# May 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>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td></td>
<td>The Plant Something Challenge has begun! HERE are some tips on how to keep your plant happy.</td>
<td>Do your best to eat at least 3 fruits &amp; 3 vegetables</td>
<td>Click <a href="#">here</a> to learn the importance of reaching out</td>
<td>Start the month off in a clean environment, clean your space</td>
<td>Make healthy choices into a habit with these helpful tips</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>Recipe Spotlight!</td>
<td>Mini Workout! 10</td>
<td>Listening to music can help improve exercise improvement. Take some time to make the day your own</td>
<td>Oral hygiene is very important. Click <a href="#">here</a> to learn tips for healthy teeth</td>
<td>Try to limit your screen</td>
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<td></td>
<td></td>
<td>Pork Pot Stickers</td>
<td>Wellness Wednesday</td>
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<tr>
<td>16</td>
<td></td>
<td>The month is halfway done. Keep up the good work!</td>
<td></td>
<td>Aurora EAP Webinar Time: 12:30pm - 1pm Where: Zoom - Meeting Link</td>
<td>Happy Friday! Take the night to relax or do something</td>
<td>If the weather is nice, spend at least an hour outside.</td>
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<tr>
<td></td>
<td>15</td>
<td>Recipe Spotlight!</td>
<td>Recipe Spotlight!</td>
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<tr>
<td></td>
<td>Banana Oat Muffins</td>
<td>23 Gratitude Exercises</td>
<td>24 Water throughout</td>
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<tr>
<td>22</td>
<td></td>
<td></td>
<td>Wellness Wednesday</td>
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<td></td>
<td>Skip the elevator and take the stairs instead</td>
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<td>23</td>
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<td>30</td>
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<td>Wellness Wednesday</td>
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<td></td>
<td>Greek Salad</td>
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### Notes

- **Plant Something Challenge** - plant a vegetable or tree and you will be entered into a raffle for a gardening starter kit! Must submit proof by submitting a picture to HR. Submission deadline is May 31st.
- **Healthy Recipe Submission** - Submit a healthy recipe for the City of Racine summer cook book and you will be entered into a raffle for a Joanna Gaines Cookbook. Submission deadline is May 31st.
- **Step Challenge** - Continue step challenge for 2nd quarter, which ends June 30th. Submission of step totals must be submitted to HR by 7/6/2023.

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**Recipe Spotlight!**

1. **Banana Oat Muffins**
2. **Chicken Katsu**
3. **Aurora EAP Webinar**
4. **Stress Management Tips**
5. **Step Challenge**
6. **Wellness Wednesday**

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**Tasks for the Week:**

- Try these tips to avoid burnout!
- Get motivated for the week! Give yourself a challenge you want to accomplish by the end of the week.
- The month is almost done, take some time to check in with yourself and set your goals for the next month.
- Walk around for 10 minutes, maybe even take a co-worker too!
- Continue walking around for 10 minutes, maybe even take a co-worker too!
- Make healthy choices into a habit with these helpful tips.

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**Mental Health Tips:**

- Listening to music can help improve exercise improvement.
- Take some time to make the day your own.
- Make healthy choices into a habit with these helpful tips.

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**Physical Activity:**

- Try 23 jumping jacks.
- Do your best to eat at least 3 fruits & 3 vegetables.
- The month is halfway done. Keep up the good work!

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**Self-care:**

- Have a self care day!
- Try these tips to avoid burnout!
- Recipe Spotlight! Banana Oat Muffins
- Recipe Spotlight! Chicken Katsu

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**Important Dates:**

- May 31: Plant Something Challenge deadline
- May 31: Healthy Recipe Submission deadline
- June 30: Step Challenge deadline
- July 6: Step Challenge totals submission deadline
Let's plant a tree or vegetable

PLANT A TREE OR A VEGETABLE AND SEND A PICTURE OF WHAT YOU PLANTED TO HUMAN RESOURCES TO BE ENTERED INTO A RAFFLE FOR A GARDENING KIT!

THE GARDENING KIT CONTAINS 82 PIECES OF GARDENING TOOLS AND A BAG FOR STORAGE!

Send your picture to benefits@cityofracine.org
The Human Resources department is looking for recipes to publish in our City of Racine summer cookbook! If you send one of your favorite recipes to the Human Resources Department, you will be entered into a raffle to win Joanna Gaines’s Magnolia Table cookbook!

SEND RECIPE SUBMISSIONS TO BENEFITS@CITYOFRACINE.ORG
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
Wellness Presentation: Musculoskeletal Health
Earn 10 points for participating

Join Health Coach Brittany for a wellness presentation on Musculoskeletal Health

Learn about the musculoskeletal system including the parts of the body and how they work, conditions and prevalence, intervention programs, safe stretching techniques and stretching examples.

The presentation is pre-recorded, so you are able to join whenever it’s convenient for you.

CLICK HERE to sign-up and enter the password “wellness” to continue to register

The presentation will close on May 22
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
Downtown Racine
FREE YOGA CLASS

Bend & Brew is back!
Classes offered by Yoga Roots Racine!
Followed by a free beverage at participating locations

WHEN?
Wednesdays @ 6pm @ Yoga Roots Racine
Check Facebook for updates!