Keys to Well-being in a New Year

Chandra Jennings - Director of Wellness

If you’re anything like me by this point in the year, just a few short weeks in, you’ve already bailed on your new years resolution. That is why I didn’t make one this year and instead resolved to take a step back and reflect this year on what it is that really matters. Oddly enough, I find that those things are all keys to well-being and perhaps what we should all resolve to focus more of our goals on.

In the debut of our new newsletter format we thought we’d connect you to the 10 building blocks of individual and community well-being as described by one of our favorites, the Greater Good Science Center. Check out the 10 keys by clicking here and it might even give you inspiration for a new resolution that will stick!
Recipe of the Month
Anne Blocker - Dietitian

Everyone loves something warm on these chilly days. So why not try this recipe with "everything you love about chicken enchiladas… in one big bowl of soup! I love turning classic meals into soups, it’s an easy (maybe even lazy) way to make a dish that only dirties one pot! Make this in the slow cooker, pressure cooker or stove" (Skinnytaste, 2016).

Move of the Month
Vicky Jaeger - Assistant Director of Wellness

The Dead Bug exercise looks just like how it sounds, a bug on its back. It is great for core strengthening, low back pain, and you get a bonus arm and leg workout at the same time. Adding some weights can increase the challenge even more. Click for a video of this move in action.

Employee Spotlight
Melissa Bothun - Luther Health Services, Administrative Assistant

At the start of the new year we caught up with Melissa to ask her thoughts about something on many folks’ minds this time of year, New Years Resolutions, and how she kept motivated to meet her goals. Her keys are small goals, accountability, eating things you love, knowing that we all need to cheat once in a while, and that sometimes we have an "all wheels fell of the wagon" day (Just don’t let it be days!). Click to read the full interview.

Beyond Luther
Wellness Wednesday Club

There are so many amazing wellness opportunities going on in the Decorah area, but Inspire(d) Media and Decorah Public Library have added a new opportunity in the form of a Wellness Wednesday Club. The next event, Pinot and Puzzles, is Wednesday, January 16th from 7:00 - 8:00 p.m. at Rubaiyat. Click to learn more and register or watch for upcoming events.

Monthly Wrap Up Fact
It is just as important to drink water in the cold winter months as the hot summer. Find out if you're drinking enough by clicking here.