PRESBYTERIAN PROGRAM HIGHLIGHTS

Monthly Skill Builders

NAVIGATE THE Grocery Store

FILL UP YOUR CART WITH HEALTHIER ALTERNATIVES BY SHOPPING THE PERIMETER:

PRODUCE
- Choose a variety of colorful fresh fruits and vegetables
- Look for produce that is in season for maximum flavor and value

BAKERY
- Look for ingredients that are whole grain/wheat and a label that shows higher fiber
- Avoid highly processed white flours

DELI/MEATS
- The best choices are typically fish (without breading) and lean meats
- Choose chicken without the skin
- Be careful of high sodium deli meats and meats with visual fat around/through the meat (marbling)

CANNED GOODS
- Watch out for high sodium levels – salt is often used as a preservative
- Canned items can be helpful for quick cooking, especially canned beans
- Look for no added salt or low sodium versions

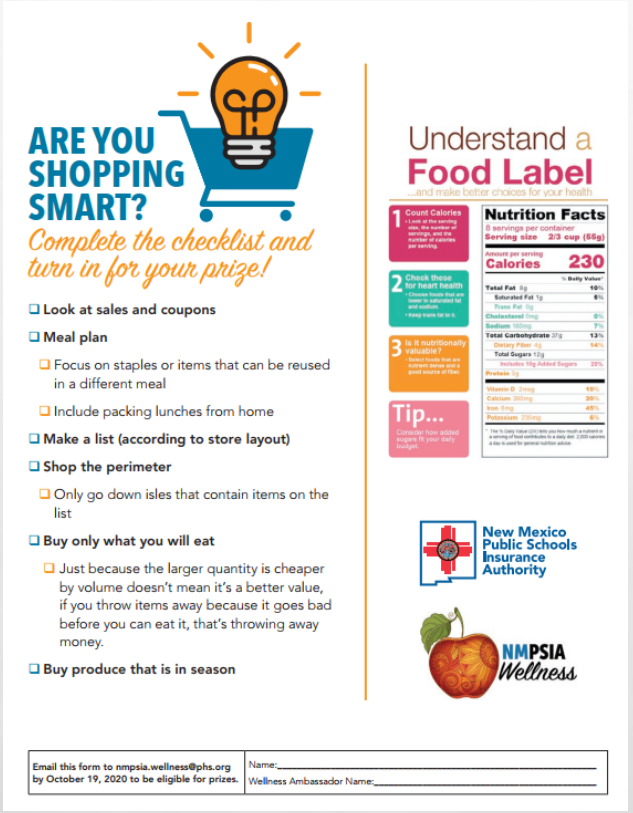
DAIRY
- Incorporate low-fat or no-fat dairy items into your meal planning
- Watch sugar and calories in items such as yogurt
- If you are lactose intolerant, consider calcium-fortified soymilk or other alternatives

"HEALTH" FOODS
- The "health" food section contains a variety of items that can be incorporated in a health meal plan, but choose wisely
- Meal replacement bars and shakes can have the same amount of sugar and calories as a candy bar, so be careful how you include them in meals or snacks

FROZEN ITEMS
- Frozen fruits and vegetables can be a great way to get similar nutrients as the fresh version without being concerned with spoilage
- Add to meals to increase nutritional value
- Be careful of added sauces to vegetables, which can increase the fat and sodium content
- Some variety of frozen fruit also have added sugar, so be careful to read the label.

New Mexico Public Schools Insurance Authority

NMPSIA Wellness



ARE YOU SHOPPING SMART?

Complete the checklist and turn in for your prize!

- ❑ **Look at sales and coupons**
- ❑ **Meal plan**
  - ❑ Focus on staples or items that can be reused in a different meal
  - ❑ Include packing lunches from home
- ❑ **Make a list (according to store layout)**
- ❑ **Shop the perimeter**
  - ❑ Only go down isles that contain items on the list
- ❑ **Buy only what you will eat**
  - ❑ Just because the larger quantity is cheaper by volume doesn't mean it's a better value, if you throw items away because it goes bad before you can eat it, that's throwing away money.
- ❑ **Buy produce that is in season**

Understand a Food Label

...and make better choices for your health

1 Count Calories

2 Check these for heart health

3 Is it nutritionally valuable?

Tip...

