Weekly Wellness Webinar

Healthy Habits Campaign
June 17, 2025

cigna healthcare

Agenda

- Fitness and Nutrition Humor
- Fitness Success Story
- Upcoming Activities
- Resources
- Next Week’s Topics

Fitness Jokes

"Honestly I don't mind leg day at the gym"

Fitness Jokes

"It's just the two days after I can't stand"

Fitness Jokes

"I just signed up for a 12 month membership at a gym"

Fitness Jokes

"My bank called wondering if my credit card got stolen."

Fitness Jokes

"What's a hairdressers favorite weight exercise?"

Fitness Jokes

"Curls!"

Fitness Jokes

"Why did the pumpkin go to the gym?"

Fitness Jokes

"It wanted to be a Jacked-O-Lantern!"

Fitness Jokes

"What do chickens do at the gym?"

Fitness Jokes

"Work on their pecks!"

Cigna Resource:
Happify

[Happify Flyer]

- [Happify | Get Started]

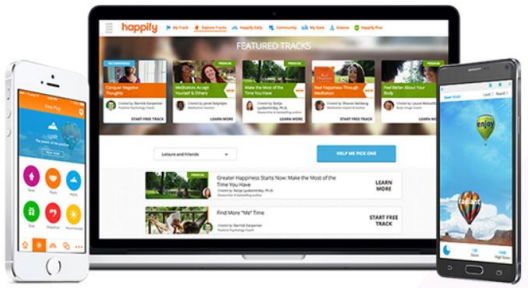
We're committed to helping you take control of your health – and that includes your emotional health. That's why we're partnering with Happify, a free app with science-based games and activities that are designed to help you:

- Defeat negative thoughts
- Gain confidence
- Reduce stress and anxiety
- Increase mindfulness and emotional well-being
- Boost health and performance

86%
of regular users saw happiness improvements in 2 months**

Fits into Your Life. And Helps Transform It.

Our science-based games and activities are designed to be effective and can be used anytime, anywhere, on your smart phone, tablet or computer. Small slices of time can make big-time changes.



Carolyn's Fitness Success Story

"I began my fitness journey in April 2024, in the 230's. I hired a personal trainer and implemented healthy eating habits such as intermittent fasting and high protein, low carb meals. A year later, I've shed over 70 pounds and am now working on adding more muscle. The challenge was not difficult; I try to stay consistent by walking throughout the day, attending group sessions with my trainer, and working out on my own at the park. I've lost and gained weight over the years by performing workouts on a no carb diet, but this time I wanted it to be a lifestyle change rather just a fad diet."- Carolyn Walton

Making Fitness a Lifelong Journey

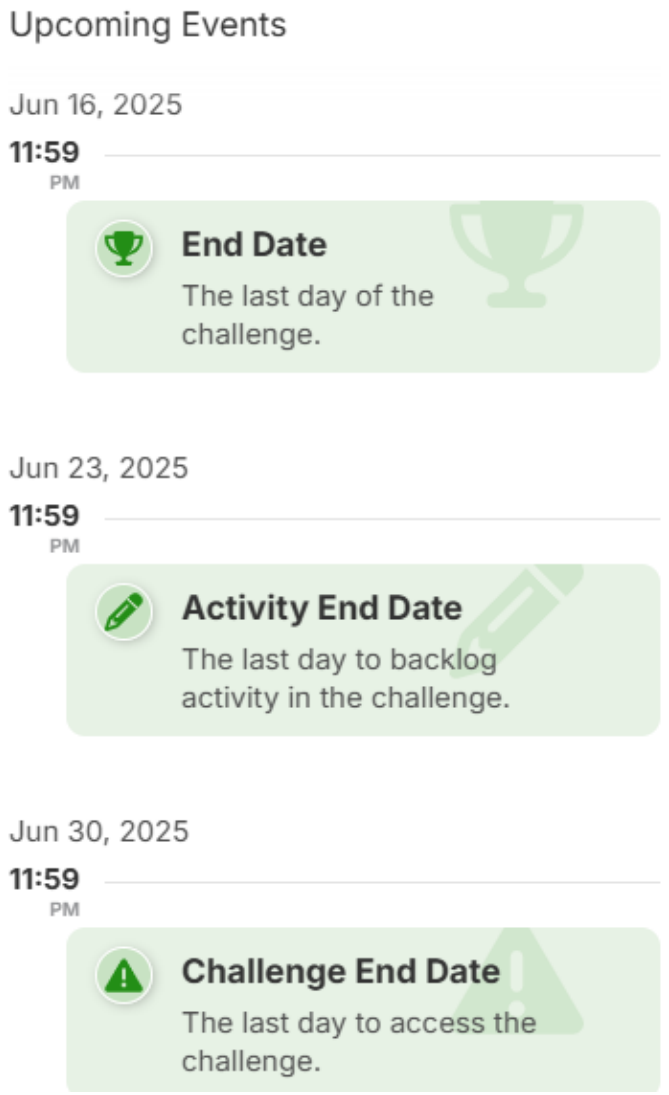
- Find activities you enjoy
  - > Explore options
  - > Make it fun
  - > Consider your personality
- Build consistency
  - > Start small
  - > Prioritize consistency over intensity
  - > Integrate fitness into your daily life
  - > Make it a habit
- Set realistic goals
  - > SMART goals
  - > Celebrate milestones
  - > Be kind to yourself
  - > Listen to your body
- Prioritize recovery
  - > Rest and sleep
  - > Proper nutrition and hydration
  - > Stress management
- Seek support and accountability
  - > Workout buddy
  - > Fitness community
  - > Consider a trainer

