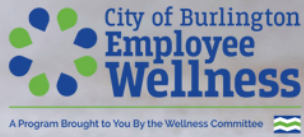


Recognize & Elevate Wellness Newsletter



FEBRUARY



*"Though no one can go back and make
a brand new start, anyone can start from
now and make a brand new ending."*

— Carl Bard

- World Cancer Day: 2/4
- National Black HIV/AIDS Awareness Day: 2/7
- National Heart Valve Disease Awareness Day: 2/22
- Rare Disease Day: 2/29
- Sepsis Survivor Week: 2/11 - 2/17
- National Eating Disorder Awareness Week: 2/26 - 23/4
- National Cancer Prevention Month
- American Heart Month
- Teen Dating Violence Awareness Month

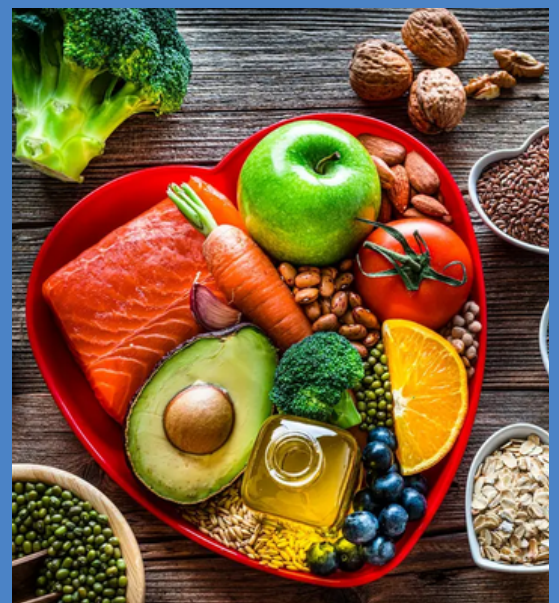
REMINDERS/OFFERINGS:

- **Financial Wellness Seminar:** First Steps to Financial Freedom - 02/6/2024 at 10:00 am.
- **Self-care:** Free On-Site Yoga Classes with Sangha Studio on Mondays from 12 - 1 pm in Contois Auditorium, City Hall, and Meditation Sessions using Insight Timer.
- **Health Podcast:** Feel Better, Live More with Dr. Rangan Chatterjee.
- **Employee On-Site Chiropractic Care:** The Epic Performance chiropractic team is ready to meet you to discuss your needs. Click here to register!
- **Chase Away the Winter Blues Fitness Challenge:** - starts February 6, 2024. Register Today!

DID YOU KNOW?

There's no greater way to celebrate Valentine's Day than focusing on your heart health! Small, manageable changes can significantly impact your heart health and increase longevity. Maybe a coworker asks you to join them for a lunchtime stroll? Well, walking just 20 minutes a day can improve not only your blood pressure but also your blood sugar levels.

A plate of colorful fruits and vegetables has been proven to help your heart, boost your immune system (hello, cold and flu season!), and, as an added bonus, help improve your vision. One of the easiest ways to moderate heart health is to reduce stress. While **deep breathing exercises** can help you re-center and find a sense of calm, we always advocate spending time with friends and loved ones. No matter how you care for your heart this month and beyond, we hope you know we are grateful for each of you and the work you're doing for the City.





WELLNESS CHAMPION SPOTLIGHT



Meet Jackie, a workplace wellness champion! About a year and a half ago, she embarked on an at-home weightlifting journey that she has consistently maintained. For Jackie, the key to staying active lies in discipline, and she has integrated morning workouts into her routine, waking up between 4:15 and 5:15 am on weekdays. She recently acquired a Peloton and tries to multitask by pedaling while watching TV or football, replacing couch time with a more active option. To add a social aspect to her fitness journey, she joined Orangetheory a few years back, and her 5 am class has evolved into a tight-knit community.

Jackie's inspiration to lead a healthier lifestyle is rooted in her desire to maintain movement and energy for various pursuits, whether that be cleaning one of her family's investment properties or renovating her Kitchen. She also utilizes the weight room at 645 Pine Street twice a week, which offers a refreshing change from her home gym routine.

Anticipating a significant life change later this year, including an addition to the family, Jackie is eager to stay active during pregnancy and into new motherhood. As an advocate for encouraging co-workers to try new activities, she is considering implementing a "Wellness Wednesday" or "Walking Wednesday" at 645 Pine during lunch breaks, promoting physical outdoor activity with the added bonus of welcoming puppies. Join us in celebrating Jackie and her impactful contributions to our workplace!

Jacqueline Esperti,
Division Director - Parking & Traffic,
Department of Public Works

To nominate the recipient for the upcoming month's Wellness Champion Spotlight or offer suggestions for compelling content, we invite you to contact us via email at wellness@burlingtonvt.gov. Your input is invaluable in recognizing and celebrating City employees who consistently enhance workplace vitality and overall health!

THANK YOU FOR READING!

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Maya Angelou.



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