

Tulare County Employee
Wellness Program
April 2024

FITNESS AND EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>WORKOUTS – Daily</p> <p>“Greatist Workouts At Home”</p>	<p>2</p> <p>INSTRUCTIONAL</p> <p>How to Stay Active at Work, Even with a Desk Job</p> <p> KAISER PERMANENTE.</p>	<p>3</p> 	<p>4</p> <p>ARTICLE</p> <p>Getting fit may be easier than you think!</p> <p></p>	<p>5</p> <p>ARTICLE</p> <p>Do You Have Foot Pain? Your Pronation Type May Be to Blame?</p> <p> KAISER PERMANENTE.</p>
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DAILY WORKOUT VIDEOS

RECORDED: Blink FITNESS

Blink Fitness is bringing the gym to you! Tune into their Facebook page for FREE at-home workouts on your schedule, regardless of membership! "Home Work-Ins" feature 10 minute workouts to relieve stress and stay healthy. Click [here](#) to view Blink Fitness' Facebook page.



RECORDED: Best Workout Videos

These days, it's completely possible to stay fit — all you need is an Internet connection and a little living room space (plus maybe a few props here and there). And it's all thanks to these seriously excellent, totally free workout videos. Choose from the following categories, Equipment free, On-the-Go, Yoga, Dance, Martial arts and more. Follow the link to find out what type of workout you enjoy most! [Greatist Workouts At Home](#)

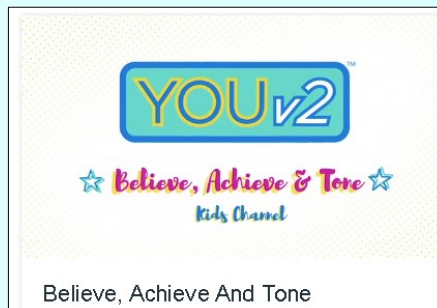
Workout Series: Beachbody Kids

Beachbody Kids Workouts from Beachbody celebrity trainers Tony Horton, Shaun T and Leandro Carvalho is a temporary service offered during this unprecedented time. TeamBeachbody wants to continue helping families stay healthy and sane by offering some fun ways to expend energy together, and they hope families will use these workouts to make fitness fun and part of daily routines! Click the link to view the entire video series: [Beachbody Kids](#).

A few fun videos you will see.....



Groove It Out



Believe, Achieve And Tone



Recess

Getting Fit May Be Easier Than You Think.

First, make time for exercise: don't let being busy stop you – just fit more activity into things you already do every day, whether at home or at work. **Second**, do what you love: when you enjoy exercise, you're more likely to keep it up! Consider what kind of activities make you happy, even if it's just rolling around the yard with your kids or perfecting your garden. **Lastly**, get help from friends: ask your active friends for tips, or ask to join them for a workout.



Set small, but clear goals; track your progress; think long term.

Click the following link to read more! [Getting fit may be easier than you think.](#)

What's Better: Cardio or Strength Training?

Cardiovascular exercise can help you strengthen your heart and keep your arteries clear, control your weight, increase energy levels, boost your mood, prevent illness, reduce health risks, and manage conditions like high blood pressure and blood sugar. **Strength training** helps you develop stronger muscles and bones, control your weight, increase energy levels, boost your mood, manage conditions such as back pain, arthritis, obesity, heart disease, and diabetes, and sharpen your focus. **So, which is better?** They are both important! Click the link below to find out more about how a mix of strength and cardio is the ideal exercise combination.

[What's Better: Cardio or Strength Training?](#)



How Healthy is Your Mobile Lifestyle?

Are you too busy texting, friending and hashtagging to keep up with regular physical activity? Regular exercise is important because it improves your overall health and fitness, while lowering your risk for many chronic diseases. You don't need fancy equipment or a gym membership to stay active! Follow the link to read more about finding something you like that fits your routine, making it more likely to stick with longer! [How Healthy is Your Mobile Lifestyle?](#)



Fitness: Making it a Habit

Turning exercise into a habit is easier said than done. If you're having problems sticking with your exercise plan, don't worry – you're not alone! There are many tips and tricks you can use to get yourself back on track and stay there.

