

HIGHWAY TO WELL & SAFETY

DIET & MENTAL HEALTH: A CONNECTION

The connection between what we eat and our mental health is more prominent than we realize. Foods can influence mood, cognitive function and even stress. Help yourself by doing some of the following:

- **Be thoughtful about your meals.** Plan meals ahead of time. Include foods rich in vitamins and minerals. Your mind needs omega-3 fatty acids, antioxidants, folate, vitamin D and magnesium.
- **Swap processed foods for whole foods.** Focus on fruits, vegetables, whole grains, lean proteins and healthy fats. These are better than processed foods.
- **Stay hydrated.** Proper hydration is essential for overall health. It can influence mood and cognitive function.
- **Listen to your body.** Certain foods can make you feel a certain way. Pay attention to that. This will help you identify foods that are boosting mood and energy levels.

Since we're close to March and March is known as Nutrition Month, use these four steps during the month and see the changes.

Reference: M3 Insurance Newsletter

5-MINUTE WALKS: A POSITIVE IMPACT

It's said that 11 minutes of moderate-to-vigorous exercise daily may lower your risk of cancer, cardiovascular disease or premature death. But, health experts are coming forth and sharing that even just walking five minutes can produce health benefits and help support future exercise goals.

Four ways that walking can help us:

1. Improve body's blood flow.
2. Boost creativity and productivity.
3. Strengthen muscles.
4. Deliver oxygen to brain and muscles.

As the time goes by it's possible to increase the amount you walk. Keep the following in mind:

- **Make small goals.** Get those steps during lunch or in between assignments.
- **Walk with friends.** Catch up on each other's lives and rely on each other for motivation.
- **Set reminders.** It's easy to forget when you're busy, so set that alarm.
- **Diversify your routine.** Change your route or even walk different speeds.
- **Listen to your body.** Don't hesitate to modify if you need to. You're working at helping your body.

The main goal here is to make movement a regular part of your day. Even for just a handful of minutes.

Reference: M3 Insurance. Live Well, Work Well Newsletter



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Special points of interest

- **Sleep Tight GA Winners**
Annette Fieber
Julie Gallagher
- **Brain Strain Drawing Winners**
Kayla Sadowski-Metcalf
Kelsey Gilmore
Richard Felger
Laura Pingel
Patricia Woodstock
Valerie Hoodjer
Dusty Sippola
Sahra Mohamed
- **Dean Living Health Rewards**
These restarted on January 1st. Don't miss out on your \$150 in rewards.
- **Blood Drive City County Madison**
April 1st, 8am-2pm
www.redcrossblood.org

Gardening 101

Gardening can intimidate individuals. However, there is a wealth of information and guidance out there that could help you take those first baby steps.

1. Site is right. It's all about location and being able to see regularly is key.
2. Follow the sun. Pay attention on how the sunlight plays through your yard.
3. Stay close to water. Is your garden near a water source or reached by your water hose.
4. Start with great soil. It should be nutrient-rich and well-drained.
5. Consider containers. Use a pot that's large enough for the plant it's hosting.
6. Choose the right plants. Select plants that match your growing conditions.
7. Discover your zone. Knowing what zone you're in can help you understand which plants will survive.
8. Learn your frost dates. Planting too early or late can spell disaster.
9. Add some mulch. Apply 2-3 inches around each plant to help reduce weeds.
10. Feed plants regularly. Don't forget about high-quality nutrition and the necessary amount of water.

Reference & Helpful Links:

[10 Top Gardening Tips for Beginners](#)

[How to Garden](#)

[Gardening 101: Unlikely Gardener](#)

[The Ultimate Guide to Gardening](#)

ROAST CHICKEN

Ingredients:

- Lemons
- Rosemary sprigs
- Roasting chicken
- Olive oil
- Fresh rosemary
- Ground pepper
- Kosher salt

Instructions:

1. Finely grate enough zest from the lemons to measure 2 tbsp; set aside. Coarsely chop 2 lemons; place chopped lemons and rosemary sprigs inside the chicken cavity; tie legs together with kitchen string. Save the remaining lemon for another use.
2. Place chicken on a rack in a shallow roasting pan; brush with oil. Combine the minced

rosemary, pepper, salt and lemon zest; rob over chicken.

