Weekly Wellness Webinar

Healthy Habits Campaign
Week 5 – April 29, 2025

cigna healthcare

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Agenda

Special Guests

Staying Motivated

Tracking Progress

Balancing Fitness with Nutrition

6 Week Fitness Challenge

Fit Fort Lauderdale

Spring 2025 Newsletter

Upcoming Activities

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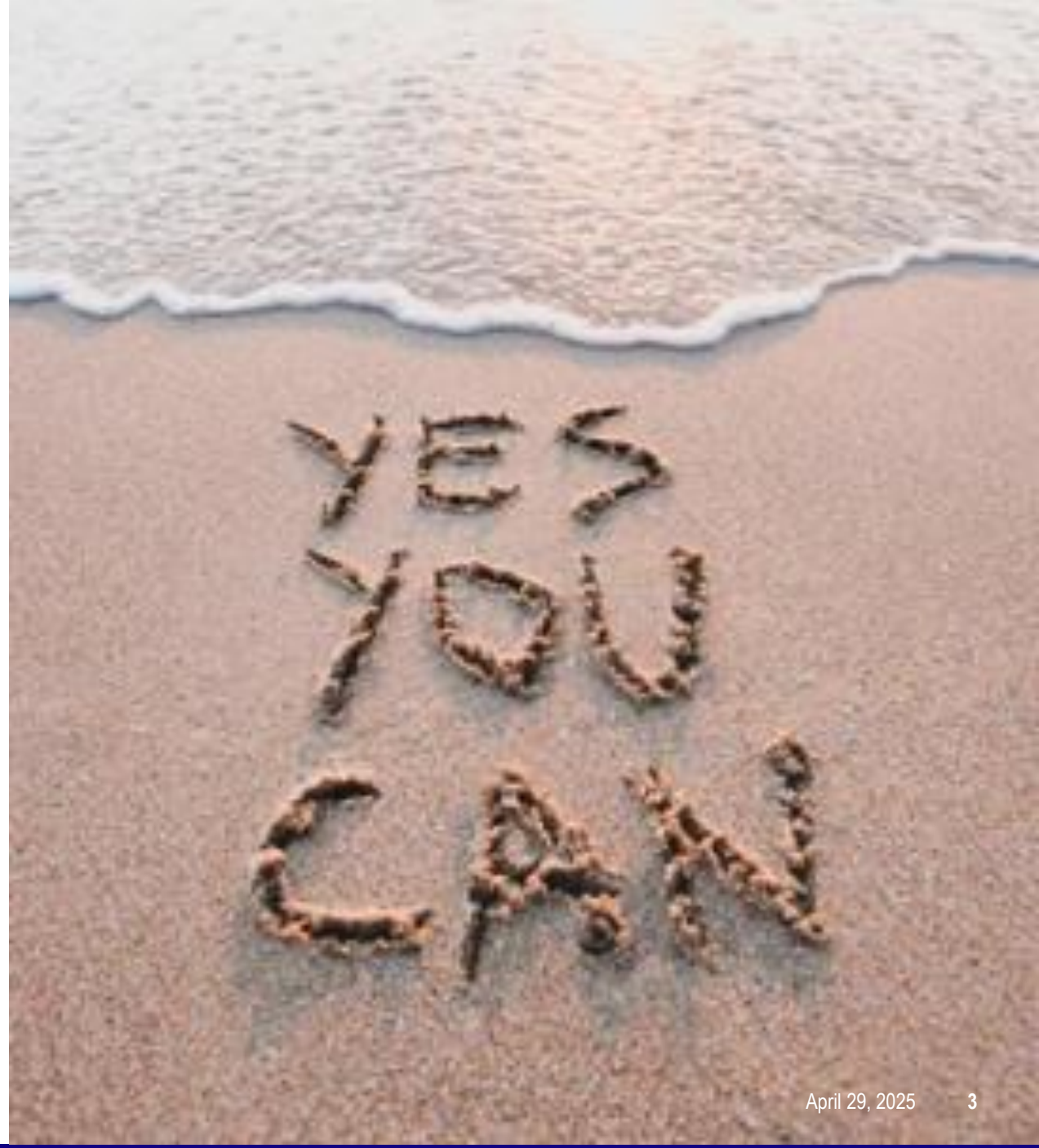
Staying Motivated

Getting motivated is the easy part…it's staying motivated that's challenging

- Tips
  - > Accountability
  - > Goals (event, measurements, abilities, etc)
  - > Activity Variety
  - > Make the time (exercise snacks)
  - > Healthy rewards/Recognition
  - > Surround yourself with reminders (people, places, items)