First, update your goals. Are you having trouble meeting long-term goals? You may need to come up with a few short-term goals to help you get there. Did you take on too much too fast? Remember to make your short-term goals small steps. Did you meet your long-term goal and then stop? Set new goals to help stay motivated.

Next, get past those slip-ups. Everyone has slip-ups, but there is a difference between slipping up and giving up. A few common reasons for slip-ups include:

- It seems like I never have time.
- It's often too hot, too cold, too windy, or too wet for outdoor activities.
- Going to the gym costs too much.
- I'm too tired most of the time.
- It's too boring.
- It hurts to exercise because of an injury or arthritis.

Follow the link for some great ideas for dealing with the common slip-ups mentioned above!

[Fitness: Making it a Habit](#)



INSTRUCTIONAL WORKOUTS

How to Stay Active, Even With a Desk Job

Sitting all day can lead to pain and serious health problems. Try building these habits into your routine to get more activity throughout the day. Click the following link for a guide on how to stay active at work: [Active At Work](#)



FUN PET EXERCISES

CITY OF SAN ANTONIO
ANIMAL CARE SERVICES
DEPARTMENT

Click the link below for a list of fun ways to exercise with your furry friend! Provided

by the City of Antonio Animal Care Services, are step-by-step instructions for wall sits, front squats, lunges, and more. [Fun Pet Exercises](#)

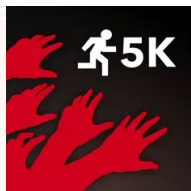


CITY OF SAN ANTONIO
Animal Care Services
— LOST • FOUND • LOVED —

15 Best Exercise Videos on YouTube to Do with Kids

"Exercise is a powerful mood-booster, it generates play and silliness for everyone and if you can shift your expectations from it being about your own deep workout time, to a family activity, where everyone gets to move and release pent up energy, you'll find that it is really fun and often a bonding experience for the whole family," says Rachel Welch, yoga instructor. Thanks to YouTube, getting in structured, daily movement doesn't have to be intimidating. Here are the best workout videos you can do as a family recommended by fitness professionals. [15 Best Exercise Videos on YouTube to Do with Kids.](#)

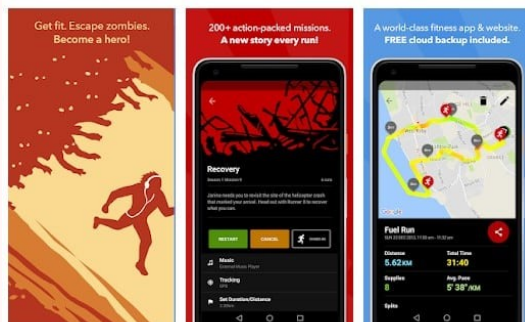
APPS THAT MAKE EXERCISE TOO FUN TO SKIP



Zombies, Run!

Run in the Real World : Become a Hero in Another

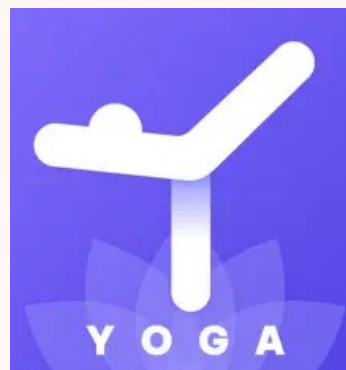
Only a few have survived the zombie epidemic. You are a Runner en-route to one of humanity's last remaining outposts. They need your help to gather supplies, rescue survivors, and defend their home.



And you have another mission — one they don't know about...



