



## Official Newsletter of WIC Worksite Wellness

### WORKSITE WELLNESS STAFF ENGAGEMENT

*Samantha Camacho & Sherry Dinh*

It's easy to forget to take care of yourself in the workplace. Therefore, it's important to empower employees to take control of their health! (1) Here are some ways to help offer support and increase staff engagement!

1. Employee Assessment - Assess employee's interests so that you can create a program that staff will enjoy.
2. Leadership Support - Senior leadership support ensures that programs stick, so make sure everyone is on board!
3. Wellness Program Options - Give employees a variety program options, e.g., workouts or cooking classes. (2)
4. Resources - Share simple healthy recipe ideas, easy exercises, apps, and many other options.
5. Promotion - Communicate about the program and offer incentives to boost participation.
6. Get Feedback - Collect employees opinions and ideas to help them feel heard and to help improve your wellness program and staff participation!

**\*See separate Worksite Wellness Toolkit Worksheet to bolster your wellness program!**



### SUMMER ACTIVITIES

*Dannie Haber, BA, CPT & Carla Corrales*

Studies show that participating in outdoor activities can help reduce stress and anxiety (3). This summer, step outside for some much needed fresh air, vitamin D, and activity.

- Yoga: Outdoor yoga with a friend is a great way to socialize and stretch! (4)
- Rock climbing: A fun way to improve endurance, flexibility, and strength (5) .
- Swimming: A cooling exercise that can be easy on joints and improve heart health.
- Gardening: Gardening can reduce anxiety, stress and overall improve mental and physical wellbeing (6).
- Art at the Park: Painting, drawing, or even playing an instrument outside can help improve mood and reduce stress (7).

By spending time outside, getting fresh air and sunlight can help elevate your [mood](#) (8). Get outside, enjoy the summer sun, and move your body!



# D.I.Y. INFUSED SPA WATER

Bruna Honorio,  
Pedro Guzman &  
Rachel Jensen

Making infused spa water is easy, and it keeps you hydrated while enjoying delicious, natural, and low-calorie flavors. (9)

Make your summer more colorful by trying these fun spa water recipes.

Prep time: **5 min**

**Each recipe makes 5 cups**

## Ingredients

### Watermelon Basil Recipe

- 5 cups of filtered, spring, or tap water (40 fl. oz.)
- ¾ cup of watermelon, cubed
- 3 leaves of fresh basil, whole

### Mango Ginger Recipe

- 5 cups of filtered, spring, or tap water (40 fl. oz.)
- ½ teaspoon of ginger, peeled

### Orange Cucumber Mint Recipe

- 5 cups of filtered, spring, or tap water (40 fl. oz.)
- ½ orange, peeled and quartered
- ½ cup of cucumber, sliced
- 5 leaves of fresh mint

## Instructions

1. Add the fruit to the water
2. Add some ice (optional)
3. Mix and let sit for at least 5 minutes
4. Enjoy the fresh taste!

## Tips

- You can continue adding water to the mix, but make sure to remove the fruits and herbs after 24 hours of infusion.
- Enjoy your refreshing spa water for up to 3 days by keeping it refrigerated!

## WHY TRY IT?

Making your own flavored water is not only a fun activity - but can also save you money!

### Ingredient Costs\*

Mango - \$1.00  
Ginger - \$0.68  
Seedless Watermelon - \$2.80  
Basil - \$1.99  
Orange - \$0.65  
Cucumber - \$0.99  
Mint - \$1.99

\*from Ralphs supermarket

## Price Comparison of Flavored Waters

Recipes	Ralphs Supermarket
Watermelon Basil \$1.20/recipe	Propel \$3.99/6 bottles
Mango Ginger \$1.01/recipe	LaCroix \$3.99/8cans
Orange Cucumber Mint \$1.82/recipe	Nestle lemon splash \$2.00/6 bottles

## Nutrition Facts (10)

1 serving (1 cup)*	Calories	Carbohydrate
Watermelon Basil	7	1.6g
Mango Ginger	8	1.8g
Orange Cucumber Mint	8	2.0g

**\* There are "0 grams" of fat, saturated fat, cholesterol, sodium, fiber, and protein for one serving.**

# ONLINE RESOURCES

Ana Hernandez & Lauren Yowell

## Forest



Smartphones can make it easy to get distracted and lose track of time. Forest is a free app that can help increase productivity when completing important tasks. This app will motivate you to stay focused while also giving back to the environment! Each time you participate, a real tree will be planted through a non-profit partnership with "Trees of the Future." (11)

## EPA's SunWise UV Index



It can be difficult to remember to put on sunscreen before hitting the outdoors. Having five sunburns in your life can double the risk for developing melanoma. About 1 in 5 Americans will develop skin cancer by the age of 70. Check out this free app provided by the U.S. Environmental Protection Agency that shows when UV rays are highest so you can plan ahead before enjoying some fun in the sun! (12)

## EVENTS & PROGRAM UPDATES

### Join us for WIC Wellness Wednesdays!

- 8/4/21 - LIVE Yoga for Anybody Anywhere w/ Lexi Brenner, Santa Barbara County WIC
- 8/18/21 - LIVE Qigong w/Cat Burmeister, Santa Clara County WIC
- 8/25/21 - LIVE 30 Min Yoga Decompression Session w/ Karla Tickes, SDSU WIC

Register and logon [HERE](#) at 12:30pm on Wed.

(no session on 8/11)

### CWA Step It Up Challenge Update!

- 32 Teams throughout the state...
- 13,893,156 Steps thus far...
- Round 1 Winner: Long Beach Walk Stars @ 737,251 steps & 6 walkers
- Round 2 Winner: Red Hot Chili Steppers @ 683,185 steps & 4 walkers

Find out more at [www.calwic.org](http://www.calwic.org).



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