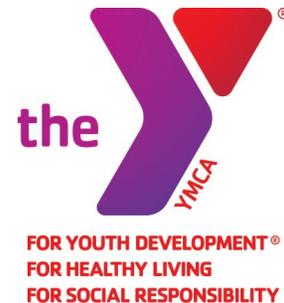


WELLNESS FOR LIFE



JUNE 2019 BUSINESS BUZZ

June is Employee Health & Fitness Month

Employee Health and Fitness Month spotlights the workplace's role in helping to create healthier, happier employees and human beings.

Spencer YMCA takes employee wellness seriously as should any business. Employee buy-in is key. But employers must first realize that they cannot make employees live healthier lifestyles. Incentives have a place, but they can't single handedly drive long-term lifestyle change. Reward and punishment can hurt morale when used as a form of shifting more costs on to employees. This does not contribute to a supportive workplace environment, much less long-term wellness.

So explaining the benefits of a healthy lifestyle has on employees lives can produce greater adherence to healthy programs.

GO OUTSIDE!!

June, for many is when summer officially starts. Kids are out of school, the weather is nice and (in our area) there is more stuff to do.

Here are some ideas to get you and your family outdoors.

- **Participate in Community-Sponsored Activities** - Join a softball or volleyball league. There are plenty of those for the kids. But there are also some for adults as well, such as out volleyball league in July.
- **Work Out in the Morning** - Change up your routine from the winter to a morning routine. This gives you energy for the rest of the day and more time with the family. Check out our fitness schedule.
- **Play** - Kids love to play, no matter what it is. This is the perfect time for you to play with them. It can also be a killer workout.
- **Stay Hydrated with the Right Stuff** - Childhood summertime favorites such as sugary lemonade and iced tea are refreshing and delicious, but only consume them in moderation. Make sure water is part of your drink schedule too.

WHAT'S IN SEASON?

There are many delicious fruits and vegetables in season during the summer. Among the most nutritious choices are:

- Cherries
- Cucumbers
- Okra
- Papaya
- Plums
- Blueberries

The Fruits & Veggies—More Matters website has a full list of seasonal summer produce. You can also visit a farmer's market to choose from a range of fresh produce. Visit www.localharvest.org to find a farmer's market near you!

JUNE EVENTS

Monday June 10th

Playground Park Program begins!
8:00am - 9:30am

Tuesday June 4th

Summer 1 Begins

Thursday June 27th

Massage with Revive2Aspire
9:00am - 1:00pm

Sunday June 30th

Summer 1 Ends



Did you know . . .

...you are more likely to continue exercising after seeing a personal trainer than not seeing one?

Summer time is a time for change!

Contact Evan Fike
Healthy Living Director
efike@spencerymca.org
712.262.3782