



January 2021

Introducing Healthy State of Iowa Employees

Welcome to a new wellness initiative and quarterly newsletter designed to help keep State of Iowa employees connected and informed of wellness opportunities on the Capitol Complex and around the state. Healthy State of Iowa Employees is a cooperative effort between the Department of Administrative Services, Wellmark, and the State of Iowa Wellness Champions' Education and Engagement Committee. Cheers to your good health!

Join the 10 Week Wellness Challenge



The Challenge is ON, and there's still time to join! Over the next 10 weeks, teams of two to 10 people will track their activity minutes and/or weight loss through Live Healthy Iowa's website or mobile app.

All participants will receive an official 10 Week Wellness Challenge T-shirt, a

complimentary subscription to *Fresh Pickings* magazine, exclusive resources, and multiple chances to win team and individual prizes! Participants will also have unlimited access to wellness content on Live Healthy Iowa's website and a personal online dashboard to track progress, connect with teammates, set goals, and much more. The flexible format and friendly team-based approach will keep you motivated and accountable to achieving your wellness goals in 2021. [Register your team today!](#)

Produce Delivered to Your Home

The State of Iowa Wellness Champions have partnered with [Prudent Produce](#) (Elkhart, IA) to offer a food box program for State of Iowa employees. The boxes include local foods when possible and offerings are always organic high-quality produce, meat, dairy, and eggs.

- Place orders between noon on Friday and 9 a.m. on Sunday the week prior to delivery.
- Delivery area: Ames to Indianola; Adel to Newton.
- Use the coupon code “FamilyFarms” to receive \$2 off each delivery (does not apply to student gift boxes nor ‘choose your own’ bins).
- Sign up for weekly or bi-weekly deliveries, with flexibility to add or skip deliveries as you wish.

Questions? Contact Carrie at carrie.scheidel@iowa.gov.



Diet/Exercise Tips to Get Your Groove Back

There’s no doubt the COVID-19 pandemic has changed everyone’s day-to-day lives. Before the pandemic, many of us likely logged a couple thousand steps each day in and around the office. It’s a good bet, you may have also had your snacking under better control back then. Now, with most of us spending more time at home, the kitchen and other temptations can seem way too close at hand.

Though it may feel like the odds of getting healthier or more in shape are stacked against you, they’re not! With just a little effort, you can make the best of your situation and work to improve the habits you developed over the last several months.

Here are five useful tips to help turn your health around:

1. **Get Cooking:** In your kitchen, you’re in control of what goes into your food. Make all the swaps you want for taste preferences, food allergies, and healthier ingredients.
2. **Limit Distractions:** Avoid eating in front of screens and pay attention to your body’s cues of hunger and fullness as you eat.
3. **Take Your Workout Outside:** With gym closures or altered schedules, you might be left wondering where you can exercise. Head outside! There is no such thing as bad weather, just bad choices of attire to fit the conditions.
4. **Sneak in More Movement:** Set up a standing desk, take a stretch break while you are on hold during a phone call, and use your lunch break as an opportunity to take a walk. [Check out the Capitol Complex Walking Map](#) for route ideas if you are working on site.
5. **Don’t Make Your Wellness Routine Too Complicated:** Focus on one or two changes and work on those until they become good habits.

[Read the entire Wellmark article.](#)

State of Iowa Employee Spotlight



Name: Carrie Scheidel

Current Position: School Nutrition Consultant - Iowa Department of Education

Years with the State: 11

My Healthy Choice: The number one thing I miss during the transition to working from home is connecting with my co-workers during our lunch break walks on the beautiful Capitol Complex. Taking a mid-day walk while working from home is just as important and makes me more productive and motivated when I return, even if I have a different view. *#healthychoicescount*

DAS Did You Know?

The Iowa Department of Administrative Services (DAS) Employee Assistance Program (EAP) offers confidential resources to help State employees and eligible family members address challenges which may impact job performance, affect well-being, and take a toll on overall health. EAP services are provided at no cost to employees and eligible family members. [EAP services are provided by KEPRO](#), a nationwide health care management company.

More helpful information . . .

- Healthy Choices Count - [January 5-2-1-0 Feature: "Water" You Drinking This Year?](#)

To learn more about how Healthy EmployeesSM Powered by Wellmark is working with the State of Iowa to make the healthy choices easier for you, visit the [Healthy Employees website](#).