Fitness Challenge Deadlines and Prize Reminders:

- **June 16**- Last day to complete new activities
- **June 23-** Last day to back log activities
- **June 30-** Challenge is closed

- **Team prize-**
  - > Team with highest score (Sum of top 5 employee scores on teams with 5-10 employees

- **Individual prizes-**
  - > Top 10 individuals with highest points



Sugar Free Challenge Trackers Due June 18

Track all foods throughout your day for all 10 days.

Sample Day: B: 3 eggs; S1: Veggies with hummus; L: Salad with chicken, mixed veggies, olive oil & vinegar; S2: Berries with nuts; D: Chicken, broccoli and sweet potatoes

JUNE 3RD - JUNE 12TH

DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
☐ No added sugars!	☐ No added sugars!	☐ No added sugars!	☐ No added sugars!	☐ No added sugars!
☐ Oops, I had too many!	☐ Oops, I had too many!	☐ Oops, I had too many!	☐ Oops, I had too many!	☐ Oops, I had too many!
FOOD JOURNAL	FOOD JOURNAL	FOOD JOURNAL	FOOD JOURNAL	FOOD JOURNAL

Upcoming Wellness Activities

June Health Observances

- **Men’s Mental Health Month (Men’s Health Week June 9-15)**

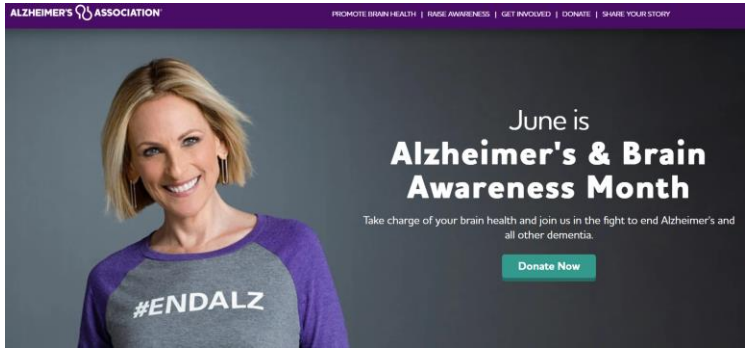
- **Alzheimer’s and Brain Awareness Month**

Worldwide, more than 55 million people are living with Alzheimer's or another dementia, and two-thirds of Americans have at least one major potential risk factor for dementia. Take action now — for yourself, your loved ones and for the fight to end Alzheimer's. What actions can you commit to taking this month?

