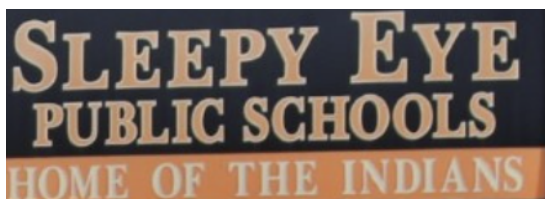


HIGHLIGHT



Regular movement, such as walking, plays a crucial role in overall health by improving cardiovascular fitness, boosting mood, and reducing stress. Incorporating walking into the workday can increase energy levels, enhance focus, and promote long-term wellness. Even small, consistent efforts to stay active can make a significant difference in both physical and mental well-being. Sleepy Eye Public Schools embraced this philosophy by launching a walking challenge at their worksite.



“This was a great way to start off the New Year. It gave us the nudge that we needed after our holiday break

Paul Hendrickx, Ag Instructor

The Ring in the New Year walking challenge kickstarted the Sleepy Eye staff's New Year's resolutions. Wellness Coordinator, Idalia Martinez, explained, "After we came back from Christmas vacation, we encouraged our staff to walk 10,000 steps a day for a total of 50,000 steps by Friday to start off the New Year in a healthy way. We had a drawing at the end of the week for all the participants." The challenge motivated employees to prioritize movement, creating a fun and supportive environment for healthier habits.

A workplace wellness program in an organization has become indispensable, offering many benefits for employers and employees. The SCSC Wellness Program is a dedicated initiative exclusively available to SCSC/MHC health insurance pool members.



Challenge Winner

