

Recognize & Elevate Wellness Newsletter



MAY



*"Ability is what you're capable of doing.
Motivation determines what you do.
Attitude determines how well you do it."
- Lou Holtz*

- Healthy Vision Month
- Lupus Awareness Month
- Arthritis Awareness Month
- Hepatitis Awareness Month
- Mental Health Awareness Month
- National Women's Health Month
- National Stroke Awareness Month
- National Asthma & Allergy Awareness Month
- Global Employee Health and Fitness Month

REMINDERS/OFFERINGS:

- **Financial Wellness Seminar:** "How Insurance Can Help Protect Your Financial Wellness" via Zoom on Tuesday, May 7, 2024, 10:00 am - 11:00 am. [Click here to register!](#)
- **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](#).
- **Employee On-Site Chiropractic Care:** The Epic Performance chiropractic team is ready to meet you to discuss your needs. Click [here](#) to register!
- **Ready, Set, Bloom Fitness Challenge:** Join to win the weekly gift card raffle and more. [Click here to register!](#)

✦ BENEFIT HIGHLIGHT ✦

One of your employment benefits is a discount on pet insurance through [Spot!](#)

Discount Link: spotpet.com/employer/burlington

Perks Include:

- 10% off your first pet enrollment, 20% off for each additional pet
- Customizable plans (choose your deductible, annual limit, and reimbursement rate)
- [Discounts](#) on food, subscription boxes, and DNA kits (spotpet.com/spot-perks)
- Upcoming Pet of the Month contest! Keep an eye out for more details and an opportunity to win a prize from Spot!



✦ WELLNESS CHAMPION SPOTLIGHT ✦



**Phillip Peterson P.E.,
Senior Transportation Planner,
Department of Public Works**

Meet Phillip, a workplace wellness champion! Phillip actively engages in and promotes participation in wellness challenges as a fun and effective way to prioritize health. By completing various activities that cater to different interests, he maximizes points and fosters a sense of community and support among colleagues striving for healthier lifestyles. His commitment extends beyond challenges; he incorporates physical activities like biking to work, teaching scuba diving at the Waterfront, and swimming at the Y into his routine. Embracing activities like early morning spin classes with his wife promotes physical fitness, strengthens their bond, and sets a positive example for others.

Inspired by the profound impact of a healthy lifestyle on productivity, mood, and energy levels, Phillip prioritizes well-being to fully enjoy life and positively contribute to his work and relationships. He finds motivation in being a role model for his family and colleagues, demonstrating that consistent efforts toward health yield significant improvements in quality of life.

Looking ahead, Phillip aims to enhance his wellness and that of his co-workers by prioritizing a better work-life balance. This includes setting boundaries around work hours, taking regular breaks, and protecting personal time. By modeling healthy boundaries and fostering open dialogues around wellness and mental health, Phillip creates a supportive environment where colleagues feel empowered to prioritize their well-being and seek support when needed. Join us in celebrating Phillip and his impactful contributions to our workplace!

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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