
SLPS Wellness Newsletter

MARCH 2025

FOSTERING WELLNESS, INSPIRING HEALTH



**COLORECTAL
CANCER**
AWARENESS MONTH

Colorectal Cancer Screening Saves Lives

Colorectal cancer is the second deadliest cancer in the United States. Yet it's one of the few cancers that's preventable thanks to screening. Here are two reasons why getting checked matters:

- Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease.
- Screening can also find colorectal cancer early, when treatment is most effective.
- For more information on screenings:
[Colon Cancer Screening](#).

In this newsletter
you can expect:

Colorectal Cancer

Nourish to Flourish
Challenge

SLPS and Go! St.
Louis 5K

Healthy Eating on a
Budget

One Pass Gym
Discounts

SLPS Goes Red for
Women

Recipe



March Nutrition Challenge



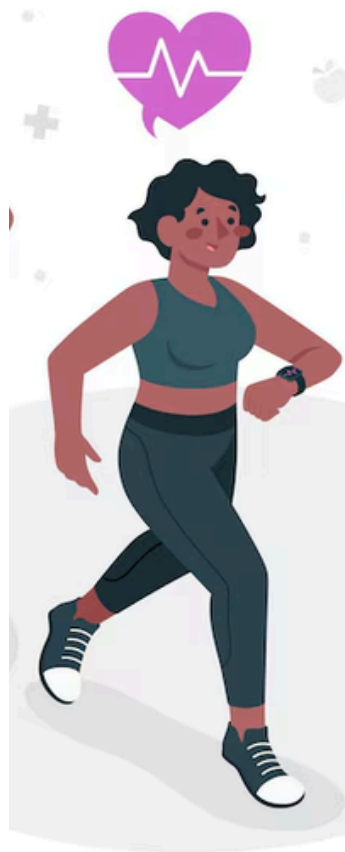
Nourish to Flourish Challenge

This March, for National Nutrition Month, we are focusing on the importance of making positive food choices and developing healthy eating habits.

During our **Nourish to Flourish Challenge** we will examine the fruits and veggies we eat. Are you getting enough? What new fruits and veggies could you try?

Strive for 5 fruits and veggies every day.

Click [here](#) to learn more and get your challenge tracking sheet.



SLPS Partners with Go! St. Louis 5K

SLPS and GO St. Louis have partnered up to give all employees FREE registration to run or walk the 5K or 1 mile fun run.

Register at [Go! St. Louis](#) and use code ____.

Look for more info on the SLPS Wellness [website](#).



What is Wellos?

Wellos is a personalized health and wellness app designed to help you begin, restart and continue your health journey.

The program offers personalized guidance and support that empowers you to set realistic health goals, address barriers, develop strategies for positive behavior change.

Your Wellos Journey starts now.

- Tracking to help you learn
- Coaching that comes to you
- Personalized support along the way

Join [Wellos](#) at no cost to you!

Find Your Fit with ONE PASS

- **One Pass** can help you reach your fitness goals, while finding new passions along the way.
- Choose a membership tier that fits your lifestyle and your pocketbook.
- **At the gym** choose from our large nationwide network of gym brands fitness studios.
- **At home** work out at home with live or on-demand online fitness classes.
- Click the link for more info [One Pass](#)



Healthy Eating

on a budget

Save Money and Eat Healthy

Healthy eating on a budget is important because you can get the nutrients you need and save money.

1. **Plan your meals.** to avoid impulse purchases. Focus on nutrient-rich, affordable ingredients.
2. **Shop Smart.** Buy generic, look for sales, consider frozen or canned, buy in bulk when possible
3. **Cook at Home.** This is significantly cheaper than eating out. Use simple recipes with few ingredients. Make a lot and freeze leftovers for later.
4. **Include Affordable Protein Sources.** Beans, lentils, and eggs. Consider discounted meats or poultry when available.
5. **Utilize Leftovers.** Turn leftovers into a new meal, like soups, salads, or sandwiches.
6. **Make Healthy Substitutions.** Swap sugary drinks for water or unsweetened tea. Use whole grains instead of refined grains. Choose lean proteins over processed meats.



SLPS will be participating in the **April Million Mile Month** virtual challenge. The goal is to complete one million miles of physical activity, as one global community. [Register now!](#)

There is no charge to register and any proceeds from your registration enable school children and low-income families to participate for free.

Be sure to [register](#) before April! With SLPS and your School location.



Find Your Y

- The perks never stop at the **GATEWAY REGION YMCA!**
- Take a lap in the pool
- Join a group exercise class
- Plenty of youth programming
- Something for everyone.
 - Cardio Equipment
 - Free Weights
 - Strength Training
 - Swim Lessons
 - Group Fitness Classes
 - Child Care
- Follow this link to get your 7-Day Guest Pass
- Contact alyssa.frank@gwrymca.org for more info



American Heart Association®



SLPS GOES RED FOR WOMEN





Honey Butter Cajun Shrimp with Smoked Gouda Grits

Prep Time: 10 min - Cook Time: 30 min - Servings: 4

Ingredients

For the smoked gouda grits:

- 3 cups low-sodium chicken stock/broth or water
- 2 cups whole milk, divided
- 1 1/2 cups stone-ground corn grits
- 8 ounces smoked gouda cheese, freshly grated
- 2 tbsp unsalted butter
- kosher salt & freshly ground black pepper, to taste

For the honey butter cajun shrimp:

- 1 lb raw medium shrimp, peeled & deveined
- 1 tbsp Creole Cajun Seasoning—homemade or store-bought
- 8 tbsp unsalted butter, cut into cubes
- 1 small shallot, finely chopped
- 4 cloves of garlic, finely minced
- 1/4 cup honey
- 1 tbsp lemon juice, freshly squeezed
- zest of 1 small lemon
- fresh dill or herb of choice, as topping—optional

<https://www.butterbeready.com/honey-butter-cajun-shrimp-with-gouda-grits/>

Directions

- Pat shrimp dry and place in a bowl. Season with the Creole Cajun seasoning and toss to coat. Cover bowl and refrigerate to marinate.
- Heat large pot over medium-high heat; combine the stock, 1 cup of milk, and grits. Stir the mixture together until it boils, about 8-10 minutes.
- Once boiling, reduce heat to low stirring occasionally. Cook until liquid is absorbed and grits are soft and tender, 10-15 minutes.
- Sprinkle in cheese along with butter and remaining 1 cup of milk. Stir everything together until cheese has melted and everything is combined. Season with salt/pepper, to taste.
- Heat large skillet to medium heat and add butter. Once melted, add shrimp in a single layer. Cook shrimp for 2-3 minutes on each side, until pink and opaque. Then transfer shrimp to a clean plate and set aside.
- Add shallot to skillet and sauté until tender, about 2-3 minutes. Then add garlic and cook until fragrant, about 1 minute. Pour in honey along with lemon juice and zest. Stir together until combined. Allow sauce to come to a slight boil and then remove from heat.
- Add cooked shrimp back to skillet and toss to coat shrimp in honey butter sauce.
- Place the gouda grits into bowls and top with the honey butter cajun shrimp and pan drippings. Garnish with fresh herbs and a lemon slice, if desired. Enjoy!

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