Hello Tucson Unified. It’s Health From Home. Your Wellness Coaches are here to help you navigate this “work from home” moment we are living in. Health coaching is available via phone, email and Zoom. Let us know how we can help.

NEED TO TALK TO SOMEONE?
Jorgensen Brooks, the Tucson United Employee Assistance Program, offers telephone and virtual, online chat at any time:
www.jorgensenbrooks.com
(Toll free) 1-888-520-5400
(Tucson) 520-575-8623

COVID-19 UPDATES
www.cdc.gov

OH, THE SNACKING!

Who feels like the proximity of their refrigerator is way too close right now? We have all had our daily routines upended and that may be leading to more snacking and anxious overeating. If you’re in the above mentioned category, it’s time to get back into your healthy nutrition groove. Good nutrition helps you keep your immune system strong. Here’s some suggestions:

1. Meal prep! Plan and make some of your meals in advance.
2. Educate yourself. Research and read about your curiosities and questions about nutrition, foods, calories, macros…
3. Keep packing yourself a lunch and snacks daily so it’s a no brainer when you get hungry.
4. Limiting trips to the grocery store now will keep you safe and healthy AND prevent you from bringing the snack foods home.
5. Watch the alcohol consumption. It can add up to weight gain quickly.
6. Tune into your hunger and satiety levels. Are you really hungry? You may just be bored or thirsty…which leads to…
7. Drink more water! The goal is half of your body weight in ounces of water a day. You may have gotten out of that habit too.

HEALTH COACHING
We want to hear from you and help you with your struggles, concerns and victories. Let’s connect for Health Coaching via phone, Email or Zoom. Just send me an email.

Your Wellness Coaches:
Anisa.Karczynski@tusd1.org
Cody.Martin2@tusd1.org
Debbie.Logan@tusd1.org
Iris.Berry@tusd1.org
Joan.Upton@tusd1.org
Our final presentation in the series, “Building Strength, Energy and Vitality” will be presented live on ZOOM, May 4, at 4:30 pm. The topic is Stress Management. RSVP to WellnessCoaches@tusd1.onmicrosoft.com. Please let us know if you have any questions. We look forward to seeing you “virtually” on May 4. And..check out “TUSD Employee Wellness Program” as one wellness presentation (option 3) for the wellness incentive program: https://tucson.truenorthlogic.com/U/P/Channel/-/Guest/Login

Building the Habit

“You’ll never change your life until you change something you do daily. The secret of your success is found in your daily routine.” - John C. Maxwell

Small habits, done consistently are how we make the changes that we want to see in our lives. Check in with yourself. What are you doing every day that is getting you closer to your wellness goal(s). It takes an average of 66 days to make a behavior automatic. Start now --something new you can do today that means a healthier you in June.

WORKOUT INSPIRATION

We are now emailing weekly, at home workouts to everyone who is interested. If you haven’t signed up for this, email us at: WellnessCoaches@tusd1.onmicrosoft.com. All workouts are suitable for all fitness levels and none require equipment.

Many of us have “the gyms are closed” blues right now. But there are plenty of at home options for great workouts, AND, switching it up is always a good thing. It’s a great way to make more strength, endurance and flexibility gains. Check out these ideas:

1. Boxing Inc. Tucson is offering virtual workouts for FREE to everyone. No equipment is needed. This is a great workout to get out your stress and frustration. Go to their website for details: www.boxingincorporated.com.

2. What is your gym streaming? Most gyms are now offering virtual or livestream workouts to their members. Go to your gym’s website and look up their offerings.

3. Missing your workout buddy? Connect via Zoom and do the at home workout your health coach sent you.

4. Shake it up! A great workout doesn’t have to be structured or led by an instructor. Turn the music up loud and have a dance party with your kids, your partner or on your own. Jump rope, play hopscotch or kickball. Go fly a kite.

THE BIGGEST WINNER

CHALLENGE ENDS APRIL 17

Return Non-Scale Victory forms by April 17. Weigh outs are optional.

Complete the Non Scale Victory Form with details for more raffle entries. All team members must complete the form to earn raffle entries. Weighing out is optional. Email a photo of your scale weight to your health coach with badge ID/name. If your entire team weighs out, you earn a raffle ticket for every percentage of weight lost.

We restructured prizes for more winners! Ten teams will earn $50 gift cards for each member in the prize raffle. Get in the raffle by submitting Non Scale Victory Forms and completing the optional weigh out by APRIL 17. Bonus prizes go to the three teams with the highest percentage of weight loss – each team wins a $50 gift card for each member.

Email your health coach with any questions.