3. Bake, uncovered, at 350° until thermometer inserted in thickest part of thigh reads 170°, basting occasionally with drippings. 2-2 1/2 hours.
4. Let stand for 15 minutes before carving. Discard lemons and rosemary springs.

[For full recipe click here.](#)



STEAK HASH

Ingredients:

- 1 bag tri color potatoes
- 2 tbsp. olive oil, divided
- 3 bell peppers, sliced, seeds & top removed
- 1 small onion, sliced
- 4 tsp. paprika
- 2 tsp. garlic salt
- Cilantro (optional garnish)
- 1 flank steak
- 2 tsp. seasoned salt

Instructions:

1. Heat a grill pan over high heat and sprinkle each side of the steak with the seasoned salt.
2. Place the steak in the pan and turn down to medium heat.
3. Cook for 6-8 minutes and turn over, allowing it to finish cooking on the other side.
4. Remove from pan and tent with foil on a plate for 10 minutes.

5. In large sauté pan over medium heat, add the first tsp of olive oil and add the peppers and onion.
6. Cook until tender about 3 minutes.
7. Add the potatoes, seasonings and remaining olive oil and cook until hot all the way through and golden on the other side.
8. Meanwhile, chop the steak, and once the potatoes are cook ad the steak, toss and allow to cook an additional 2 minutes.
9. Serve with optional fresh cilantro.

[For full recipe click here](#)



LET'S GET GREEN GIVEAWAY

We'd like to help get you started on a little garden. You'd be surprised how just by dedicating a space (even in your apartment) you could help spring life to sustenance. Our little giveaway includes: 36 Cell Seed Starting Tray, a 26.8x26.8 Waterproof Potting Mat and a Green Gardening Apron.

To enter, please email, employee-relations@danecounty.gov the following information:

Subject: Green Thumb

Name

Job Location (this is where the prize will be inter-d to)

All entries must be received by February 28th, 2pm.

“Love and laughter are the ultimate chapter.”

CHAIR EXERCISE: SEATED LEAN BACKS

Many of us work a sedentary job. Lack of movement can be very detrimental to our overall health. Just like we mentioned five minute walks, let’s try the one chair exercise move for five minutes.

How to do a **seated lean back**:

1. Sit on the middle of the chair with your spine straight and tall and feet planted flat on the ground, hip-width apart. Crossing your arms, place your palms on the front of the opposite shoulder.
2. Lean your upper back toward the back of the chair while maintaining a flat back/neutral spine position.
3. Once your upper back touches the backrest of the chair, engage your core and maintain a flat back to return to the upright, starting position. That’s 1 rep.

What are the benefits? Strengthening of your core muscles.

[Full Article](#)



Newsletter Puzzle Entry:

To enter the newsletter drawing, please submit your entry via email to: employee-relations@danecounty.gov. Entry must be received by: February 28th, 2pm.

Please circle your prize of choice. Please note there are limited quantities so picking more than one is helpful.

- Cube Wooden Puzzle Box
- Shower Bombs-Dreamy Lavender
- Acupuncture Massage Slippers
- Push Up Board
- Disc Golf Set
- Bread Making Kit
- Kettle Grip + 51 Card Exercises
- 1000pc Rainbow Drops Puzzle
- Gluten & Dairy Free Cookbook
- The Book of Lymph by Lisa Levitt
- Anti-Inflammatory Diet Meal Prep
- Acupuncture Points Handbook
- Migraine relief Ice Head Wrap
- The Official Disney Parks Cookbook
- 32 oz Water Bottle
- Ab Wheel
- Ring Toss Game for your Desk
- Blender Bottle
- Skinnytaste Air Fryer Dinners Book

BRAIN STRAIN

Winter

W	E	B	E	C	A	L	P	E	R	I	F	Y	L
L	E	L	N	M	R	W	I	W	O	S	D	O	T
E	F	A	O	W	F	D	R	N	I	O	S	A	I
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N	I	K	E	O	D	O	L	S	R	E	D	E	W
L	C	E	I	N	A	K	O	F	N	T	I	Y	F
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WOOLLY HAT
FREEZING
COLD
ICE
SNOWMAN
WINDY
MITTENS
COATS
GLOVES
FIREPLACE
FROST
BLANKETS
DARK
SNOWING