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

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
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COOKING IN THE TIME OF SELF-QUARANTINE

We have all been in the kitchen more...and that’s good news. Meal planning and prepping is important for good nutrition. In case you’re bored with the same old recipes, or maybe you have just caught the cooking bug, here’s some fresh inspirations from recipe websites and Youtube channels:

- www.allrecipes.com – This site has recipes for canned goods, frozen foods and dried beans. Try things like Five Can Soup, Tuna Casserole and simple Beans and Rice. Search this site for all sorts of low fat, low calorie recipes.
- www.cookingnyttimes.com – There are 51 recipes that you can make with your kids: No Knead Bread, Made in the Pan Chocolate Cake and Creamy Macaroni and Cheese:
- www.cookinglight.com - Check out the “shelter in place” recipes that are low fat and low calorie. Enjoy Chicken Cutlets with Strawberry and Avocado Salsa and Steak Tips with Mushroom Gravy.

If you prefer cooking with some virtual help, investigate these YouTube cooking channels:

- Alt-Baking Boot Camp for delicious, healthy alternatives of your favorite desserts.
- Delicious Ella for vegetarian twists on classic meals.
- Healthy Grocery Girl is hosted by a registered dietician who helps you navigate gluten free, vegan and leads you to overall healthy goodness.
The 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 is available at www.tusd1.org/wellness. Attending four Life Talk presentations is Option 3 for the Wellness Incentive Program. 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). If you missed any of the presentations in the above series, you can now view all and receive credit for attending.

Building the Habit

“Successful people aren’t born that way. They become successful by establishing the habit of doing things unsuccessful people don’t like to do.”
—William Makepeace Thackeray

What new habit are you procrastinating beginning because it may not feel comfortable or easy right now? Maybe it’s a daily walk, giving up soda, cutting back on sugar, staying up too late...

Usually the hardest part is to simply begin. The more you do, think, be something, the easier it begins. What wonderful thing can you start today that will build you a different, healthier, happier life?

STRETCH IT OUT!

If your neck is tight and your shoulders are buzzing, try these easy stretches from webmed.com to relieve the tension

**Forward and Backward Tilt** - Do seated or standing, slowly and smoothly.
1. Start with your head squarely over your shoulders and your back straight.
2. Lower your chin toward your chest. Hold for 15-30 seconds. Relax. Slowly lift your head back up.
3. Tilt your chin up toward the ceiling and bring the base of your skull toward your back. Hold for 10 seconds. Return to start position.
4. Do daily, several times a day.

**Side Tilt** - Stand with your feet hip-width apart and arms at your sides.
1. Gently tilt your head toward your right shoulder. Stop when you feel the stretch. Don’t raise your shoulder.
2. Hold the stretch for 5-10 seconds, then return to the start position.
3. Repeat on your left side. You can do several sets and work up to 10 repetitions.
4. For extra stretch, put the hand on the same side of your tilted head on top of your head, and press lightly with your fingertips.

**Shoulder Roll** – Do this standing.
1. Raise your shoulders straight up and move them in a circle going forward 6 times.
2. Return to the start position, and make another 6 circles, this time going backward.

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.