

Bringing people together to create a healthy community in the Fox Valley.

March 2018 Newsletter



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Follow us today for daily tips,
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March Activity Madness



March is an exciting time of year. The weather is slowly beginning to shift towards spring and the college basketball tournament is in full swing. Many of us will spend long hours sitting and watching these fun and exciting games. Here are some tips on having a healthier March Madness:

- Knowing that sitting for long periods of time is bad for our health, try incorporating some physical activity into your watching routine by getting up and walking during commercials instead of changing the channel.
- If you filled out a bracket, every time a team you picked loses, challenge yourself to do 10-20 reps of jumping jacks, push-up, or bodyweight squats.
- If you would like to get more festive ask your boss if it is okay to bring a mini basketball hoop into the office and have shooting competitions with fellow employees as a way to stay physically active.
- If your organization has a potluck, look for fun ways to incorporate healthy options.

Enjoy the Madness!

Get Your Garden On!

Calendar

Worksite Wellness Action Team

Tuesday, April 17, 7:30 - 9:00 am
Boys & Girls Club of Menasha- 600
Racine St, Menasha, WI 54952
Open to current members or anyone
interested in worksite wellness!
To register, please [contact us](#)

Early Care & Education Action Team

Monday, April 23, 12:30-2:30 pm
United Way Fox Cities-
1455 Midway Road, Menasha, WI
54952
Open to current members or anyone
interested in Early Care & Education.
To register, please [contact us](#)

Active Communities Action Team

Tuesday, April 24, 7:30-9:30 am
Winnebago County Health & Human
Services Building-
211 N Commercial St, Neenah, WI
54956
Open to current members or anyone
interested in creating an active
community.
To register, please [contact us](#)

Wake Up with Weight of the Fox Valley

Save the date!
Friday, May 11, 7:30 - 9:00 am
Bridgewood Conference Center-
1000 Cameron Way, Neenah, WI
54956



It is never too early to start planning your garden for the summer!

Gardens are a great way to save money on fresh fruits and vegetables, learn how produce is grown, but most importantly, provide endless health benefits!

Some health benefits of gardening include:

- exposure to vitamin D which increases calcium levels to boost your bones and immune system (but don't forget sunscreen to protect your skin)
- relieving stress, anxiety, depression and even boosts your mood
- being physically active by lifting, pulling weeds, crouching down and using different muscles, but be careful not to hurt your back
- increasing the amount and varieties of fruits and vegetables in your diet
- keeping your mind sharp and preventing dementia
- getting a better night sleep

So now you are (hopefully) convinced to start a garden, but might be wondering where to start. Well, don't you worry!

If you have the space and resources to build a garden outside, follow these [10 Steps!](#)

If you are limited on outdoor space, you can always plant fruits and vegetables in a container. Learn how, [here](#).

[Tip of the Month](#)

[Essentials of Sleep](#)

[Eat Well for Less!](#)



March 11-17th was Sleep Awareness Week so don't forget to get the recommended amount of ZZZ's. There are many health benefits from getting a good nights sleep and tricks to help you sleep better.

[Click here to read about the essentials of sleep.](#)

Food Fight

[Regular vs. Diet Soda](#)



Many people feel they can't go a day without their soda fix, while the health effects are 'soda pressing'. But which is healthier? Regular or Diet Soda? Find out, [here](#).



Healthify your chicken pot pie with this great recipe! With only 6 ingredients and 30 minutes until dinner, your family will be begging for more. Check out the recipe [here](#).

As part of our Eat Well for Less program, all ingredients are less than \$12 to feed a family of four! Eat Well for Less are nutritious meal recipes that typically include a main dish, side dish, and beverage and follow ThedaCare nutrition guidelines. Learn more and [find recipes here](#).

WOTFV in the Community



On Tuesday, March 20th, Weight of the Fox Valley held a Worksite Wellness Made Easy Event at Bubolz Nature Preserve.

The event highlighted how to create a wellness interest survey in your worksite along with a take-home "Meals In A Jar" presentation!

Click [here](#) for the recipes, presentation, and survey materials.

Questions?

Contact: Sarah Wright
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We appreciate your continued interest in creating a community that together achieves and maintains a healthy weight at every age.

If you know others that would like to receive this newsletter please email us.



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