# April 2023 - City of Racine Wellness Calendar

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>26</td>
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<td>It’s the first of the month! Make sure to set your goals and budgets</td>
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<td><img src="../images/2.png" alt="Image" /></td>
<td><img src="../images/3.png" alt="Image" /></td>
<td>Recipe</td>
<td><img src="../images/5.png" alt="Image" /></td>
<td>Getting 10,000 steps a day is the recommended daily step target for adults. Learn more here!</td>
<td>6</td>
<td>7-minute core 7</td>
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<td>2</td>
<td>Start and finish your day with a glass of water</td>
<td>Chicken &amp; Veggie</td>
<td>Try to eat 5 servings of Wellness Wednesday</td>
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<td>If you feel like your to do lists aren’t helpful, try these 15 tips</td>
<td>Self care is wellness! Read why here Wellness Wednesday</td>
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<td>Hummus Bowls</td>
<td><img src="../images/12.png" alt="Image" /></td>
<td>HERE are 9 benefits of yoga</td>
<td>13</td>
<td>Practice being mindful with these tips!</td>
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<td><img src="../images/13.png" alt="Image" /></td>
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<td>Recipe</td>
<td><img src="../images/16.png" alt="Image" /></td>
<td><a href="#">Financial Estate Planning</a></td>
<td>18</td>
<td>Recipe</td>
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<td>Quick Morning Workout!</td>
<td><img src="../images/19.png" alt="Image" /></td>
<td>DRINK MORE WATER Wellness Wednesday</td>
<td>19</td>
<td>Easy Baked Salmon</td>
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<td>Jumping jacks</td>
<td>15 squats</td>
<td>12pm - 1pm Via online Register HERE</td>
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<td>20 crunches</td>
<td>30 second plank</td>
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<td>Many different fruits &amp; vegetables are in season, consider buying</td>
<td>Try building a higher self-esteem through meditation, learn more</td>
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<td>23</td>
<td>24</td>
<td>Recipe</td>
<td>25</td>
<td>Try this 10 minute mediation to</td>
<td>26</td>
<td>Happy Friday! Try to challenge yourself tonight by eating something new!</td>
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<td>Kale &amp; Artichoke Dip</td>
<td>to get 8 hours of sleep tonight! Wellness Wednesday</td>
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**Notes**

*Easter Egg Hunt (April 3rd - 6th)* - Easter eggs will be posted around City buildings. If you find an egg, take a picture of it and send it to HR. If you find five (5) Easter eggs, you will be entered to win a raffle for an easter basket.

*Q2 Step Challenge (April - June)* - 150,000 steps per month minimum requirement - Raffle ticket for each month you complete step minimum requirement (max of 3 tickets). Submission of step totals must be submitted to HR by July 6th, 2023.
Q2 Step Challenge

Dates: April 1st - June 30th 2023

Requirements: Get at least 150,000 steps per month

Tracking: Use your phone, tracking device, or tracking app

Submission: At the end of June, submit your totals for April - June
*Submissions due to HR by 7/6/2023

For each month you meet requirements = one (1) raffle ticket

Submit all items to: Benefits@cityofracine.org
EASTER EGG HUNT
APRIL 3RD – APRIL 6TH

HUMAN RESOURCES IS HOSTING AN EGG HUNT DURING THE WEEK OF APRIL 3RD!

EASTER EGGS WILL BE POSTED THROUGHOUT CITY LOCATIONS (I.E. CITY HALL, CITY ANNEX BUILDING) AND IF YOU FIND ONE, TAKE A PICTURE AND SEND IT TO HUMAN RESOURCES!

IF YOU FIND FIVE (5) EASTER EGGS, YOU WILL BE ENTERED INTO A RAFFLE TO WIN AN EASTER BASKET.

Send your picture(s) to benefits@cityofracine.org
CITY WELLNESS

2023 METLIFE WEBINARS

All employees are welcomed!

- Tax Strategies February 23rd
- Estate Planning April 18th
- Get Retirement Ready July 20th
- Understanding H.S.A October 17th

All sessions are from 12pm - 1pm; Virtual
Registration Link HERE
Click "more details" to register
ARE YOU THINKING ABOUT RETIREMENT?

Wisconsin Retirement System (WRS) has some helpful webinars coming up, that can help you plan for your retirement with WRS. These webinars are done online, live and interactive.