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Tracking Progress

- Fitness challenges
- Fitness trackers
- Journal
- Progress pictures
- Measurements

Things to keep in mind:
- Progress is not linear!
- Good and bad days
- Bouncing back

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Balancing Nutrition with Exercise

- Staying Hydrated for Exercise
  - > 2-3 cups of water 2-3 hours before your workout
  - > ½ -1 cup every 15-20 minutes during your workout
  - > 2-3 cups of water after your workout for every pound of weight lost during your workout

Hydration 101 (Take the hydration quiz)

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Balancing Nutrition with Exercise

- Fuel Up Before Exercise
  - > Eat healthy carbs
    - plain yogurt
    - fresh fruit
    - whole wheat toast
  - > If you have only 10 minutes before you exercise eat a piece of fruit
  - > The key is to eat easily digested carbs, so you do not feel sluggish

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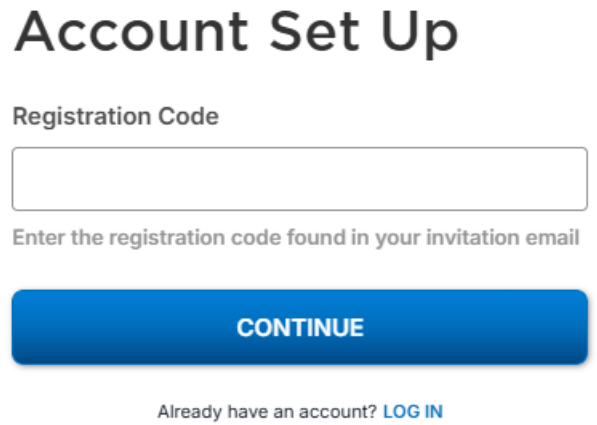
6 Week Summer Fitness Challenge

- Log your activities for 6 weeks to earn points
- Participate as a team of 10 or as an individual
- Open to employees, family, friends
- Prizes for employees on team with highest total points
- Prizes for 1st, 2nd, 3rd employee with highest points

- **Register – GWC**



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Fit Fort Lauderdale

Thinking of improving your physical and mental health? Fit Fort Lauderdale is the program for you. Fit Fort Lauderdale offers a variety of FREE fitness, health, and nutrition classes and events that are sure to help you achieve your health and fitness goals.

- Free Registration
- Ages 18+
- Classes
  - Fitness with Maya
  - Cancer Support Group
  - Healthy Eating (Sept. 7- Nov. 2)
  - Sunrise Yoga (Sept. 28- Nov. 9)
  - SoCa Dance Step Aerobics (Sept. 1-Feb. 2)
  - Bootcamp and HIIT (Sept. 11-Feb. 26)

[FIT Fort Lauderdale | Fort Lauderdale, FL Parks & Rec]

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Spring 2025 Newsletter

CITY OF FORT LAUDERDALE | HUMAN RESOURCES
EMPLOYEE BENEFITS SECTION
HEALTH | WELLNESS | VOLUNTARY | RETIREMENT | FINANCIAL

ISSUE 1
SPRING 2025 WELLNESS NEWSLETTER

FORT LAUDERDALE

UPCOMING EVENTS

Welcome to the Spring 2025 Wellness Newsletter: Spring into Wellness! Infuse a little wellness into your day by participating in upcoming wellness activities, including: EAP seminars, the Healthy Habits Campaign, Nutrition & Fitness Challenges, Wellness Screenings, Cooking Demonstrations, Take a Child to Work Day & Beyond, a Genomic Life Seminar, and Wellness Workshops.

Click "EVENTS" below to register.

EVENTS

Enrolled in Genomic Life's Cancer Guardian program?

Watch this video for a quick overview and attend the seminar on June 11th at 101 Tower.

HEALTHY HABITS CAMPAIGN

Weekly Wellness Webinars
March 25 – July 1
Tuesdays, 10-10:30am for exercise, answers to your fitness and nutrition questions, and discussion on trendy health myths vs. facts. Join the kick-off call on Tuesday, March 25, to learn more!

Apple-a-Day Challenge
April 1–14
Eat at least six (6) servings of fruits and/or vegetables a day. Turn in a completed tracker to successfully complete this challenge.

Cooking with Chef Cordell
April 8
In this LIVE cooking class, "Lose Weight the Healthy Way," you'll discover how to create nutritious, delicious, and satisfying, weight-loss-friendly meals. Meal samples included! Location & Time: Southside Community Center, 2–3pm.

Earth Day Gardening Workshop
April 22
Learn how to plant and grow your own Taco Toppings Garden. Add nature to your environment and discover easy culinary ways to incorporate herbs + veggies into your favorite dishes. April 22 at 11am or 1pm.

