

Engage Wellness is the medically-based way to get and stay healthier



GLAD YOU'RE HERE!

A warm welcome to new participants who joined our Engage Wellness family since we reopened our facility in July 2020:

Bob C., Connie & Terry F., Pat S., Carol M., Mrylian G., Deb R., Richard S., Terry V., Kay & Mike M., Anne C.

Thank you for choosing us to be part of your wellness journey!

REMINDERS

With all the changes implemented to keep our workouts safe, your cooperation is truly appreciated. In an effort to keep the check-in/out process moving smoothly, just a few reminders. Please:

- ♦ Schedule your workout appointments on the iGo scheduling tool. For safety reasons there is a maximum of 17 slots available for each work out session. As more participants return to the facility, it's possible sessions may reach capacity. We want to avoid having to turn someone away that is not scheduled.
- ♦ Call if you are unable to keep a scheduled workout appointment. You may schedule appointments, a staff member must cancel/change an appointment. This will help ensure efficient use of available time slots.
- ♦ Arrive on time, so you may maximize your workout time and the front door can be secured.
- ♦ Wear a mask, have your Covid questionnaire completed, physical distance 6 feet, and have your keytag available to scan in for your attendance.
- ♦ Disinfect equipment after you complete your workout.
- ♦ Be ready to exit the facility *on the hour* (restroom break, clipboards, log sheets, pencils turned in, put on coats/shoes). This allows staff time for Virtual Group Movement Classes, appointments, disinfecting the facility, as well as miscellaneous daily tasks.

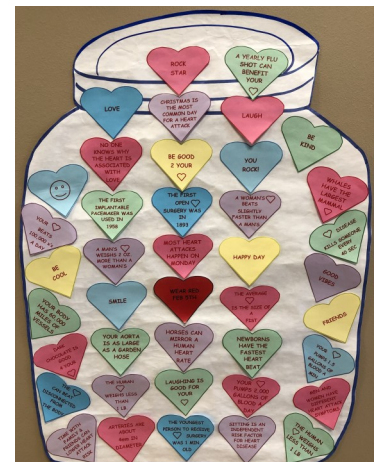
Thanks for being so flexible and making this work. ☺

DO YOUR PART, CARE FOR YOU HEART!

Great job, Engage Wellness participants! You didn't skip a beat. You engaged in exercise, tracked your activity, and filled the jar with 41 hearts! We also learned some interesting heart facts. Did you know:

- ♥ Your heart pumps 1.5 gallons of blood a minute
- ♥ Your heart beats 100,000 times a day
- ♥ The human heart weighs less than 1 pound
- ♥ Time with family and friends can lower heart attack risk

Thank you for your contribution and rising to the challenge. Because of your favorable feedback, we look forward to hosting future events that help educate and inspire us to keep moving. Keep up the great work!





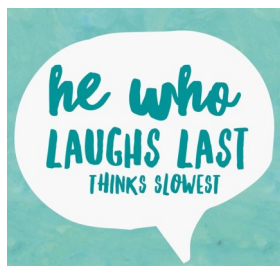
Happy Birthday
to participants
celebrating
March birthdays!

Maria B.	Mary Ellen D.	Daniel K.	Gladys S.
Dorothy B.	Roger E.	Marie K.	Rich T.
Bernadette B.	Terry F.	Margaret L.	Linda V.
Don B.	Mrylian G.	Karen N.	Deb W.
Bob B.	Rita H.	Margaret N.	Don W.
Bob B.	Sister Jeannine H.	Carol P.	Sharon W.
Cookie B.	Suzanne H.	Mike R.	Sara H.
Barb C.	Shan J.	Don R.	Chelsea L.

THANK YOU, WELL DONE!

Last month we shared some Life Long Learning opportunities with you. Once again, you stepped up to the plate. We want to pass on the following note from Professor Julie Masters, PhD, who presented the Become a Book Partner opportunity.

"Sending a note of thanks for your help with recruiting book partners. We have reached the number we had hoped for. The folks from Engage really came through! Please know of my sincere gratitude."



MARCH 17th



MARCH 20th



MARCH IS NATIONAL NUTRITION MONTH... WHAT IS MYPLATE?

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- ◆ Focus on variety, amount, and nutrition
- ◆ Choose foods and beverages with less saturated fat, sodium, and added sugars
- ◆ Start with small changes to build healthier eating styles
- ◆ Support healthy eating for everyone



Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health. Choose MyPlate!

Resource <https://www.choosemyplate.gov/MyPlate>



Reminder, set
your clocks
ahead 1 hour
Saturday night!



See email
attachment
for details.

Visit us online!

www.unmc.edu/engage



Volume 10, Issue 3, March 2021