



2016 Dakota Wellness Program

Featured Wellness Activities

- Book Club: *The How of Happiness: A New Approach to Getting the Life You Want* by Sonja Lyubomirsky
- Webinar: Wellness Portal Engagement

Share with Your Colleagues

- Monthly newsletter
- Monthly well-being theme flyer (8 1/2 x 11)
- Monthly well-being theme poster (11 x 17)
- Monthly book club

View and download these items by clicking below:
[Sanford Health Plan Dakota Wellness Program webpage](#)
To view past newsletter issues visit [click HERE](#)
Items will be available through July 31, 2016.

July National Health Observances

- Fireworks Safety
- Eye Injury Prevention
- Parks and Recreation
- UV Safety

Find a complete list of observances at healthfinder.gov/NHO

Monthly well-being education

Healthy hydration

With temperatures rising as the summer goes on, hydration becomes more important. Many of us turn to sports drinks to stay hydrated, but these are not always the best choice. Here is your guide to healthy hydration this summer:

- Water is always the best choice for low to moderate exercise that lasts less than 60 minutes.
- Sports drinks are a good to replace fluids and electrolytes for high intensity exercise that lasts longer than an hour.
- Drink plenty of fluids, before, during and after workouts to prevent dehydration.
- Thirst can indicate dehydration. Drink more than your thirst demands and take preventive steps to stay hydrated throughout the day.

Laugh for happiness and health

Laughing feels good. It can be described as a sense of lightness, joy or positivity. Laughing on a daily basis can have tremendous health benefits. Research shows that positive feelings and experiences are more important than you probably think. The positive feelings you get each day through laughter have a remarkable impact on your emotional well-being. Health benefits are seen the most when we physically express emotions by using our muscles. For example, your facial muscles work when you smile.

The physical piece of our emotions sends a biochemical signal from the active muscles back to the brain and causes actual changes to your body. The stress hormone, cortisol, is significantly lower when you chuckle. When cortisol drops, other functions of your body improve performance and you feel better physically and emotionally. This health benefit doesn't only happen in the moment, it lasts! Laughs can release stress, improve your immunity, relieve pain and make it easier to deal with difficult situations.

Announcements

Vouchers due by August 31, 2016

The 2015-2016 Employer Based Wellness Program year has ended. Please fax your vouchers to (605) 312-9016 by August 31, 2016. For an updated form please click [HERE](#). Please do not email the vouchers due to privacy concerns with email security. You can send them via postal mail to:

Sanford Health Plan
Attn: Angela Oberg
222 N 7th Street
Bismarck, ND 58501

Voucher points will be available in the redemption center by November 1, 2016.

Wellness coordinator workshops

Thank you to all the wellness coordinators that joined us for the workshops held across North Dakota last month. The wellness education team is working hard to put your thoughts, suggestions and ideas into place. If you attended a June Wellness Coordinator Recharge workshop, it will count toward the 2015-2016 wellness program year that just ended. If you have any questions about the Employer Based Wellness Program please contact Rebecca Fricke.

Wellness coordinator point awards

Thank you for all the hard you do as a wellness coordinator. As a reward for your efforts over the last year, you will receive 6,000 points in the redemption center to use toward your \$250 wellness benefit in 2016. Remember, you can only redeem a total of 25,000 points, or \$250, through fitness center reimbursement or the redemption center. Your points will be available to use in the redemption center after November 1, 2016.

Mark Your Calendar

Register for the monthly webinars by clicking on the event.

July 6 at 11 a.m. CST

August 3 at noon CST

September 7 at 1 p.m. CST

Did you miss a past webinar?

Click [HERE](#) to view past webinars

Contact Wellness Education Team

ndperswellness@sanfordhealthplan.com
(844) 742-0014

Amy Nitschke
amy.nitschke@sanfordhealth.org
(701) 323-2131

Angela Oberg
angela.oberg@sanfordhealth.org
(701) 323-2132

Whitney Klindworth
whitney.klindworth@sanfordhealth.org
(701) 417-6539

Yogurt sundae

Serves: 1 | *Serving Size:* 1 ¼ cups

Total Time: 10 min | *Prep:* 10 min | *Cook:* 0 min

Nutrition Facts when using blueberries, 1 Tablespoon flaxseed and 1 teaspoon cinnamon: **Calories:** 199 | **Total Fat:** 6g | **Sodium:** 132 mg
Total Carbohydrates: 26 g | **Dietary Fiber:** 5 g | **Total Protein:** 11 g

Ingredients:

¾ cup plain low fat yogurt

½ cup fresh or frozen fruit of your choosing, cut into bite sized pieces:

- Strawberries, blueberries, raspberries
- Grapes
- Pineapple
- Bananas

1 Tablespoon of nuts or seeds:

- Ground flaxseed
- Sunflower seeds or mixed nuts
- Chia seeds

Season to taste with vanilla extract, cinnamon, pumpkin spice or any of your other favorite flavors.

Directions:

Combine all ingredients in a bowl. You can freeze the mixture for a cool healthy treat or keep in refrigerator for up to 4 hours.