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

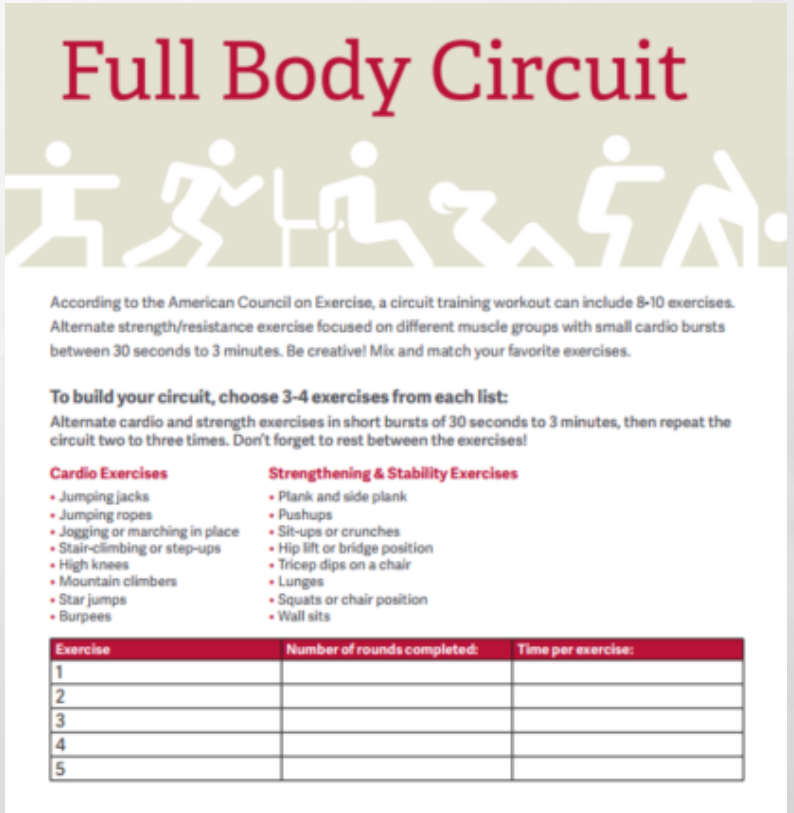
New Mexico Public Schools Insurance Authority

NMPSIA Wellness

Email this form to nmpsia.wellness@phs.org by October 19, 2020 to be eligible for prizes.

Name:_____

Wellness Ambassador Name:_____



Full Body Circuit

According to the American Council on Exercise, a circuit training workout can include 8-10 exercises. Alternate strength/resistance exercise focused on different muscle groups with small cardio bursts between 30 seconds to 3 minutes. Be creative! Mix and match your favorite exercises.

To build your circuit, choose 3-4 exercises from each list:

Alternate cardio and strength exercises in short bursts of 30 seconds to 3 minutes, then repeat the circuit two to three times. Don't forget to rest between the exercises!

Cardio Exercises
- Jumping jacks
- Jumping ropes
- Jogging or marching in place
- Stair-climbing or step-ups
- High knees
- Mountain climbers
- Star jumps
- Burpees

Strengthening & Stability Exercises
- Plank and side plank
- Pushups
- Sit-ups or crunches
- Hip lift or bridge position
- Tricep dips on a chair
- Lunges
- Squats or chair position
- Wall sits

Exercise	Number of rounds completed:	Time per exercise:
1		
2		
3		
4		
5		

UPCOMING PRESBYTERIAN PROGRAM

- Dinner with a Dietitian: Diabetes
  - Course begins November 9th

- Cultivating a Thankful Heart with Mindfulness
  - Saturday, November 21st at 10am

- Webinar Series: The Power of Gratitude
  - December 8th at 3:30pm

MOVE IT CHALLENGE

MOVE IT!

The 'Move It!' challenge is a great way to get up, pause from your work, and increase activity each day.

Walking increases blood flow, circulation, can help you look better and most importantly will help you feel better! Get moving!

THE CHALLENGE:

- Employees have one month to track their daily steps.
- Use your smart phone, FitBit, Apple Watch, etc. to track your steps
- Record steps and date on the tracker
- The daily goal is set at 7,500 steps. (232,500 steps for the month)

HOW TO RUN THE CHALLENGE:

- Decide what month you would like run the challenge.
- Have employees that would like to participate in the challenge sign up on the sign-up sheet.
- Provide them with the 30-day Move It! tracker.
- Collect trackers at the end of the challenge.
- Submit mini-challenge submission through the NMPSIA Wellness Ambassador Link.
- Once the challenge has been processed, Wellness Ambassador(s) will receive 3 prizes to distribute at their location.

MOVE IT! TRACKER

STEPS: DATE:	STEPS: DATE:	STEPS: DATE:	STEPS: DATE:	STEPS: DATE:	STEPS: DATE:	STEPS: DATE:
STEPS: DATE:	STEPS: DATE:	STEPS: DATE:	STEPS: DATE:	STEPS: DATE:	STEPS: DATE:	STEPS: DATE:
STEPS: DATE:	STEPS: DATE:	STEPS: DATE:	STEPS: DATE:	STEPS: DATE:	STEPS: DATE:	STEPS: DATE:
STEPS: DATE:	STEPS: DATE:	STEPS: DATE:	STEPS: DATE:	STEPS: DATE:	STEPS: DATE:	STEPS: DATE:
STEPS: DATE:	STEPS: DATE:	STEPS: DATE:	TOTAL STEPS:			

Name: _____

Employee Name: _____

Email: _____

Wellness Ambassador _____

WATER CHALLENGE

GO H2O

This water challenge encourages you to put down the soda and drink more H2O! Many people think that we should just drink as much water as possible in a day, however everyone is different. There is actually a simple calculation that anyone can use to figure out exactly how much water you should drink each day. Go H2O invites you to calculate and get hydrated the healthy way.

THE CHALLENGE:

- Employees have one month to track their water intake every day.
- Calculate your appropriate water intake and use your results as a daily goal.
- Record on the tracker: the number of ounces drank each day.