DATES AND TIMES:
- February 23rd @ 6pm
- March 7th @ 11am
- March 22nd @ 6pm
- April 12th @ 1pm
- April 26th @ 6pm
- May 11th @ 11am
- May 23rd @ 6pm
- June 7th @ 1pm
- June 22nd @ 6pm

CONTACT US  
☎️ 262-636-9175  📧 benefits@cityofracine.org
WRS WILL TALK ABOUT:

- The money you and your employer have put towards your retirement account.
- How your retirement account grows through investments.
- When you can retire.
- Options for receiving your retirement benefit.
- Rules you must follow if you return to work after retiring.
- What happens to your account after you die.
- Changes to your health and life insurance in retirement.

REGISTER HERE
Alcohol Awareness Month
Do you know what a “standard” drink looks like?

In the United States, a “standard drink” (also known as an alcoholic drink equivalent) is defined as any drink that contains about 0.6 fluid ounces or 14 grams of pure alcohol.

Although the drinks pictured here are different sizes, each contains approximately the same amount of alcohol and counts as one U.S. standard drink or one alcoholic drink equivalent.

Each beverage portrayed above represents one standard drink (or one alcoholic drink equivalent), defined in the United States as any beverage containing 0.6 oz or 14 grams of pure alcohol. The percentage of pure alcohol, expressed here as alcohol by volume (alc/vol), varies within and across beverage types. Although the standard drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes.
Consequences of alcohol misuse

There is a wide range of short- and long-term consequences associated with alcohol misuse. For some individuals, any amount of drinking could be potentially harmful.

Fatalities and injuries. Alcohol is a factor in about 30 percent of suicides, about 40 percent of fatal burn injuries, about 50 percent of fatal drownings and of homicides and about 65 percent of fatal falls.

Alcohol-related blackouts. Blackouts are gaps in a person’s memory for events that occurred while they were intoxicated.

Health problems. Research has shown an important association between alcohol consumption and breast cancer, increasing the risk of liver disease, cardiovascular diseases, depression, and stomach bleeding, as well as cancers of the oral cavity, esophagus, larynx, pharynx, liver, colon, and rectum. People who misuse alcohol may also have problems managing conditions such as diabetes, high blood pressure, pain and sleep disorders.

Birth defects. Prenatal alcohol exposure can result in brain damage and other serious problems in babies.
Superfood of the Month: Almond Butter

What is it?
Almond butter is a food paste made from almonds. It is a great alternative to peanut butter for those who do not like the flavor of peanut butter or who have peanut allergies. Almond butter even has a little more nutrition than peanut butter, with it being a better source of monounsaturated fats (the heart-healthy fats), fiber, Vitamin E and several minerals including calcium, iron, potassium and zinc.

Why should I eat it?
Almond butter is a good source of monounsaturated fats, protein, fiber, calcium, iron, potassium, magnesium, manganese, riboflavin, phosphorus, copper and the antioxidant Vitamin E.

One tablespoon of almond butter contains: 98 calories, 8 grams fat (0.6 g saturated fat, 7 g unsaturated fat), 3.2 g carbohydrates, 1.7 grams dietary fiber, 3.2 grams protein, 127 g sodium.

What do I do with it?
You can use almond butter in place of any recipe where you would normally use peanut butter. Try spreading almond butter on toast, English muffins, bagels, sandwiches, and celery or using it in smoothies, protein shakes, desserts or granola bars.
Zoodles with Chicken and Spicy Almond Butter Sauce

INGREDIENTS
• 1-pound raw chicken, chopped
• 2 cloves fresh garlic, minced
• 2 medium zucchini (about 1 pound)
• 2 cups mixed vegetables (peppers, corn, carrots, broccoli, etc.)
• 1/4 cup almond butter (or other nut butter)
• 2 Tbsp. orange juice (or water for a less sweet sauce)
• 2 Tbsp. sweet Thai chili sauce
• 2 tsp sriracha

PREPARATION
1. Spiralize zucchini and place in a colander. Sprinkle with salt and let sit.
2. Sauté chicken, garlic and vegetables over medium heat until chicken is cooked.
3. Wrap zoodles in paper towels and squeeze to remove excess moisture.
4. Add to pan and heat through.
5. Combine last 4 ingredients in a small bowl. Pour sauce into pan and mix well.

Source: www.theleangreenbean.com