

AUG/
SEPT
2024

NEWSLETTER OF THE
CITY OF TACOMA

HealthVine



“Go for Gold” Challenge Results

We sincerely appreciate everyone who participated in this challenge, which was designed specifically for the 2024 Olympics! Because this was a brand new challenge, we did experience some unforeseen complications.

We ended up having a six way tie for 1st place (individuals); each employee accumulated 315,000 steps. Accordingly, Virgin Pulse conducted a random drawing to award two GOLD, two SILVER, and two BRONZE among those six winners. We want thank you for your patience and understanding and promise to do our best to avoid situations like this in the future.

Here are the INDIVIDUAL results:

GOLD (\$150 Virgin Pulse Cash):

Jennifer Ward and Eugene Upyr

SILVER (\$100 Virgin Pulse Cash):

John Dimond and Lee Dunayski

BRONZE (\$75 Virgin Pulse Cash):

Nathanael Connors & Trejor Brooks

Here are the TEAM results:

GOLD (Duffle Backpack): Accelerators

Nathanael Connors, Jennifer Ward, Desiree Hochstein, Roberto Ramirez, Nina Kim

SILVER (Cooler): The Wet Bandits

Lee Dunayski, Anssel Lopez, Kelli Delaney, Elisabeth Leaf, Alyssa Boettger

BRONZE (Dry Bag): We Will Walk You

Billy Lewis, Patrick Sun, Preston Peck, Joshua Christy, Leah Michaelson

Coming Soon: Double Points!!

We wanted to thank you for your hard work and dedication to wellness by offering **DOUBLE POINTS** from **Aug. 26 — Sept. 16, 2024.**

There are 38 days remaining for you to earn your 2025 wellness incentive.

Deadline for your 2025 wellness incentive: Sept. 30, 2024

We hope that you are continuing to enjoy the [Virgin Pulse](#) wellbeing platform! There are many ways for you to [earn points](#) on a daily, monthly, quarterly, annual and/or one-time basis to reach the **25,000** point goal.

	Do healthy things	Earn Points
Getting started	First log in to mobile app	250
	Connect your activity device	200
	Add profile picture	100
Daily	Track steps (per 1,000 steps)	10
	Do your daily cards (2 per day)	20 each
	Track your healthy habits (3 per day)	10 each
	Track getting >7 hours of sleep	50
	Complete a Journey step	30
	Browse healthy recipes via Zipongo	10
Monthly	Receive or give a shout out	100 each
	Win the promoted healthy habit challenge	200
	Complete 20 daily cards in a month	200
	Track Healthy Habits 20 days in a month	300
	Track calories 20 days in a month via MyFitnessPal	300
	20-day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	20-day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes	500
Quarterly	Choose your eating type via the Nutrition Guide	250
	Choose your sleep profile	250
	Set your interests	100
	Complete a certified weight management program	1,000
Annually	Complete the Health Check Survey	2,500
	Set a wellbeing goal	200
	Complete the Nicotine-free agreement	100
	Invite a colleague to join	50
	Complete your annual physical	2,500
	Attend 12 City of Tacoma Employee Wellness webinars	3,000
	Complete 3 preventive care activities (My Care Checklist)	500

2024 Heart and Stroke Walk

September 28, 2024



Exercise Does Not Need to Be a Hassle

It is a value of the City of Tacoma to be involved in the communities we live and work in.

One of the ways we do this is by walking and raising funds for a healthier Puget Sound through the American Heart Association's (AHA) Heart and Stroke Walk ([learn more about the event](#)).

Join or create a City of Tacoma Team! ([Click here](#))

We, at the City of Tacoma, are continuing our long legacy of supporting the fight against the No.1 and No. 5 killers of Americans: cardiovascular diseases and stroke, by participating in the Puget Sound Heart and Stroke Walk.

You can walk with your family, friends and colleagues. To start or join a team, please visit [this page](#). It is important that we lead by example and take steps together towards a healthier future for all.

We wanted to thank the 12 coaches and 126 walkers who have already joined the walk!