- Take Charge of Your Brain Health
- Go Purple to Raise Alzheimer's Awareness
- Get Involved
- Invest in the Future
- Share Your Story

- **PTSD Awareness Month.**

> Even though PTSD treatments work, most people who have PTSD don't get the help they need. **June is PTSD Awareness Month. Help us spread the word that effective PTSD treatments are available.**



June Wellness Events

- **Monday, June 16:**
  - Final day of 6 week Summer Fitness Challenge (197 participants)
- **Wednesday, June 18:**
  - Parks Department Training @ Snyder Park
    - Adam to give Cigna 101 presentation
  - Webinar: "Lighten Up: Power of Laughter"
    - ~70 employees have pre-registered
- **Thursday, June 19**
  - EAP Seminar "Dealing with Difficult People" @ Tower 101
  - ~40 employees have pre-registered
- **Wednesday, June 25**
  - DSD Wellness Day, 12-4pm
- **Thursday, June 26**
  - Webinar: ARAG Legal
- **Friday, June 27**
  - Cigna 101 presentation @ Construction/Wellfield

Upcoming Wellness Activities

- **In-Person EAP Seminars @ 101 Tower**
  - > 6/19: "Dealing with Difficult People" 12-1pm
  - > 7/17: "The Power of Connection: Loneliness" 10-11am
  - > 8/21: "Navigating Back to School Challenges" 10-11am
  - > 9/24: "Healthy Life Tips for Men" @ Men's Health Event

Large Events:

- Men's Health Event- September 24 @ Galleria Mall from 9am to 12pm
- Health Fair- October 9 @ Carter Park from 10am to 2pm

Want to attend an upcoming wellness event, including in-person EAP seminars?

CLICK HERE to browse events on LauderShare. Advanced registration is required.

Virtual Wellness Activities

Weekly Wellness Webinars with Adam and Wendy

Tuesdays 10-10:30am

CLICK HERE TO JOIN

Lighten Up: Power of Humor

Wednesday, June 18

1:30-2:30pm

CLICK HERE TO REGISTER

6 Week Sleep Lab Series

Wednesdays 12-1pm

July 9 to August 13

CLICK HERE TO REGISTER

EAP Wellness Webcasts

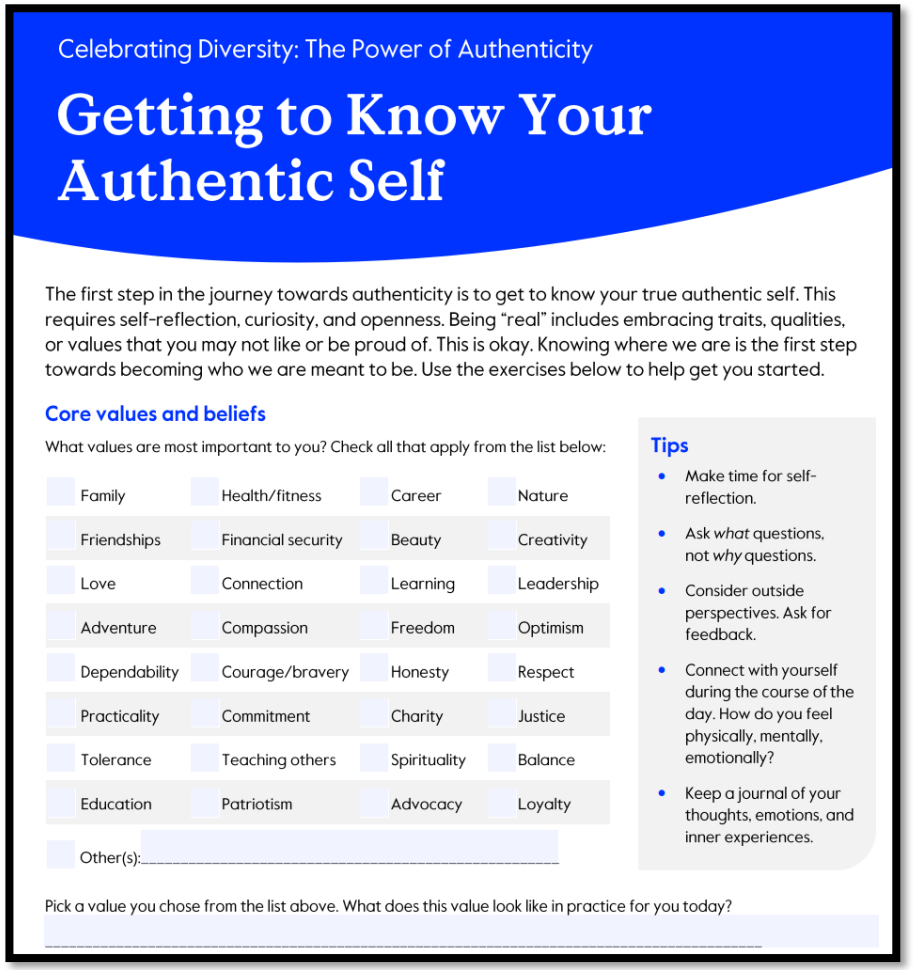
Live and On-Demand

CLICK HERE TO GET STARTED

June EAP Webcast

Steps to Access:

