

April is [NATIONAL MOVE MORE MONTH](#) and [STRESS AWARENESS MONTH](#)! Spring is a great time to engage in more outdoor physical activity as the warm weather approaches and get a handle on any stressors that have found their way into your life. This month... try to make every move count! Participate in activities planned by Be Well that encourage movement, wellness and stress management!

Click [HERE](#) to read the Anthem Blue Cross April newsletter!

[April Employee Wellness Challenges](#)



Amp It Up April 30-Day Challenge

Earn 10 points for participating in (3) staff wellness challenges during the year. Studies say it takes 21 to 30 days to break old habits and create new ones. If you have been a couch potato this past winter and have binged too much Netflix, take a step toward better health. This “perfect for spring” 30-day movement challenge allows you to build healthy habits that may turn into new routines that benefit your overall health. Inspire yourself to start a new fitness routine, switch it up or find something new that keeps you motivated to move more.

How to participate:

- Register for the challenge on your Be Well Wellness portal under the EVENTS tab or by emailing be_well@mansfieldct.org by **April 6**.
- Complete 30 minutes of exercise a day for at least 5 days, totaling 150 minutes per week. You can walk, run, swim, hike, bike, play pickle ball, hit the gym... whatever you like that makes you move your body daily! Use the tracking sheet to record your daily minutes. Download it [HERE](#).
- Submit your completed tracking sheet to be_well@mansfieldct.org by **May 1**.
- Participants who complete the 30-day challenge, record 600 or more exercise minutes during the month, and submit their tracking sheet will

be entered into a drawing for a pair of athletic shoes of their choice (up to \$50) from The Shoe Smith, Willimantic CT.



60 Days to Change Group Challenge Continues...Keep logging your participation!

Earn 15 points for participating in a group challenge

We have 61 active participants in this great challenge. It started on March 14 and wraps up on May 15. The group has spent the last 4 weeks getting a clearer picture of their financial life, getting in control of their debt, planning for necessities and budgeting. The second half of the challenge will focus on planning for emergency funds and insurance, retirement, saving \$ made simple and setting future financial goals. If you did not join the challenge but would like more information on enhancing your financial wellness, check out Mission Square Retirement's Financial Wellness Center [HERE](#). If you want to earn an easy 10 points towards your Be Well end of the year rewards, log onto your Be Well portal, scroll down to the last item on the 2022 Be Well Wellness Tracker, look for Financial Wellness Center, hit the "complete this" button and check out the website linked!

April Employee Wellness Special Events



Be Well Mansfield Virtual 5k, 10k, and Half Marathon Week

Earn 10 points for participating in (3) staff wellness challenges during the year. This will ALSO count toward completion of a 5K race/obstacle course on your Be Well Wellness Tracker.

Join in on our first virtual 5k, 10k, and Half Marathon 13.1 walk/run race during the week of April 18th – 22nd! As the runners approach the start line of the Boston

Marathon, think about doing the same with our first annual Be Well Mansfield Virtual run/walk event.

How does it work?

- Choose a distance – 5k, 10k or Half Marathon. If you choose the 10k or Half Marathon (13.1) distances, you do not have to do the entire mileage in 1 day. You have 5 days to log the mileage and record your total time.
- Officially, enter the race by registering on the Be Well portal under the EVENTS tab or email be_well@mansfieldct.org.
- Download the Map My Run App or Walk App to your mobile device.
- Complete the walk/run distance you selected during the week of April 18th – 22nd. You will need to use your app to record and share your route, distance & time(s)!
- Email an event picture to be_well@mansfieldct.org.
- ***ONLY*** participants registered for the race by April 8 and who submit a race picture will receive a participant t-shirt at the end of Marathon week.

Other prizes to be won: There will be a prize for the fastest time in each of the three categories and the MOST interesting race photo! Get creative; whether it is the outfit you chose to wear while running/walking or something unique you see while you are out on your route! Train, pick your route and snap your pic!



Mindfulness and Meditation Email Series

Earn 10 points for participating in (3) wellness workshops during the year.

Receive an email every Thursday morning during the month of April to learn more about practicing mindfulness, breathing techniques for stress reduction, and short meditation practices that can help you re-center yourself during the workday. To receive credit for this email series, you must post your comments about your experience with the weekly

activity in a private group on the Social Wall of the Be Well Wellness portal. Email be_well@manfieldct.org to register. Details will follow registration. Email series will begin on April 7.



Stress, Sleep and Recovery Wellness Workshop

Earn 10 points for participating in (3) wellness workshops during the year.

Join Instructor Jessica Tracy on Tuesday, April 5 from 6 pm to 7 pm to discuss how getting the most out of your workouts and your daily life can be greatly enhanced by reducing stress, getting better quality and/or quantity sleep and allowing yourself to get a full recovery. Come to this seminar to learn some tricks of the trade. This seminar is FREE to all town employees. Workshop will be held in the Community Center Community Room. You must register on the Be Well portal under the Events tab or email be_well@mansfieldct.org to attend.



Salsa Fit @ Goodwin School

Earn 10 points for participating in (3/6) fitness classes during the 6 week session

Wednesday afternoons - Goodwin School Auditorium with Instructor Kelly Madenjian

4 Sessions in April - 4/6 (starts at 4:45 pm), 4/13, 4/27, 5/4 - rest of dates begin at 4 pm

Have some Salsa with your workout! This SUPER FUN class is a Latin dance cardio workout and will focus on core movement using Meringue, Salsa, Rumba, Samba, and Tango inspired steps. Great music, lots of fun – you won't even know it's exercise. Sign-up by emailing be_well@mansfieldct.org. Open to all Town, BOE, EHHD, EO Smith and Mansfield Downtown Partnership employees.

Wellness Initiatives to Live Healthier & Happier in 2022!

❖ Spring session begins at the Mansfield Community Center

The Mansfield Parks & Recreation calendar is full of spring events! CHECK out the program guide [HERE!](#)

Fitness and Aquatic programs begin the week of April 4.

Register for Summer Camp 2022 as soon as March 25 – sign up [HERE](#).

❖ Make Every Move Count

Commit to increasing your physical activity minutes during the month of April. Whether you are pushing your grocery cart around the store, walking your dog around the block, or cleaning the house, it all counts! Go get it!

MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides — in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!



Source: pubs.us.edu/walktothemoon/activities.html

EAT SMART **MOVE MORE** BE WELL

For more ways to add activity to your life, visit HEART.ORG/MOVEMORE

❖ Learn How to Manage Your Stress with the Practice of Mindfulness

Mindfulness is a powerful tool in stress management technique. Learn more about what mindfulness is, what you should know before you practice it [HERE](#) and 5 easy steps to get started below:

How to Practice Mindfulness

1 **Take a seat.** Find a place to sit that feels calm and quiet to you.

2 **Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.

3 **Notice your body.** You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.

4 **Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.

5 **Notice when your mind has wandered.** When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.

6 **Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

