



# Healthy U Express!



## Healthy U On The Go!



### Spring Weather is Coming!

The warm winds, fresh rain, and soothing sun are just around the corner! Lets roar into March and take it like a lion! Make time to **MARCH**



your way to healthy habits! Iowa State Extension has some excellent tips!!

**M:** Move Every day!

**A:** Avoid Skipping Meals!

**R:** Read Food Labels!

**C:** Choose Foods carefully!

**H:** Have Family Meals!

### Healthy U Tips

The next Healthy U deadline is June 15th! The completion of your six wellness activities in Step 2, needs to be completed and self-reported by that date in order to receive your wellness incentive dollars!

#### Healthy U Wellness Categories:

- Preventive Screenings/ Vaccinations- complete 2 activities, tiles #1 and #2
- Personal Wellness Challenge-complete 1 challenge
- Online Health Coaching-complete 1 week
- Healthy U EDU-complete 2 activities #1 and #2

Each of these six activities has a matching tile! Once you

complete a wellness activity, go to the Rewards tile page and self report it!

### DMPS Website

Check out the DMPS Website for more Healthy U information such as: tracking forms, incentive guide, personal wellness goal form, quick access guides and much more! You will find it under the "Staff Tab" than click on "Healthy U". We have reorganized the site and tried to make things easier for you to find!

### Need Help with Online Health Coaching?



Check out the "Quick Start Guide-Online Health Coaching" found on the DMPS website, under Healthy U!

## Take a Look! Wellness Opportunities!



### March Madness 2014! Be Alive Shoot For 5!

Get March Madness Fever or Should We Say Flavor! **Registration extended through March 12th!** Get off the bench this month and challenge yourself to eat 5 servings of fruits and veggies each day! Head up center court for a slam dunk with all the extra vitamins, minerals and fiber you get from increasing your servings everyday!

#### Register Now!

<http://fs8.formsite.com/DMPSchools/form41/index.html>



### SoundBites Health Chats! "Managing Your Health for Stress and Wellness"

Stress has both long and short term effects on your health and wellness. Join Dr. Delores Dunagan for a practical and hands on way to learn how to manage stress so stress does not manage you!

Monday, March 10th 12:30-1:30  
Tuesday, March 11th 5pm-6pm  
Wednesday, March 12 5pm-6pm

All sessions held at Dean Avenue Operations Building at 1917 Dean Avenue. Select the date and time that works for you! Please Note: You must come on your personal

time unless given permission by your supervisor or building principal. No registration necessary to come.

### Using Credit To Your Advantage!



What is your credit? Lets talk credit, loans, and dealing with debt! Another great session in our financial health lineup! **Register Today by checking your DMPS email for the links!**

Thursday, March 13th, 12:30-1:30pm at Dean Operations Building -1917 Dean Avenue or Tuesday March 25th 5pm-6pm Callanan Middle School Auditorium

**ALL great ways to help earn your Healthy U Activities!**

**PLEASE REMEMBER THAT YOU NEED TO SELF-REPORT YOUR HEALTHY U ACTIVITIES ON THE REWARDS PAGE ON THE WELLMARK WEBMD HEALTHY U WEBSITE TO RECEIVE YOUR INCENTIVE CREDIT! .**





# HealthyWage

## \$10,000 Team Challenge

**Looking to trim down? Need a new motivator?** Than the HealthyWage Team Challenge may just be an option for you! This program is done nationally with businesses and school districts across the United States. The next Challenge is set to begin March 28th, 2014. It goes for 12 weeks, and you have a chance as a team to win up to \$10,000 if your team loses the greatest % of weight.

### At a glance, here is how it works:

- Sign up on your own, or with coworkers, friends and family
- Make a team of 5 players. HealthyWage will match you with new friends if you don't know people taking part
- The Challenge costs DMPS employees \$23.33 a month and starts March 28, 2014.
- Get your weight verified twice-once at the start and once at the end.
- There are tips, guidance and games included to keep you going and make sure you hit your weightloss goals.
- The team that loses the greatest % weight in the challenge wins \$10,000, 2nd Place wins \$5,000 and 3rd Place wins \$3000. There are also prizes for activities throughout the Challenge.
- Find out more and sign up today at: [healthywage.com/clients/dmschools/](http://healthywage.com/clients/dmschools/)
- Questions: You can contact HealthyWage directly. Email: [info@healthywage.com](mailto:info@healthywage.com) or call 888-636-3832

This is another **option** made available to DMPS employees, family or friends. We are all different and unique with what motivates us to make changes. This HealthyWage Challenge is just that, another tool to try. This program is entirely optional and available to you at your discretion.

RISE UP and  
**ATTACK** the  
DAY with  
**ENTHUSIASM!**

### Community Education!

Did you know that taking classes through Community Education is **EASY, AWESOME, AND REASONABLE !!**

Check out the catalog or access it online at: [www.dmced.org](http://www.dmced.org)

Classes range from exercise, living holistically, retirement, financial, writing, language and culture, computer, & so much more!

Check it out!!

### Contact Information:

Tammy Steinwandt,  
Wellness Coordinator  
[tammy.steinwandt@dmschools.org](mailto:tammy.steinwandt@dmschools.org)



### Don't Forget! It's Daylight Saving Time!

Get the sleep out of your eyes and spring ahead on Sunday, March 9th !! It becomes official at 2am!

### Did you Know:

That it is actually called "Daylight Saving Time" **not** Daylight Savings Time"... Hmmmm

The first person to advocate for Daylight Saving Time was Benjamin Franklin in 1784... Go Ben!

According to a research study from 2008, there is a spike in heart attacks during the first week of Daylight Saving Time. Some experts say the loss of an hour of sleep may make some people susceptible, BUT... on the flip side in the Fall when we "Fall Back", heart attacks become less frequent ...

(adapted from US NEWS-Health)



### Greenie Smoothie!

Grab your blender and lets make a St. Patrick's day **AWESOME** and totally delicious smoothie in about 5 minutes!

### Ready...Set...GO!

1 Banana,  
1/2 cup frozen mango  
1/2 cup frozen peaches,  
nice handful of fresh spinach, add a cup of water, blend away!

**TOTALLY DELICIOUS!!! TOTALLY GREEN!!**

And drum roll... You just had 4 servings of fruit and veggies! All for about 200 calories! Now that's a March Madness day offer you cant refuse!

