

HIGHWAY TO WELL & SAFETY

HEALTHY UP YOUR HOME

The food in your refrigerator isn't the only thing that expires. In fact, there are so many items in your house that should be tossed and replaced...in many cases for the sake of your health. Here are a few to start off with.

Kitchen

1. Sponges, the ones you use to wash your dishes...yea, their life span is 30 days.
2. Cutting boards need to be tossed after they have scratches. Those scratches can harbor illness-causing bacteria.
3. Nonstick pots and pans should be removed once they have peelings or scratched.
4. Cleaning products should only remain from 6-24 months. Over time they lose their potency and fail to clean effectively as you believe they are.

Bedroom

1. Pillows have a lifespan of 1-3 years. Once a pillow loses its shape it may increase your risk of developing neck, shoulder or upper-back pain.
2. Mattresses have a lifespan of 7-12 years depending on the type and quality. A mattress' job is to help keep your spine aligned.
3. Smoke alarms have around a 10 year life span while carbon monoxide alarms are 7 years.

Bathroom

1. Toothbrushes should be getting tossed and replaced within 3-4 months. Worn out bristles stop effectively cleaning.
2. Disposable razors have 3 good uses and then no more. A dull blade can lead to a rash or infection.
3. Moisturizers have a life span of one year. Also continuously dipping your finger into the jar can cause contamination which leads to risk of skin irritation.

Reference: Prevention Magazine. January 2025 Issue. Pages 28-35.

WALK AWAY PAIN

One of the best ways to ease joint and back pain and help prevent future pain is by just taking steps. It can be difficult to get going at the beginning, but try your best to **get motivated**. Once you find it, don't pressure yourself to go extreme, **start slow** with around 10 minutes of walking. As you're walking **pay attention to body cues** and know when to give yourself a break or some rest. It will take consistency to **develop the habit** so do your best to make it a daily practice. The goal is 2.5 hours of rigorous walking a week. And finally, **walk mindfully** and use this time to shift your mindset by thinking more positive.

Reference: Prevention Magazine. October 2024 Issue. Pages 36-40.



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SPECIAL POINTS OF INTEREST

- Wellness Lottery Submission Deadline—1/17
- Dean Living Health Rewards Portal has reset for 2025
- Upcoming Holiday 1/20 Martin Luther King Day
- W2 Distribute Deadline 1/31

5 MYTHS ABOUT ARTHRITIS

Here's a few things to know about the pain of your creaky joints.

1. **If your joints hurt, it's arthritis.** There are numerous reasons as to why your joints are hurting. Those can be: infection, injury, bursitis and/or tendinitis.
2. **Exercise will wear down your joints even more.** Low-impact aerobic exercise doesn't cause damage unless you already have an injury or play a sport that puts repetitive stress on the affected joint.
3. **You're going to get arthritis when you get older.** Over half of people over the age of 65 don't have arthritis. And many cases can be preventable by changing lifestyle habits.
4. **Arthritis is an old person thing.** While it is more common in older adults, 5% of people ages 18-44 and 26% of those agenda 45-64 have a form of it. Usually begins in people in their 40s.
5. **Cracking your knuckles causes arthritis.** This is actually a harmless habit as long as you don't push or pull too hard. The cracking sound is actually tiny bubbles popping in the fluid.

Reference: Prevention Magazine. October 2024 Issue. Pages 18-1

SMALL GIVEAWAY:

Current events can cause much stress in our lives. It is important that we still get the much needed rest that our bodies need.

To enter to win a sound spa plus face mask, please email (employee-relations@danecounty.gov) your entry by January 31st. Please include:

Subject: Sleep Tight

Body: Your name and Job location.

“Start wherever you are and start small.” -Rita Bailey

CROCK POT CHICKEN TACO MEAT

INGREDIENTS:

- 12 ounces of red salsa, preferably from refrigerated area
- 1.5 lbs boneless skinless chicken breasts
- 1/4 cup homemade taco seasoning (or 1 packet)

INGREDIENTS FOR TACO SEASONING:

- 1 tbsp chili powder
- 1 tbsp smoked paprika
- 1 tbsp ground cumin
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 1 tbsp dried oregano
- 1 tbsp fine sea salt
- 1/2 tbsp fresh cracked black pepper

Combine all ingredients.

DIRECTIONS CROCK-POT:

- Add all ingredients to pot.
- Cover & cook on low for 4 hours or high for 2 hours.
- Shred the chicken and put back into the juices.

DIRECTIONS INSTANT POT:

- Add all ingredients to the pressure cooker and mix up as best as you can. Seal the lid and set to pressure cook high for 10 minutes. Allow vent to slow release for 5 minutes before manually releasing the remaining pressure. Once meat is finished cooking, shred the chicken and put it back into the juices.

[Recipe Link](#)



SERVES: 8 **PREP TIME: 5 MIN**
COOKTIME: 2 HRS **CALORES: 95**

BENEFITS OF DRINKING TEA



There are many health benefits when it comes to drinking tea.

1. **Antioxidants:** These can protect your body from aging and pollution.
2. **Heart Health:** May reduce risk of heart attack and stroke. Focus on green and black teas.
3. **Blood Pressure:** Helps lower it.
4. **Cholesterol:** May help lower LDL which can build up in arteries and lead to heart failure or stroke.
5. **Digestion:** Teas like ginger, peppermint, and chamomile can help with indigestion, bloating and nausea.
6. **Brain & Nervous System:** Black, green and white teas may help do the trick.
7. **Cancer:** Some studies suggest that tea may have cancer-preventative effects.
8. **Weight Loss:** Can help knock off some of those pesky pounds.
9. **Bones:** May protect them.
10. **Teeth:** May help keep that smile bright.

Enjoy and help you start this year off on a healthy note.

Reference: Google Search

NEWSLETTER PUZZLE ENTRY

To enter the newsletter puzzle drawing, please submit your entry via email to: employee-relations@danecounty.gov. Entry must be received by January 31st.

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

- Exercise ball
- Gardening apron
- Flower plant terrarium 2 bulb vase
- Disc golf set
- Calm Lavender Shower Bombs
- Anywhere table tennis
- Foldable push up board
- Exercise dice
- Adult Activity Book
- Meal Prep on a Budget Book
- 1000 pc puzzle: Bloom Flowers
- De-Puffing Icy Me Roller & Gua Sha
- 1000 pc puzzle: Maroon Lake
- 9-Herb Window Garden Kit

BRAIN STRAIN

PUZZLE #1:

How many legs do insects typically have?

PUZZLE #2:

		6				5		8
1		2	3	8				4
			2			1	9	
				6	3		4	5
	6	3	4		5	8	7	
5	4		9	2				
	8	7			4			
2				9	8	4		7
4		9				3		

PUZZLE #3:

What are the Seven Wonders of the Ancient World?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

