



WELLNESS MONTH

BY DANIELLE OLIPRA

August is National Wellness Month! Wellness or wellbeing like we say at Medcor is about preserving your quality of life, including your physical and mental health, with healthy habits.

Promote wellness at your workplace by embracing Medcor's Guiding Health Principles. We chose the following Guiding Health Principles because research has shown they promote good health. We also like them because they are common-sense practices that can be integrated into our lives, so we make wellbeing a lifestyle – not a regimen we have to follow.

Move Your Body

Moving your body consistently is good for both your physical and mental health. Choose physical activities that you enjoy -- it doesn't always have to be an intense workout! Moving your body is more about celebrating what you're capable of and staying active than pushing yourself to your limits. Focus on how movement makes you feel and the immediate benefits like the mood and energy boost it provides. Make exercise fun and do it with a friend!

Medcor celebrates movement with a wellbeing break (part of our advocates' job description) and advocates can join in a stretch break every day at 2pm central. Anthony Dyrek, Corporate WellBeing Lead,

spearheads physical activity workshops by leading "move your body" classes during the workday to raise awareness on proactive movement.

Eat Real Food

When Medcor promotes eating real food we mean food that is unprocessed and of high nutritional quality. Eating nutritious, wholesome food promotes longevity. We encourage you to read the label and be mindful of what you're putting in your body (remember the healthiest of food choices do not have a label, like fruits and vegetables.) Mindful eating also applies to being aware of when you are hungry, eating enough to satisfy you and stopping before you overeat. Eat when you feel hunger. If you



are feeling anxious, bored, nervous, or emotional — swap in another principle to manage those moments.

Medcor advocates and clients enjoy virtual and on-site cooking classes. Valerie Koren, Wellness Registered Dietician, educates on real food meal plans from her kitchen to your workplace or office.

Get your sleep

Healthy sleep habits impact how effective you are every day! Medcor believes in sleep health and there are simple changes you can incorporate into your routine to improve your sleep. Cut down on screen time in the evenings before bed, and don't consume caffeine too late in the day. Regular sleep and quality sleep are essential to your wellbeing.

Medcor lifestyle coaches promote healthy sleep routines which may include Medcor tracking sleep to notice any trends, and tweak routines for improvement.

Mind Your Happiness

Your mental health is just as important as your physical health when we talk about overall wellbeing. Taking time for self-care makes every part of your life better. And when you're feeling happy and well, you're more likely to practice our other guiding

health principles for your health. Be sure to make time for activities you enjoy and schedule things to look forward to!

Medcor offers mental wellness services to all advocates is you're still feeling overwhelmed. You can book a virtual one-on-one appointment with a mental wellness advocate through the Wellbeing portal on Better.

Handle Your Hygiene and Safety

Keeping a clean and hygienic work environment is good for your health and your mental health. Staying neat and organized improves your work, but hygiene keeps you safe. You should be washing your hands frequently, for at least 20 seconds each time with soap and water. Clean and disinfect frequently touched surfaces and objects using a regular household cleaning spray or disinfecting wipe. A hygienic work environment helps to keep you safe from viruses and contagious illnesses.

For more information on any of Medcor's guiding health principles and how to incorporate them into your workday, email heather.taylor@medcor.com to learn more about Medcor's wellbeing program.