



Newsletter

July 2022

Happy July!



July is **Healthy Vision** and **UV Awareness** Month. Scroll to the bottom of the newsletter to learn more about these important wellness topics!



Congratulations to our **May** challenge winner:

- Mile a Day May - Yvette Gauthier – won a \$50 credit to The Shoe Smith, Willimantic CT.

Employee **Wellness Challenges, Events & Workshops**



100 Hours Outside Summer Challenge – STILL TIME TO JOIN!!!!

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

Take advantage of the longer days & warmer weather of summer by participating in Be Well's 100 Hours Outside Summer Challenge! Science has proven that time spent in nature helps improve mood, reduces stress, and improves your sleep among a host of other incredible benefits. It's easier than you might think to boost your outdoor time... take a walk , go fishing , eat lunch or dinner outside, read a book under a tree, tend your garden, go swimming, enjoy an outdoor concert - *the options are endless!*

- You can still register on your portal under the Events tab or by emailing be_well@mansfieldct.org.
- Download the tracker [HERE!](#)
- Participate in this challenge alone, with a group, or commit your family! The first **10** individuals/groups to complete the challenge will receive a wellness prize pack! Deadline to complete the challenge is August 31, 2022.



Still looking for ideas to get outside and rack up those hours! Many opportunities in Mansfield in July (*Click on the event for more information*).

Paddleboard and kayak equipment rentals at the MCC can get you outdoors -

Click [HERE](#) for more information on how to rent!

Saturday, July 2nd from 12 pm – 4 pm – [Family Fun Event @ Bicentennial Pond!](#)

Thursday evenings in July - [Summer Concerts on the Square](#)



Employee Summer Fitness Classes

Participate in 2 summer fitness classes and earn points toward your end of the year wellness dollars for attending! Free to all town employees. Register under the Events tab on your portal or email be_well@mansfieldct.org.

The Be Well Wellness program sponsors fitness class during the year at various locations for those employees participating in the employee wellness program.

This is a great opportunity to try a class and provide feedback as to what you would like to see offered in the fall! All classes will take place in the MCC group exercise room.

Tuesday, July 12th – Full Body Strength - 12:05 – 12:45 pm or 4:35 – 5:15 pm

Thursday, July 14th – Low Impact Spin – 12:05 – 12: 45 pm or 4:35 – 5:15 pm

Tuesday, July 26th – Stretch – 12:05 - 12:45 pm or 4:35 – 5:15 pm

Thursday, July 28th – HIIT Circuit – 12:05 – 12:45 pm or 4:35 – 5:15 pm



Functional Movement Screen and How it Can Help!

On Tuesday, July 12 from 5:30pm – 6:30 pm in the Exercise Studio of the MCC, learn about the 7 tests of the screening that will detect where your weaknesses, imbalances and asymmetries lie. No matter your fitness level, this test can benefit your exercise program by finding your faulty movement patterns. All attendees will have the option to try one of the movement patterns during this seminar and receive a discount off a future session. ***This is a wellness workshop opportunity! If you attend 3 workshops during the year, you earn 10 points toward your end of the year wellness dollars. Register under the Events tab on your portal or email be_well@mansfieldct.org.***

Wellness Initiatives to Live Healthier & Happier in 2022!

In conjunction with Healthy Vision Month, plan to schedule your yearly eye exam this month. ***You also earn 10 points when you upload the [Wellness Visit Authorization form](#) or an EOB (explanation of benefits), downloaded from your Anthem portal.***

Learn more about healthy vision, why vision exams are so important, and how aging affects your eyes below.

- [Why Vision Exams Are So Important As We Age](#)
- [Aging and Your Eyes](#)
- [What is Your Risk of Eye Damage from UV Light?](#)

Summer is a great time to establish wellness goals. As your town Wellness Specialist, I am here to help if you are looking to start a fitness program, improve your nutrition, reduce your stress, and establish new healthy habits. Feel free to reach out to me to schedule a time to meet at ruggeril@mansfieldct.org.

Be Well,
Leslee Ruggeri