- 253 Legends:** Arielle Flesher (coach)
- Danger Dodgers:** Angela Hardy (coach)
- Tacoma Municipal Court:** Andrea Currin (coach)
- Tacoma Power Dam Walkers:** Paige Kelling (coach)
- Team CAO:** Cheryl Comer (coach)
- Team Director's Office:** Aubrey Pike (coach)
- Team Generation:** Sarah Smith (coach)
- TPU Community Connection:** Christina Turner (coach)
- WE GOT THE F(L)EET:** Donna Johnson (coach)
- Will Run for Snacks:** Seana Hall (coach)
- Young at Heart:** Maria Camilon-Price (coach)
- The HearT of the City:** Shelby Fritz (coach)

Struggling to find the motivation to exercise? You're not alone: Recent research shows that just over 50% of adults meet the aerobic guidelines set by the American Heart Association, 35% meet muscle-strengthening guidelines, and just under 30% meet both aerobic and muscle-strengthening guidelines.

The good news is you don't have to belong to a gym to get enough exercise to improve your health. There are a lot of ways to make regular physical activity part of your daily life — which can help you have more energy, manage stress, reduce your risk of illness and disease, sleep better, and look and feel good!

So how can you start a lasting exercise habit? Here are some tips to help you add physical activity to your life — and maybe even learn to like it!

Find your jam. Instead of forcing yourself to do something you don't enjoy, find ways to exercise that fit your personality and interests. If you're a social person, do something that engages you socially — take a group dance class, join a recreational sports team or start a walking group with friends. Connecting with others is a great way to stay motivated and avoid working out alone.

If you're more of a lone wolf, jogging, walking or swimming might be a better fit. And if you're not a morning person, you're less likely to get up at the crack of dawn to make a boot camp class. You may want to get some weights and bands to workout at home instead.

Give it time. It can take a while for a new behavior to become a habit, so give yourself time to get into a regular routine. Eventually, exercise can become addictive in a good way. Once it becomes a habit, you'll notice when you aren't doing it.

One way to build a consistent habit of exercising is to try to be active around the same time each day. Try to make sure it's a time that you can stick to. For example, if you are a morning person, you can exercise as a part of your morning routine.

[Vote for your favorite t-shirt design!](#)



Continued on Page 4...



20 Ways to Reduce Stress

Concentrate on your breath. Close your eyes and start breathing deeply and slowly. Let the breath out for a count of five. Repeat this practice ten times, focusing on the way the breath feels in the body. Feel the ribcage expand and relax, and feel your mind relax.

Stretch the stress away. Raise your arms above your head, then reach out to the right side of the room for four counts, and then to the left side of the room for four counts. Next, reach straight up. Reach all the way through your fingers to stretch your back and shoulder muscles. Then, take your arms back down and release your neck by moving your right ear toward your right shoulder. Then move your head back up to center, and move your left ear toward your left shoulder. Lastly, open your mouth as wide as you can and yawn.

Walk it off. Take a walk at lunch or during a break. Walk around the building or climb the stairs.

Eat a healthy snack. Keep fresh fruits, vegetables, and whole-grain foods on or around your desk. They contain stress-busting B and C vitamins.

Visualization. Put a flower or blade of grass on your desk and spend a few moments each hour contemplating it. Imagine the cells within it teeming with life, or imagine you are a ladybug climbing up the flower or the grass, taking in its color and smell.

Drink healthy liquids. Switch your regular coffee drink for some healthy fruit juice, low-calorie vitamin water, or electrolyte-infused water.

Treat yourself. Enjoy a banana, orange, or tangerine. Peel it slowly and enjoy the fragrance. Allow your thoughts to focus on the way the fruit smells, tastes, looks, and feels. Savor each bite. Don't do anything else while you're eating the fruit.

Take time to laugh. Write down some funny jokes where you can see them or find humorous points of the present situation.

Talk to your coworkers. While on break, chat with colleagues about hobbies and activities outside of work.

Imagine a peaceful place. Close your eyes and think of yourself resting on a beach, in a meadow, or at a spa. Take in the scene completely, thinking about how it would feel if you really were there.



Break time. Take a break from your work and think about your life outside of your job. Think about something enjoyable you will do later in the day.

Take a minute. Look out a window and let your thoughts take flight.

Break time. Take a break from your work and think about your life outside of your job. Think about something enjoyable you will do when you get home.

Journey outside during breaks. Sit next to trees or flowers. Enjoy the way their leaves float in the breeze.

Take a meditation break. Close your eyes, deepen your breath, and focus on peaceful feelings for five or ten minutes. When you open your eyes, take the peaceful feelings with you as you go back to work.

Make a cup of hot tea or broth. Enjoy the smell and the warmth.

Complete something you've been putting off. Notice how good you feel having completed it.

Make time for play. Do a crossword, play solitaire, or another game during a break.