Dailey Yoga: Fitness + Meditation



Daily Yoga offers 500+ asanas, 70+ yoga programs, 500+ guided yoga, pilates, meditation sessions plus the largest yoga pose library for men and women that suit yogis from beginner to advanced.

Not only helps you stay with yoga every day but also provides health benefits for both your body and mind.

If you have no ideas on how to pick the class, the Smart Coach feature helps free you from the hassle of repeatedly searching for the right class.



Geocaching is an app for adventure seekers, guiding you through a modern day treasure hunt. Download the app, set your location, and get to searching! You can set your difficulty level, making the search as easy as looking under a bush at your local park, or as intense as heading up to the national park for a hike. Regardless of the difficulty you prefer, this app is sure to get you out and about! *Free, available on Android and iPhone.*



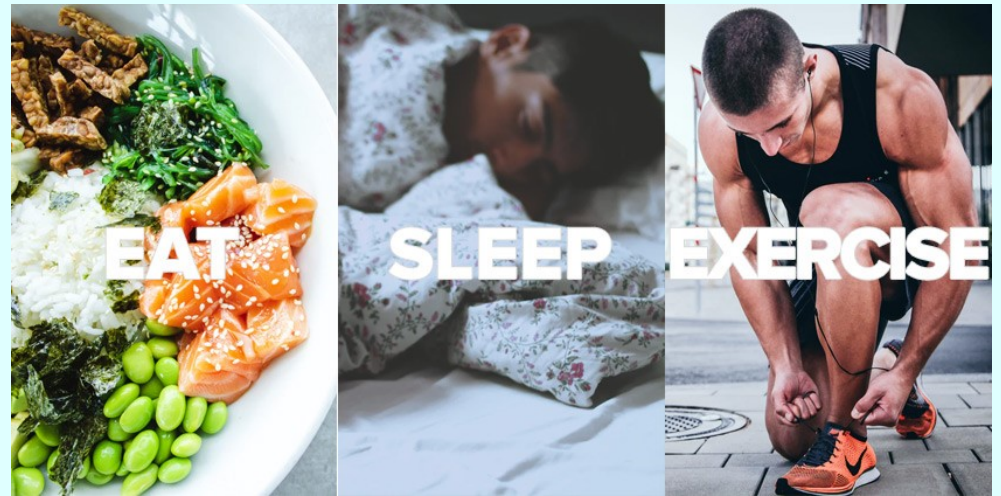
Charity Miles donates money to a charity of your choice while you are using it! Charity Miles lets you log all types of movement, from running and walking, to dancing and biking. This app may give you a little extra motivation to get out and be active, as it earns you up to 10 cents per mile while biking, and up to 25 cents per mile while going for a walk or run. *Free, available on Android and iPhone.*

PODCAST

Healthy You

Follow the link below to listen to an educational podcast about a healthier you! The podcast will take less than 10 minutes of your time and includes information on the importance of nutrition, exercise and sleep. Develop your self care plan with Dr. Milish Risbood and Dr. DaWana Stubbs.

[Healthy You](#)



VIDEO

How to Build the Perfect Circuit Training Workout

Circuit training is a style of workout where you cycle through several exercises (usually five to ten) targeting different muscle groups with minimal rest in between. Circuit training provides a multitude of benefits in comparison to your typical weight or cardio workout. Some benefits of circuit training include:

- Circuit training is a great boredom buster: Moving quickly from one exercise to the next means your mind doesn't have time to wander or tune out.
- An all-strength circuit burns 30 percent more calories (about nine per minute!) than a typical weight workout and offers more cardio benefits.
- A circuit training workout that combines cardio and strength moves will blast fat and sculpt muscle. It can also burn up to 10 calories a minute.

Click the link below for six easy steps to help you build your perfect circuit training routine.

