

December 2019

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Wellness Committee

Fostering a workplace culture that supports healthy lifestyle choices for all

Quarterly Newsletter

"SAY WHAT?"

With the holidays behind us, and the New Year Resolutions in effect, changes to our mindset can lead to positive changes with ourselves. Below are five tips to change your mindset to help you make positive changes:

1. Make Time for You
2. Think about where you are in life
3. Set your action
4. Positivity
5. Take care of physical body

Doing these 5 things can help you make positive changes in your life.

(by Melissa Eisler, The Chopra Center)

HEALTHY DELICIOUSNESS

Raspberry Zinger Poke Cake

- 1 box white cake mix
- 1 (3oz) package gelatin
- 1C cold water
- 1 (10oz) raspberry preserves
- 1 (8oz) tub frozen whipped topping (thawed) Sugar Free
- 1 (7oz) bag shredded coconut

Mix using a 13x9 inch cake pain, bake according to directions. Let cake cool 15-20 minutes.

Poke holes over top of cake. Mix 1 cup boiling water until dissolved. Whisk in water until gelatin starts to thicken. Pour over cake, filling holes.

Microwave preserves 30 seconds and pour over top of cake. Top with whipped topping/coconut.

Refrigerate 4 hours: enjoy

WELLNESS CHAMPION

Our wellness champion for this quarter is Marcia Restivo. Marcia has made obvious self-improvements in her life over the past several months. She has made positive lifestyle choices in regard to her mindset, food choices and activity level. Marcia is a role model for those around her and she can often be seen "marching" during meetings because she is determined to "get her steps in." Marcia is worthy of the recognition. Congratulations Marcia!!!



HEALTHY LIFESTYLE TAKEAWAYS

Getting Back on Track

Now is the time of year where most people are motivated to begin making changes. STARS Wellness would like to share the following words to help those who are in the swing of making changes in their health:

- MODERATION EATING HEALTHY WATER
 PROPER SLEEP PORTION CONTROL

WHAT'S UP?

STARS CHANGES 2020

With the new year beginning, the following changes are being made to the STARS Wellness Program.

Members will self report most activities.

Members will no longer need to submit proof of annual physical and annual dental.