Massage yourself. Rub your shoulders, neck, and scalp. Close your eyes and imagine the muscles releasing.

Release tension through movement. Follow this exercise: Sit up straight, then drop your upper torso, arms, and head between your knees. Exhale and then inhale as you roll up, starting from the base of your spine.

Adjust. Focus on your posture and adjust it if necessary. Place your feet flat on the floor, lower back supported against the chair, shoulders moving down, chest moving up, and chin parallel with the floor. Breathe through this posture.

Source: First Choice Health EAP

Onsite Flu Shots are Coming Soon!

Flu season typically peaks between December and February, but you should plan on getting your flu shot early to protect yourself and your family.

It is simple to get a flu shot at no cost from an in-network pharmacy or doctor's office; but we will also be offering onsite shots and the schedule will be shared soon!

Exercise Does Not Need to Be a Hassle, Cont.

Build it in. There are many ways to [fit exercise into your life](#), and it doesn't mean you have to give up something else, such as time with family and friends. As much as possible, build activity into your schedule and lifestyle so it doesn't feel like a chore. [Get active together as a family](#), you'll all benefit. And if you just can't imagine life without your daily phone chat with your best friend, take that call for a walk around the neighborhood.

Break it up. It's OK to fit in physical activity when you can. The AHA recommends a total of [at least 150 minutes of moderate activity a week](#) — that's a little more than 20 minutes a day. Doing two or three short activity sessions most days of the week adds up! You could do a quick yoga routine when you wake up, take a brisk walk after lunch, and if you commute with public transportation, get off a stop earlier and walk the rest of the way home.

Keep going. If you miss a day or a workout, don't worry. Everybody struggles once in a while. Just make sure you hit it again the next day. And if what you're doing just isn't working for you, revisit this list. You may need to try a different activity or a different time of day. But whatever you do, don't give up!

Source: American Heart Association

Fruit Salad with Lemon-Mint Yogurt Dressing

Dressing

- 1/2 cup fat-free, no-sugar added vanilla yogurt
- 1 tablespoon chopped fresh mint
- 1 teaspoon honey
- 1/2 teaspoon grated lemon zest
- 1 tablespoon fresh lemon juice

Salad

- 1/2 cup cantaloupe balls
- 1/2 cup blackberries
- 1/2 cup raspberries
- 1/2 cup fresh or canned pineapple chunks (drained)
- 4 sprigs fresh mint (optional)

Directions

- In a small bowls, whisk together the dressing ingredients.
- In a medium bowl, gently stir together the salad ingredients (except the mint), being careful not to crush the berries. Spoon onto small plates. Drizzle with the dressing. Garnish with mint sprigs.

Want to shop heart healthy? Check out the [Heart-Check](#) Digital Grocery List!



Recommended Webinars

You can earn 250 points per webinar (up to 12 times per program year) by submitting a [smart form](#). Not only do the LIVE and [recorded webinars](#) sponsored by the Tacoma Employee Wellness program count towards your wellness incentive, but [MissionSquare](#) Retirement and [Employee Assistance Program](#) (username: CITYOFTACOMA) webinars count as well.

[Calm Down: Meditation and Relaxation Guide](#) (EAP Webinar)

Learning to calm and center ourselves is a necessary skill. Making time for a regular practice of meditation, yoga or another form of relaxation can be challenging. In this seminar, we'll review some of the most popular relaxation tools and how to integrate them into our busy lives.

[Managing Stress](#) (EAP Webinar)

Stress management training can provide the necessary skills and knowledge for you to offset the potentially negative effects of a stressful environment. You can actively take steps to increase your self-awareness and integrate a variety of proven stress management responses into your life.

[Eat Your Way to Better Health](#) (EAP Webinar)

The food we eat has a bigger impact on our health than almost any other factor. Yet in today's environment of minimal time and super-sized portions—and with conflicting reports about what is and is not healthy—many of us struggle to get the nutrients we need to thrive. During this interactive session, we'll take the guesswork out of healthy eating and provide simple, sustainable strategies that can be incorporated into even the busiest lifestyles.

[Staying Healthy as You Age](#) (EAP Webinar)

Preparing to age healthy starts at a young age. The recent view on aging has become "it's a matter of mind" and it's all about how you feel! With longevity, we are seeing more chronic disease and conditions. Naturally, genetic makeup plays a part in the aging process too. However, adopting healthy habits and behaviors will contribute to a productive and meaningful life as you age. Learn how perception, nutrition and lifestyle play key roles in healthy aging.