



# Dakota Wellness Program

## **JULY 2024**

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Join Sanford Health Plan Wellness  
team members for our monthly  
15-minute wellness webinar.

**Click here to register today!**



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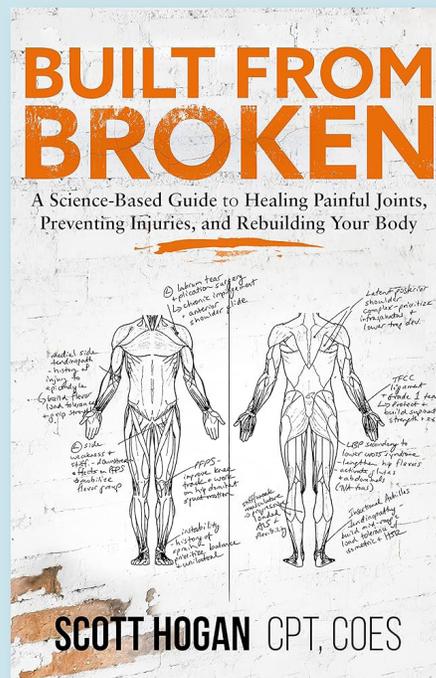
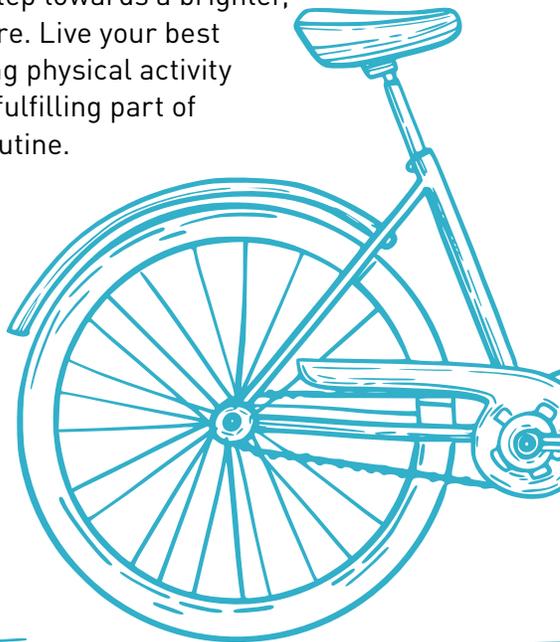
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# Revitalize: The Power of Movement for a Vibrant Life

Physical activity isn't just about staying fit; it's a gateway to a happier, healthier life. It's a natural mood lifter, relieving stress and boosting mental well-being. Regular exercise keeps our bodies strong and functional, preserving mobility and independence as we age. Sedentary lifestyles increase the risk of chronic diseases, emphasizing the importance of incorporating movement into our daily lives.

Engaging in physical activity regulates blood pressure, cholesterol, and weight, reducing the likelihood of health complications. It promotes longevity, granting us more vibrant years to enjoy life to the fullest. Beyond the physical benefits, exercise enhances our mental and emotional resilience, fostering positivity and self-confidence.

By prioritizing movement, we not only improve our own well-being but also contribute to a healthier environment and community. Following recommendations like 150 minutes of moderate-intensity aerobic activity weekly, brings significant health benefits, achievable through incremental lifestyle changes. So, lace up your shoes, step outside, and embrace the joy of movement. Every step you take, every moment you dedicate to being active, is a step towards a brighter, happier future. Live your best life by making physical activity a joyful and fulfilling part of your daily routine.



## Book Club

***Built from Broken: A Science-Based Guide to Healing Painful Joints, Preventing Injuries, and Rebuilding Your Body***  
by Scott H. Hogan

"Built from Broken" by Scott H. Hogan, a #1 best seller, offers a science-based approach to healing painful joints, preventing injuries, and rebuilding the body. It provides insights into understanding the underlying causes of joint pain and injuries, along with practical strategies for rehabilitation and strengthening. Hogan combines his expertise in biomechanics and physical therapy to guide readers through evidence-based methods for improving joint health and overall physical resilience.

### Discussion questions

1. How does the author integrate scientific principles into practical strategies for joint pain management and injury prevention? What evidence does he provide to support his recommendations?
2. In "Built from Broken," Hogan emphasizes the importance of understanding the biomechanics of the body. How does this knowledge empower individuals to take proactive steps in preventing injuries and promoting long-term joint health?
3. Reflecting on Hogan's approach, how might his insights and techniques be applied in various contexts, such as sports training, physical rehabilitation, or everyday activities? How adaptable are his recommendations to different lifestyles and levels of physical fitness?

# How Do I Incorporate Exercise Through Hobbies?

Engaging in active hobbies is a dynamic and enjoyable way to enhance physical activity (PA) levels, promoting overall wellness. Activities such as hiking, cycling, or dancing not only elevate heart rates but also contribute to improved cardiovascular health, strengthened muscles, and enhanced flexibility. These hobbies foster a sense of joy and accomplishment, making it easier to maintain a consistent exercise routine.

