



SLPS Wellness News: Winter Edition

January 2022

In this Issue

2022 Rally Registration

SLPS 2021 Awards and Participation

2022 Wellness Calendars and Journals

January Wellness Topic:
Preventive Health

Peloton Subscription

Featured Recipe

Rally Registration

Do not forget to register on the Rally website this year to earn up to **\$200** in gift card rewards! Choose how you would like to spend your rewards, whether on a loved one or yourself.

Go to <https://accounts.werally.com> or download the Rally app and begin by completing your health survey for 2022.

Please note that if you completed these activities in 2021, you must complete them again in 2022 in order to earn rewards this year.



SLPS 2021 Awards and Participation

On behalf of the SLPS wellness program, we would like to thank you for your participation in 2021. Due to your ongoing participation in the wellness program initiatives and events, you have helped the St. Louis Public School District win notable awards! Specifically, SLPS received third place in our size category for the St. Louis Business Journal's Healthiest Employers Award, as well as the Gold level of the American Heart Association Index Award in 2021.

In addition, SLPS was ranked 14 out of 147 organizations during the Million Mile Month challenge in April, and 6 out of 70 organizations throughout the Turkey Trek challenge in November.

If it were not for your dedication and support of the SLPS wellness program, we would not have been recognized for our district's commitment to wellness by these distinguished organizations.

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SLPS Wellness Website:
www.slps.org/wellness



2022 Wellness Calendars and Journals

Like last year, each SLPS employee will be given a 2022 Wellness Calendar. If you have not received your wellness calendar, please contact the Benefits Department.

Additionally, all employees will be given a wellness journal. This journal will allow you to track your health-related progress, focusing on weight management and physical activity. Journals will be distributed to all employees by the end of January.

Preventive Health

Whether maintaining your healthy lifestyle habits or looking to incorporate healthier habits into your routine, taking preventive health measures is crucial to staying well and it may be your best defense against developing chronic diseases.

Click [here](#) to view a presentation on this topic or review the self-care presentation [here](#).



Your health plan benefits include a 1-year Peloton Digital Membership — which gives you access to the Peloton® App — available to you at no additional cost. Start your membership today for access to everything the Peloton App offers, including thousands of live and on-demand fitness classes — from cardio and HIIT to strength training and yoga.

Sign in to your myuhc.com® account to get your access code.



Featured Recipe:

Healthier Green Bean Casserole

- 3 to 4 medium shallots
- 3 tbsp. all purpose flour
- Kosher salt, plus 1.5 tsp.
- 1.5 cups mushroom, vegetable or chicken broth
- 1 lb. fresh green beans, stemmed and halved
- 3 tsp. fresh thyme
- 8 oz. mushrooms, sliced
- 1 cup breadcrumbs
- 2 tbsp. butter
- Vegetable cooking spray

Click [here](#) to view the directions.



Winter Produce List

Enjoy produce this January that is healthy, delicious and in season! Search for the following items at your local grocery store or market:

- Citrus fruits like mandarin oranges, grapefruits and clementines
- Cauliflower, brussels sprouts, cabbage and kale
- Butternut and acorn squash