

HIGHWAY TO WELL & SAFETY

SPRING TIME: A PERFECT TIME FOR BIKE RIDING & SAFETY

Bike riding is an excellent activity that’s fun and healthy. However, there are many things to keep in mind when participating in this activity. Please take these seriously.

Safety

1. Wear a bicycle helmet.
2. Adjust your bicycle to fit.
3. Check your equipment.
4. See and be seen.
5. Control the bicycle.
6. Watch for and avoid road hazards.
7. Use verbal and non-verbal communication.
8. Avoid riding at night.

Rules of the Road

1. Go with the traffic flow.
2. Obey all traffic laws.
3. Yield to traffic.

4. Be predictable.
5. Stay alert at all times.
6. Look before turning.
7. Watch for parked cars.

Where to ride safely

1. Use bike lanes or bike paths, if available.
2. Children younger than 10 years old are not consistently able to make the decisions necessary to be safe without supervision.
3. Check your jurisdiction’s laws on sidewalk riding.

[Click link for full article](#)

[NHTSA Bicycle Safety](#)



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Last Month’s Winners

- | | | |
|-------------------------|-----------------|------------------|
| • Michael Maromaty | Cherylann Meyer | Laurie Pustina |
| • Christy Vogt | Sarah Cowen | Michelle Goldade |
| • Leroy Brown | Gwen Hannes | |
| Budget Giveaway: | Eva Ferrari | Sarah Sarbacker |



STRESS AT WORK & HOW TO HANDLE IT

Stress is one of the big issues of work dissatisfaction. Even though some stress can be motivating, too much can become detrimental.

Common reasons for stress at work are:

- Too much pressure
- Bullying
- Lack of support from managers
- Poor working relationships
- Being unable to control the way you work
- Not understanding your roles and responsibilities

So, how can we help ourselves in managing stress?

1. **Plan your workload.** Think about what you can take on. Have confidence to say “no”.

2. **Spot the signs of work stress.** Learn to recognize the physical effects of stress like pounding heart, dry mouth, headaches and loss of appetite.
3. **Talk to your employer.** Speak to someone you feel comfortable with. Employers have a duty to ensure the health, safety and welfare of their employees. An employer may be able to make reasonable adjustments for you at work.
4. **Get further help.** Help outside your organization is available.
5. **Try stress-relieving activities.** Instead of harmful coping like smoking and alcohol, try breathing and relaxation exercises. Also spend time with friends, family or do activities like golf, crafting or hiking.

[Click link for full article](#)

“Spring is nature’s way of saying, ‘Let’s party!’” - Robin Williams

GREENS GIVEAWAY

Hearing that eating your greens is good for you can come off as a “broken record”. But the truth is that eating more greens can be very beneficial for our health. This month’s side giveaway is salad related.

First person drawn will win:

- Salad Dressing Cookbook
- 10 Reusable food storage bags
- Salad Lunch Box

Runner up will win:

- 10 Reusable food storage bags
- Salad Lunch Box

To enter, use Greens in the subject line and include name and job location in the body.

Email is indicated on page 3.

Deadline: May 2



5 MYTHS ABOUT FRUIT



Let’s dive in and talk about fruits. It appears there are several bits of misinformation going around and it’s important to clear those up.

Myth #1: Eating fruit is bad for weight loss. The opposite happens to be true. Studies show that people who eat more fruits (especially apples, berries and pears) increased weight loss. Most fruit has no fat, low in calories, high in fiber and adds natural sweetness to a meal or snack.

Myth #2: You should limit your fruit intake because of all sugar it has. Fruit’s sugar doesn’t affect you in the same way as the added sugar in foods like cakes and sugary cereals. The fiber in fruit also slows down sugar’s absorption into the bloodstream and that’s why fruit doesn’t spike your blood sugar the way a bowl of sugary cereal or even ice cream does.

Myth #3: Fresh fruit is much healthier than frozen or canned. Research has found they have the same nutrient content. In some cases, frozen fruit sometimes contains more because it’s picked at peak ripeness and then flash frozen.

Myth #4: People with diabetes shouldn’t eat fruit. It can actually help people with diabetes manage the disease. Folks who ate more fruit had lower fasting blood sugar levels.

Myth #5: Blending fruit zaps its nutrition. Blending doesn’t make fruit any less healthy. The only thing that’s changing is the texture. No fiber nor nutrient is destroyed. Blending can help make the soluble fiber easier to digest. There is a side note to keep in mind...it can be easier to consume more than you think when blended.

Reference: Prevention Magazine. April 2025 Issue. Pages 18-22.

WHY DO WE GET FOOT CRAMPS?

So, you're sitting there just minding your business when BAM, your foot goes into a painful cramp. What causes this involuntary muscle contraction and how can we help avoid them.

1. **Not enough water.** Not getting enough hydration may cause less blood flow to your feet.
2. **Inadequate electrolytes.** These have electrical charges that help the body send messages to the muscles.
3. **Your shoes.** Too tight. Too loose. Too high. These are not feet friendly.
4. **Gym strain.** Overusing your muscles without proper stretching causes problems.

If this is a constant occurrence, try stretching your feet before your exercise and drink plenty of water. Increasing your intake of potassium-rich foods like bananas, avocados and almonds can help too. If it is your shoes, think about investing in replacing them with shoes that have plenty of room in the toe box, good arch support and stable help cup support.

Reference: Prevention Magazine. May 2025 Issue. Pages 50-51.

15 MINUTE BEGINNER WORKOUT

no equipment required



Do two sets - rest one minute in between each set

“Flowers don’t worry about how they’re going to bloom. They just open up and turn toward the light and that makes them beautiful.” -Jim Carrey

BRAIN STRAIN : Find the Corgi



To enter this month’s newsletter, please complete a puzzle and either inter-d or email it to Employee Relations.

Inter-d: CCB 418

Em: employee-relations@danecounty.gov

Please circle at least 3 prizes that interest you:

- Yoga mat + block + strap set
- Yoga mat + mat cleaner
- Acupressure Mat & Pillow
- Aromatherapy Neck & Shoulder Wrap
- Pickleball Set
- Bike Lock + Headlight Set
- Ab Wheel + Skipping Rope Set
- Dial Scale + Smart Tape Measurer
- Exercise Ball + Balance Disc Set
- Soundspa Mini + Sleep Mask
- Desk Bike

Deadline: May 2