1. Visit **Cigna.com/EAPWebcasts**
2. Login or create account
3. Find the upcoming live EAP webcast or watch an on-demand webcast



Celebrating Diversity: The Power of Authenticity

Getting to Know Your Authentic Self

The first step in the journey towards authenticity is to get to know your true authentic self. This requires self-reflection, curiosity, and openness. Being "real" includes embracing traits, qualities, or values that you may not like or be proud of. This is okay. Knowing where we are is the first step towards becoming who we are meant to be. Use the exercises below to help get you started.

Core values and beliefs

What values are most important to you? Check all that apply from the list below:

Family	Health/fitness	Career	Nature
Friendships	Financial security	Beauty	Creativity
Love	Connection	Learning	Leadership
Adventure	Compassion	Freedom	Optimism
Dependability	Courage/bravery	Honesty	Respect
Practicality	Commitment	Charity	Justice
Tolerance	Teaching others	Spirituality	Balance
Education	Patriotism	Advocacy	Loyalty

Other(s):_____

Tips

- Make time for self-reflection.
- Ask *what* questions, not *why* questions.
- Consider outside perspectives. Ask for feedback.
- Connect with yourself during the course of the day. How do you feel physically, mentally, emotionally?
- Keep a journal of your thoughts, emotions, and inner experiences.

Pick a value you chose from the list above. What does this value look like in practice for you today?

_____

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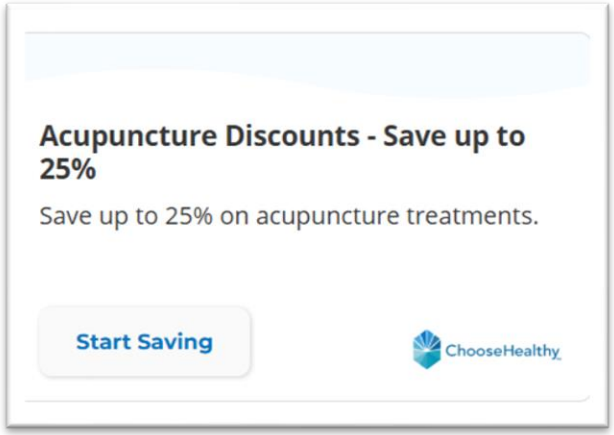
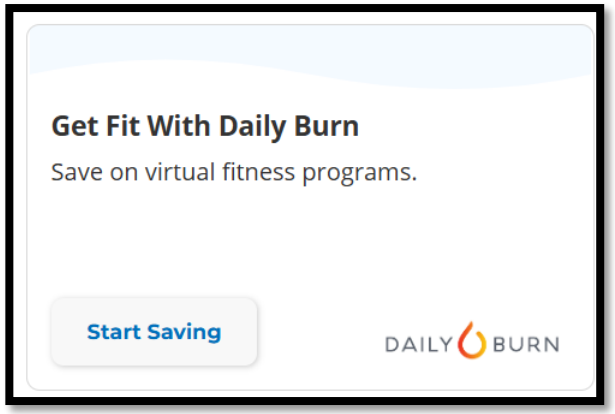
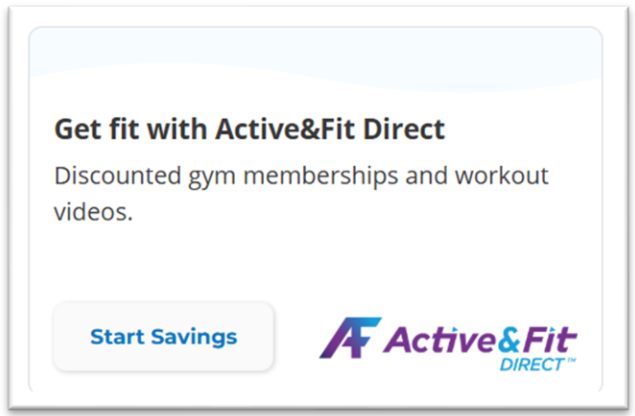
Wellness Resources