HOW TO RUN THE CHALLENGE:

- Decide what month you would like run the challenge.
- Have employees that would like to participate in the challenge sign up on the sign-up sheet.
- Provide them with the 30-day GO H2O tracker.
- Collect trackers at the end of the challenge.
- Submit mini-challenge submission through the NMPSIA Wellness Ambassador Link.
- Once the challenge has been processed, Wellness Ambassador(s) will receive 3 prizes to distribute.

New Mexico Public Schools Insurance Authority

NMPSIA Wellness

GO H2O! TRACKER

OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:
OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:
OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:
OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:
OUNCES: DATE:	OUNCES: DATE:	OUNCES: DATE:	**Weight _____ X 0.67 = _______ ounces per day.**			

Name: ____

Employee Email: ____

Wellness Ambassador: ____

New Mexico Public Schools Insurance Authority

NMPSIA Wellness

21 DAY HAPPINESS CHALLENGE

21 Day Happiness Challenge

Do you want to build a positive new habit that will help you feel happier and healthier? This challenge is all about improving your emotional wellbeing. Studies have shown that having a true positive attitude makes your view of life seem broad and full of possibilities. This positive practice will challenge you for 21 days to filter the world with a brighter lens and thus become happier.

THE CHALLENGE:

- Employees have one month to complete the 21 Day Happiness Challenge.
- Record on the tracker: the dates completed and a short written reflection piece at the completion of the challenge.

HOW TO RUN THE CHALLENGE:

- Decide what month you would like run the challenge.
- Utilize the sign-up sheet to capture participating employees' contact information.
- Provide them with the 21-day happiness tracker.
- Collect trackers at the end of the challenge.
- Submit mini-challenge submission through the NMPSIA Wellness Ambassador Link
- Once the challenge submission has been processed, the sponsoring Wellness Ambassador(s) will receive 3 prizes to distribute.

New Mexico Public Schools Insurance Authority

NMPSIA Wellness

HAPPINESS TRACKER

Write 3 things that you're thankful for. Date:	Express gratitude to at least 1 person in your life. Date:	Engage in random act of kindness. Date:	Write thank-you notes to 2 people in your life. Date:	Go outside for a walk and appreciate the beauty of nature. Date:	Do something nice for a co-worker. Date:	Write down 5 things you like about yourself. Date
Schedule one hour of social free media time. Date:	Take yourself on a date (go out or stay in). Date:	Think of something great that has happened to you in the last 3 months. Date:	Write a thank you email/ note to a colleague. Date:	Compliment a stranger. Date:	What's something that happened yesterday you're thankful for. Write it down. Date:	Whenever you have a minute, take 3 full deep breaths to get oxygen flowing. Date:
Do one simple thing that fills your heart with joy. Ex: painting, biking, singing, etc... Date:	Print out a positive quote you love & put it on your desk or work area. Date:	Stop what you're doing. Look at the clock & for just 1-2 minutes, reflect on a happy moment. Date:	Reflect on what made you proud this week. Date:	Do something kind for yourself. Date:	Donate unwanted clothes to charity. Date:	Take a walking break. Date:

Reflection:

Tell me how you felt after completing the mini-challenge?

What were some successes?

Which day(s) brought you the most joy?

Additional comments:

Additional Resources: Author, podcaster, and speaker Gretchen Rubin; Phone Apps: I am-Positive Affirmations; Happify; Five Minutes of Gratitude

Name: _____

Employee Email: _____

Wellness Ambassador : _____

FIVE A DAY CHALLENGE

Five a Day
A HEALTHY EATING CHALLENGE

Five a Day Tracker

Check the box for the dates that you ate 5 or more fruits or veggies!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	Name:			
			My favorite fruit is:			
			My favorite veggie is:			

Name: _____

Employee Email: _____

Wellness Ambassador: _____

Five a Day
A HEALTHY EATING CHALLENGE

The "**Five a Day**" Challenge invites participants to eat **5** or more servings of fruits and/or vegetables each day for a month. Fruits and vegetables are an important part of a healthy diet, and variety is as important as quantity. The higher the average daily intake of fruits and vegetables, the lower the chances of developing cardiovascular disease.

THE CHALLENGE:

- Employees must eat **5** or more servings of fruits/vegetables every day for a month.
- Try to eat at least 1 new fruit or vegetable each week.
- Keep track of the days that you eat **5** or more servings on the "**Five a Day Tracker**".
- Record on your "**Five a Day Tracker**" and return the tracker to your Wellness Ambassador.

The American Heart Association recommendations:

- **Vegetables – 5 servings/day** (1/2 cup - fresh, frozen, canned or dried)
- **Fruits – 4 servings/day** (1/2 cup or 1 medium whole fruit – fresh, frozen, canned or ¼ cup dried)

PRIZES!!!

Everyone who consumes **5** servings of fruits or veggies at least 50% of the days will have their names entered into a drawing for a prize.

CHALLENGE INFORMATION

New Mexico Public Schools Insurance Authority

NMPSIA Wellness

Questions?