Celebrate Your Heart

This coming February is American Heart Month which reminds us of the need to take care of our hearts. There are many ways to do it:

- Schedule an appointment with your doctor for a regular heart health checkup
- Sneak healthy snacks into your diet such as fresh fruits, vegetables and nuts
- Go for a walk during a work break to get your heart pumping
- Pause during the day for a few mindful breaths or a short meditation to help you de-stress

Another way to celebrate your heart this month is by practicing kindness. It can help increase happiness and energy while decreasing stress and anxiety. A great day to spread joy and goodwill is on Random Acts of Kindness Day. Here are a few ideas to try:

- Write a “thank you” card to a friend or coworker
- Recognize a colleague’s hard work by giving props to them at a work meeting
- Volunteer at a local organization to give back to the community

MARCH INTO MAY Registration

Our annual team physical activity challenge, March into May, is back from March 2 – May 10, 2020. Registration dates:

Team Leader Registration

January 13 – 31, 2020

In addition to participating in the challenge, Team Leaders recruit and support your Team Members and earn an extra reward.

Team Member Registration

February 10 – 28, 2020

As a participant, you’ll track minutes of cardio and muscle-strengthening exercise to earn points and incentives.

Become a Champion

Looking for a way to ignite and inspire well-being at your workplace?

Join the Network of your fellow Employee Engagement & Well-Being Champions by emailing wellness@ewd.sccgov.org