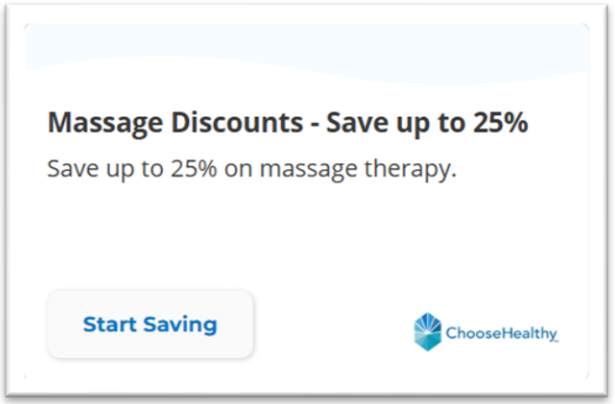
Cigna Healthy Rewards

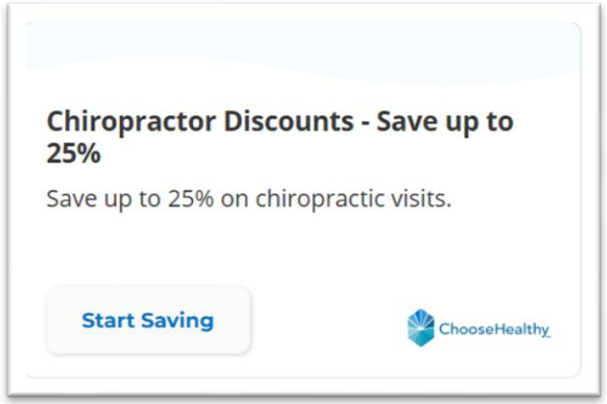
[Cigna Discover Healthy Rewards]











Wellness Resources

3 Month Core Membership Access!!!
Contact Adam.Clawson@Cignahealthcare.com for more information and access code

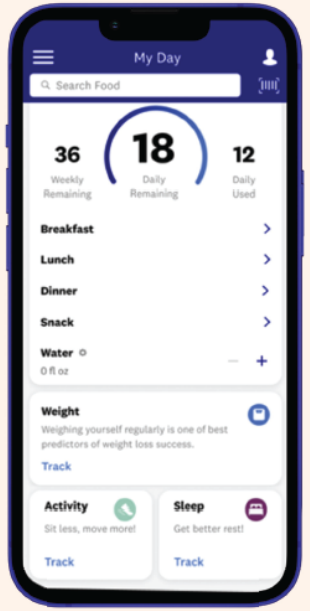
WeightWatchers

As little as 5% weight loss makes a big difference.
Weight loss can reduce the risk for chronic conditions – including type 2 diabetes, heart disease, osteoarthritis, and obesity-related cancers – and ultimately lower your healthcare costs.[1]

anywhere, anytime

Our award-winning app is at the heart of the member's experience, putting anywhere, anytime access at their fingertips.

- Science-backed nutrition plans
- Meal planning tool & recipes
- Tracking features
- On-demand workouts



- 24/7 live coaching
- Members-only digital community
- Audio lessons promoting behavior change
- Mindfulness & meditation resources

CITY OF FORT LAUDERDALE

City's Health and Wellness Center

Located at 4750 N. Federal Highway
Suite 300, Fort Lauderdale, FL 33308

Office Phone#: (754) 206-2420

Hours of Operation:
Mon-Wed/ Fri: 7am-4pm
Thurs: 7am-6pm
Sat 8am-Noon
Closed daily for lunch: 1pm to 2pm

City Health and Wellness Center | City of Fort Lauderdale, FL

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Next Week's Topics

Mindful Eating for Long-Term Success

- Focus: The power of mindfulness in eating habits to prevent overeating and improve digestion.
- Key Takeaways: Techniques for mindful eating, recognizing hunger cues, and how mindfulness can help maintain weight loss and reduce chronic disease risks.