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

INSPIRATION PRESCRIPTION

Why not dive into a great book right now? The following is from a Good Housekeeping article by Marisa Lascala about the best self-help books to read in 2020, according to Amazon and Goodreads https://www.goodhousekeeping.com/life/entertainment/g26588504/best-self-help-books/.

So you want to make a career move, figure out how to be more productive, or get over an emotional stumble ... basically, all of the things. So, get to browsing and good luck crushing those goals! You’ve got this. Here’s part of the list:

1. ‘Girl Wash Your Face’ by Rachel Hollis
2. ‘Grit’ by Angela Duckworth
3. ‘Year of Yes’ by Shonda Rimes
4. ‘Gmorning, Gnight!’ by Lin-Manuel Miranda
5. ‘How to Be a Bawse’ by Lilly Singh
6. ‘The Life-Changing Magic of Tidying Up’ by Marie Kondo
7. ‘Outer Order, Inner Calm’ by Gretchen Rubin
8. ‘Presence’ by Amy Cuddy
9. ‘Lightly’ by Francine Jay
10. ‘Deep Work’ by Cal Newport
11. ‘Creativity, Inc.’ by Ed Catmull
12. ‘Principles’ by Ray Dalio
13. ‘Make Your Bed’ by Admiral William H. McRaven
14. ‘The Little Book of Hygge’ by Meik Wiking
15. ‘Big Magic’ by Elizabeth Gilbert

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, Stress Management, in the series, “Building Strength, Energy and Vitality”, along with the first three topics in the series, have been prerecorded. The link to view all presentations will be posted to www.tusd1.org/wellness by Monday, May 4th. After viewing any of the presentations, a worksheet will be emailed to you. Complete and return the worksheet to receive credit for the Life Talk(s). Attending four Life Talk presentations is Option 3 for the Wellness Incentive Program. If you missed any of the presentations in the above series, you can now view all and receive credit for attending.

Building the Habit

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” – Aristotle.

Who do you want to be six months from now? What is your health like? What are your finances like? How are you spending time with your family and on your hobbies?

Write these things down as if you have already achieved your goals. Now, backtrack six months and write down what you had to do to move you from here to there. There’s your plan to success! Start today.

TAKE YOUR WORKOUT WAAAYY BACK

Who’s old enough to remember when Jane Fond had a workout show on TV? If you are bored with the current workout trends, why not go back in time and rock an old school workout? The fitness trends of the 1980s and 1990s still work today. Plus, the workout clothes were so much more fun and glamorous. Ladies, put on your sparkly leotards, belts and leg warmers. Guys get out the short shorts, wrist bands and head bands. These are the workouts we used to rock back in the day that you can find on You Tube:

1. Buns of Steel by Greg Smihey – we’re still after these.
2. Kathy Smith was queen of the Hi/Lo (high impact/low impact).
3. Richard Simmons – especially if you need a smile and fun music.
4. Cindy Crawford and Shape Your Body – yes, she had workouts too.
5. Billy Blanks’ Tae Bo – kickboxing moves that provide great anger management.
7. Abs of Steel by Tamilee Webb – to match your buns of steel.
8. Denise Austin – she’s the former gymnast who you’re happy to do 10 more reps for.
9. Jane Fonda, Lean Routine – this is too good to pass up.
10. Terri Welsh and Crunch Fitness – Abtastic!

WELLNESS INCENTIVE PROGRAM UPDATE

The Wellness Incentive Program requirements have been updated in light of the circumstances that COVID-19 has created. There is now a waiver in place should you be unable to get your Annual Physical Exam or Annual Lab Work completed by the June 15, 2020 deadline. The fillable PDF packet, along with the details of the updated Wellness Incentive Program requirements, are online at www.tusd1.org/wellnessincentive.

Please contact your health coach ASAP to schedule an appointment if you need to review your Rally Health Survey and/or need a virtual signature for options 2, 4 or 8 of the Incentive Qualifier Checklist on the Activity Verification form. Coaching schedules get extremely busy in June and availability is subject to first come, first serve.