Summer Fitness Challenge
May 5–June 16
This company-wide 6 week activity program is designed to encourage friendly competition to help you reach your fitness goals. You can track your activity minutes and challenge co-workers to see who comes out on top. Will it be you?

Nutrition Scavenger Hunt
May 6–19
Improve your nutrition knowledge and try new healthy recipes and foods. Use all available resources to find and complete as many items as you can!

The Royal Treatment
April 9 – May 14 & June 18
The 6 week "Productivity and Personal Care" virtual workshop series will help you work smarter and boost your productivity. Time: 12-1pm on Wednesdays from April 9 to May 14. The "Power of Humor" virtual workshop will help add humor to your life Wednesday, June 18 from 1:30-2:30pm.

Sugar Free Challenge
June 3–12
Join us as we embark on the Fed Up- Sugar Free Challenge and take the pledge to go 10 days SUGAR FREE and focus on eating real, fresh, whole foods and no products that contain added sugar.

Thinking it's time to improve your habits and get focused on your health? The Healthy Habits Campaign runs from April 1 to July 1 and includes wellness activities curated with one goal in mind; to inspire, motivate, and empower you to achieve your health, fitness, and nutrition, goals. Register or scan the QR code. Participation in the activities can be self-reported on myCigna to count towards earning your 2025 Wellness Incentive Points!

Click to download Healthy Habits flyers, tracking sheets, and more.

PREVENTIVE CARE

IMPORTANT REMINDER
Start earning your 2025 wellness incentive points now!

- Complete your annual physical and biometric screening appointment at the Marathon Health Center (754-206-2420) or with your Primary Care Provider.
- Complete your myCigna Health Assessment!
- Attend an upcoming City of Fort Lauderdale screening event.
- Remember to self-report your workouts, participation in health coaching, weight management activities, and attending on-site or virtual wellness activities!
- Register on myCigna.com and download the mobile app today!

Many of us have a workout plan, a budget, a retirement plan, etc. Why not have a preventive care plan? Do you know which preventive care screenings you should get? Download the Preventive Care Guide.

Cigna Healthcare has exclusively partnered with Know Your Lemons to help improve early detection of breast cancer. Download their mobile app or scan the QR code.

Know your lemons.

Click here for the Know Your Lemons video

EMOTIONAL WELL-BEING

Did you know that you and every one of your household members gets up to 10 free sessions with a licensed mental health counselor, per EAP issue per year, through your Employee Assistance Program? Watch the EAP Orientation video to learn more!

EAP for managers, such as making a management referral, or self-care strategies.

Call EAP 24/7 for any kind of issue, even just to vent, at 877-622-4327, and you'll be connected to a licensed clinician.

A special word on Forgiveness, from EAP presenter, Dr. Felix Padron:

"Forgiveness has to be one of the most liberating choices that we can make for ourselves, but also the hardest to grant, especially when we have been hurt and have carried those wounds for some time."

Monthly Mental Health Observances

April is Autism Awareness Month.
Resources and information

May is Mental Health Awareness Month. Learn more. Here are 3 quick tips:

1. Seek treatment when your mental health acts up.
2. Check up on your friends and family.
3. Talk about mental health with your peers.

June is Men's Mental Health Month, Alzheimer's and Brain Awareness Month, and PTSD Awareness Month.

Cigna's mental health resources

CIGNA 101 RESOURCES

Wouldn't it be great if there was a comprehensive member guide packed with information on how to use your plan features to its fullest, now and throughout the year?

Cigna has you covered!

Don't forget about your Cigna dental benefit. Access your dental resources

Your Health Insurance Plan
Know Your Benefits

Health insurance can be tricky. Cigna is here to help with:

- Understanding your plan
- Managing your plan
- Saving on your plan
- Understanding medical insurance terms

Questions about YOUR specific plan?

Call Cigna One Guide at 800-244-6224, or use the chat feature on myCigna.com or the myCigna mobile app for guidance.

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City of Fort Lauderdale Benefits Team
954-828-5160
Healthyliving@fortlauderdale.gov
Employee Benefits Website

CITY OF FORT LAUDERDALE 2025 BENEFITS HANDBOOK

Download the 2025 Employee Benefits Handbook

[Spring 2025 Newsletter on Fortlauderdale.gov]

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Upcoming Wellness Activities

Nutrition Scavenger Hunt

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May 6–19

April 9 – May 14 & June 18

The Royal Treatment

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[Link to Healthy Habits Campaign Registration]

Productivity and Personal Care Virtual Workshop Series **Meeting Registration – Zoom**

"Slow Down"
4/30/2025
12-1pm

"Energy Boost"
5/7/2025
12-1pm

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