Additionally, team sports like soccer or tennis offer social benefits, fostering connections and a sense of community. Gardening or yoga, on the other hand, provide holistic wellness by combining physical activity with relaxation and mindfulness. The versatility of active hobbies ensures that individuals can find an activity that suits their preferences and fitness levels, making it more likely for them to adhere to a regular exercise routine. Incorporating these pursuits into daily life contributes to a balanced and active lifestyle, reaping physical and mental health benefits.

## Strategies for Preventing Burnout: A Comprehensive Approach to Wellness

Preventing burnout is essential for overall wellness, requiring a holistic approach that addresses physical, mental, and emotional well-being.

### Here are some tips to prevent burnout:

- Establish clear boundaries between work and personal life, ensuring adequate time for relaxation and leisure
- Getting regular exercise plays a crucial role, as it releases endorphins that combat stress and improve mood
- Prioritizing sleep is equally vital, as adequate rest enhances cognitive function and resilience
- Mindfulness practices, such as meditation and deep breathing, can mitigate stress and promote mental clarity
- Cultivate a supportive social network and fostering open communication about workload and expectations can alleviate feelings of isolation
- Periodically reassess goals and reassessing priorities can help align with values, preventing burnout by maintaining a sense of purpose and fulfillment in both professional and personal spheres

## Reminders and Announcements

**Sleep Challenge:** Coming to your [wellness portal](#) in August. Experience the many benefits of a good night's sleep with the Seize the Zzzz Sleep Challenge.

### The Challenge:

- Take steps to improve sleep habits and record sleep quality for at least 21 out of 28 days
- Participants are eligible to earn rewards if they get a good night's sleep for at least 14 days
- Ready-to-go print and digital communication materials help to promote the challenge from beginning to end
- Sleep tips and advice for how to get a restful night's sleep are included in communications



# Preventive Health

July is International UV Safety Month. Summer is a time when many people go outside to enjoy the sunshine. Time spent outside can reduce stress, help us get enough vitamin D and allow us to be physically active. If we are careful to protect our skin from the sun's ultraviolet rays (UV), we can reduce our risk of skin cancer. UV rays can cause damage to our skin, so it is important to take proper steps to protect it. There are a few things to keep in mind when considering your level of UV exposure, the sun's rays are the strongest between 10 am and 4 pm; stronger UV rays occur during spring and summer months; UV rays reflect off surfaces like water and snow; and cloud coverage does not prevent UV exposure.

## Sun safety should include:

- Wearing a hat while outdoors
- Using sunscreen of Sun Protection Factor (SPF 30 or higher and reapplying as directed)
- Planning activities for morning, late afternoon or evening hours
- Using clothing to protect your skin

## Monthly Observances

**Healthy vision**

**Juvenile arthritis awareness**

**UV safety**

**Park and recreation**

### Blackened Shrimp, Asparagus and Avocado Salad with Lemon Pepper Yogurt Dressing

SERVINGS: 2

#### Blackened Shrimp:

500 g raw peeled large shrimp, (King Prawns), tails removed  
2 cloves of garlic, minced  
1 teaspoon ground basil  
1 teaspoon dried thyme  
1 teaspoon sea salt  
1 teaspoon fresh cracked black pepper

1/2 -1 teaspoon cayenne pepper, (add more to suit your tastes)  
2 teaspoons sweet paprika, (or smokey for a different flavor option)  
2 bunches of asparagus, halved  
1 teaspoon olive oil

#### Salad:

4 cups Cos lettuce leaves, (or lettuce of choice), washed and ready to use  
1 Avocado, cubed

1/4 red onion, sliced  
1 handful fresh basil leaves

#### Dressing:

1/3 cup Greek yogurt  
1 teaspoon lemon pepper  
Salt to taste

1 teaspoon lemon juice, (optional for extra flavor)  
2 tablespoons water, (or olive oil)

#### Instructions:

In a shallow bowl, combine shrimp (prawns) with all of the spice ingredients, and rub into the shrimp until evenly coated. Heat a large pan/skillet on medium heat and add the olive oil. Sauté the shrimp/prawns and the asparagus while turning occasionally until the shrimp/prawns and asparagus have started to change color and are just cooked (about 5 minutes).

Combine the lettuce leaves, avocado, onion slices and basil leaves in a salad bowl. Add the shrimp/prawns and avocado over the top. Drizzle with the dressing.

#### For the dressing:

Combine the yogurt in a bowl with the lemon pepper, lemon juice (if using), water and salt. Mix well to combine.



## QUICK LINKS

[sanfordhealthplan.com/ndpers](http://sanfordhealthplan.com/ndpers)

## SET-UP A

[mySanfordHealthPlan](http://mySanfordHealthPlan)

## ONLINE ACCOUNT

[sanfordhealthplan.com/memberlogin](http://sanfordhealthplan.com/memberlogin)

## CONTACT US

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