Should you be standing more at work? Maybe not....

Chandra Jennings - Director of Wellness

Someone asks you... have you heard sitting is the new smoking? Perhaps they mention that you should get a standing desk.

We thought we’d take some time to give you the straight truth about standing desks. The quick version is that it depends on the person and while they can be an option, more often than not they aren't the best option. What is then? As with many things in health and wellness the key is balance and variety. One way to achieve this when it comes to sitting as the new smoking is through the 20:8:2 Rule where every 30 minutes you aim to sit for 20, stand for 8, and move for 2.

Learn more by clicking on the video above or clicking here to read an article published in US News and World Report explaining the facts in more detail.
Recipe of the Month

Anne Blocker - Dietitian

Do you love pizza, but want to feel better about eating it? Try this Chicken Thai Pizza from our very own registered dietitian, Anne Blocker. This recipe takes less than 30 minutes and will have you saying, pizza that sneaks in some veggies and is full of flavor? Yes, please! Click here for the full recipe and instructions.

Moves of the Month

Vicky Jaeger - Assistant Director of Wellness

Got shoulder tension? Many of us do from a mixture of sitting slumped over looking at our screens for extended periods of time, and not get the recommended 150 minutes of physical activity each week. Start to loosen up by integrating some of these 12 stretching exercises from SELF (2018) into your break times at work, during a commercial break, or in a workout.

Employee Spotlight

Mark Faldet - Associate Director of Admissions

We caught up with Mark to learn about his philosophy of health and wellness, what influences it, and how he kept it up during the workday. Like many of us, when faced with a bit of a health scare Mark started to rethink his routine, and running became a big piece of the solution. He says he is "running from the devil, as he almost caught me"! So now the hour of time he spends for exercise is the last thing he will cut from the day, and he often uses his lunch hour to make it happen.

Beyond Luther

NAMI Decorah Support Group

The NAMI Connection Recovery Support Group Program is a peer-based, mutual support group program for any adult living with a mental illness. Connection groups provide a place for individuals who have in common the experience of living with mental illness, to share experiences and use them as learning opportunities. Groups are a safe space to confront the challenges that all people face, regardless of diagnosis. Click here to learn more about the groups held every Thursday in Decorah.

Monthly Wrap Up Fact

Did you know flossing your teeth could prevent more health issues than just those in your mouth? Learn more with Delta Dental!