[How to Build the Perfect Circuit Training Workout](#)

SHAPE



Article

Do you have foot pain? Your pronation type may be to blame

Getting into the right footwear is the first step to addressing foot and arch pain. Physical activity is good for your body and mind. Even a brisk daily walk can improve heart health, boost mood, and reduce stress. Click the link to read more about foot pronation types:

[Foot Pronation Types and Tips](#)



Article

Routine Cancer Screenings

Recommendations for cancer screenings sometimes change, and it can be confusing about which tests you need and when. It's best to talk to your doctor about your cancer risk factors and family history, learn which screenings are right for you, and then develop and stick to a screening schedule. Several screenings are recommended for people at average risk for cancer. Some screenings are not recommended routinely but may be important based on your cancer risk.

Click on the link to read more about types of routine screenings:

[Top screenings to avoid cancer](#)

Article

The Wonders Of Walking For Wellness

Walking offers numerous benefits beyond mere transportation, contributing significantly to both physical and mental well-being. It requires no athleticism and is cost-free, needing only comfortable attire and sneakers. Regular walking can boost energy levels, burn calories, improve mood, enhance sleep quality, strengthen the heart, reduce disease risks, alleviate stress, build muscle and bone strength, support the immune system, and tone leg muscles. Starting with shorter walks and gradually increasing duration can help inculcate a walking routine, while various strategies such as incorporating walks into daily activities or socializing during walks can help maintain motivation. Additionally, incorporating small changes like parking farther away, taking the stairs, or walking during phone calls can accumulate steps throughout the day, leading to overall improved health outcomes. Click on the link to read this full article: [The Wonders of Walking For Wellness](#)



Sauteed Pork Chops with Garlic Spinach

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Difficulty: Easy

Serves: 4

INGREDIENTS:

1 tbsp Olive Oil for Pork
1 tbsp Olive Oil for Spinach

4 bone-in pork
loin chops

1/4 tsp Salt for pork
1/2 tsp Salt for Spinach

3 Cloves garlic sliced

2 Packages of fresh
Spinach

1/4 tsp Black Pepper for Pork
1/4 tsp Pepper for spinach

1 medium Lemon

INSTRUCTIONS:

- 1) In a large skillet, heat oil over medium-high heat. Sprinkle pork chops with salt and pepper; add to skillet. Saute until a thermometer reads 145°, about 5 minutes per side. Remove to a serving platter; squeeze juice from lemon over chops. Tent with foil; let stand at least 5 minutes before serving.
- 2) For garlic spinach, heat oil over medium-high heat in same skillet. Add garlic; cook until it just begins to brown, about 45 seconds. Add spinach; cook and stir just until wilted, 2-3 minutes. Sprinkle with salt and pepper. Remove from heat; add lemon juice. Transfer to serving platter. Remove foil from pork; serve spinach with chops.

Serving Size: 1 pork chop with 1/2 cup spinach

Calories: 310 per serving

17g Fat

4g Carbs

36g Protein



tasteofhome®

No Bake Cookie Dough Balls

A fun recipe for kids to help make!

INGREDIENTS:

- 1 Cup Old Fashioned Oats
- 1/2 Cup Unsweetened Coconut Flakes
- 1/2 Cup Peanut or sun butter
- 1/2 cup ground flax seeds
- 1/2 cup Chocolate chips (semi-sweet or vegan)
- 1/3 cup honey or agave nectar
- 1 tbsp chia or hemp seeds
- 1 tsp vanilla extract
- Dye-free sprinkles

INSTRUCTIONS:

Step 1 (**adults**): Place all of the ingredients except the sprinkles in a food processor and pulse until thoroughly combined.

Step 2 (**kids and adults**): Use your hands to roll the mixture into 1-inch balls, then roll in the sprinkles.

Step 3 (**kids and adults**): EAT !!!

Step 4 (**adults**): Store in an airtight container in the refrigerator.

Prep time: 10 minutes

Cook time: 0 minutes

Makes 25 1 inch cookie dough balls

Egg, dairy, and gluten free recipe

weelicious

