eat more whole foods.
- Drink more water.
- Cut back on sugary beverages.
- Get good sleep.
- Practice self-care.
- Cook more meals at home.
- Spend more time outside.
- Limit screen time.
- Add produce to your daily food.
- Take care of your teeth.
- Visit your doctor for screenings.

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