

BEE WELL

Thomas County Wellness Newsletter

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*You can't put a limit on
anything. The more you
dream, the farther you get.*

— Michael Phelps

DISTRICT WELLNESS

Step It Up Challenge

It's Back! The 2024 District Step It Up Challenge is here! Last year, Erin White from TCCHS took the most steps with 844,051 steps over the course of 6 weeks. This year's challenge will only last 4 weeks, starting this Thursday and ending on Wednesday, September 11th. Who will be the one who takes the most steps this year??



Challenge Summary

See how many steps you can take! For four weeks, track your daily step count and compete against yourself, your school and our district to take the most steps. Put all those steps to good use as you simulate walking 110 stories in the 9-11 Memorial Stair Climb on September 11th (suggested, but not required.)

Start Date: 08/15/2024

End Date: 09/11/2024

How to Get Started

1. Fill out the "Step it Up Challenge" Google [Form](#) to be entered into the database. Sign up by Wednesday, August 14th to start tracking on Thursday!
2. Get a step tracker. You can use your phone, your fitness watch, or pedometer to count steps. Check out these free apps on the [Apple](#) app store and on [Google Play](#).
3. Log your daily steps into the "Step it Up" Google Sheet (honor system here!) and see where you stand among the competition - sheet will be emailed out on Thursday to registered participants!
4. Sign up for the 9-11 [Memorial Stair Climb](#) (not required for challenge participation)

Objectives

1. Aim for 10,000 steps a day - American Heart Association recommendation
 2. Take home bragging rights as an individual and as a school for most steps
 3. Support the Thomasville Fire Dept and honor those who lost their lives on 9-11
 4. Start the school year with a plan to BEE Well!
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Thomasville Professional Firefighter

9-11 Stair Climb

Pre-Registration at Everett-Milton YMCA
or online www.ymca-thomasville.org

Cost \$20

(children 10 and under Free) - No Shirt
Please pre-register to guarantee a T-Shirt



Wednesday 09/11/2024 @ TCCHS Jackets Nest Football Field

5 AM to 11 AM (1st Climb Session) & 4 PM to 6 PM (2nd Climb Session)

NAME: _____ DOB: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

EMERGENCY CONTACT: _____ PHONE: _____

SCHOOL/CLUB/EMPLOYER: _____

T-Shirt Size S M L XL 2XL 3XL NO SHIRT (Adult sizes only)

☐

Check here if you are City
employee.

☐

Please consider my registration fee as a donation if the
event is cancelled for any reason.

☐

Check here if you are a student. Students (with a t-shirt) cost is \$10.00 , Without a t-shirt, students may participate FREE!

\$20 ENTRY FEE MAKE CHECKS PAYABLE TO YMCA or ONLINE AT www.ymca-thomasville.org

Children 10 and under Free. (No Shirt)

GENERAL RELEASE and WAIVER OF LIABILITY

For and in consideration of attending, participating in or observing the 9-11 Stair Climb, on September 11, 2024 at the Thomas County High School Football Stadium. I hereby release The Thomasville YMCA, CNS, The City of Thomasville, Thomas County Georgia, and their officers, directors, members, agents, employees, council members and commission members from any and all liability, claims and causes of action of any and every kind whatsoever arising out of or in any way connected with my attendance, participation in or observation of the 9-11 Stair Climb, on September 11, 2024. I personally assume all risks associated with attending, participating in or observing the Climb to Remember and acknowledge that the Climb to Remember may involve strenuous physical activity that may take place on uneven surfaces. These risks include but are not limited to all forms of bodily injury, death, sickness, and loss of or damage to my person or personal property. This General Release and waiver of Liability Agreement shall bind my heirs, personal representatives, assigns and all members of my family, including any minors. I understand that this General Release and Waiver of Liability is a contract and not a mere recital. I have read and understand this General Release and Waiver of Liability Agreement in its entirety and acknowledge that by signing this form, I am waiving certain legal rights, including the right to sue.

Print Name : _____

Signature: _____

Date: _____

The participant's parent or legal guardian must also sign this form if under 18 years of age.

Parent/Legal Guardian

Print Name: _____

Signature: _____ Date: _____

INTERNAL USE ONLY: Total Money Collected \$ _____

BE WELL SHBP

Be Well SHBP members,

August marks a time of reset and new routines. Whether you or a loved one is heading back to the classroom or you're taking this opportunity to focus on a new aspect of life, it's a great time for reflective change. With this change, we want to ensure that everyone remains as healthy as possible. Here are a few things to consider during this time of year:

- **Keep physically active:** Incorporate exercise into your daily routine by including exercise in your schedule
- **Keep quick, healthy snacks on hand:** Choose nutritious options for on-the-go, and pack lunches and snacks in advance.
- **Ensure immunizations are up to date:** Check that you and your family members are current on vaccinations.
 - As a Be Well SHBP member, you are eligible to get a biometric screening at a local Quest Diagnostics Patient Service Center or a SHBP-sponsored onsite event, at no additional charge!
- **Stop the spread of germs:** Cover your mouth when coughing or sneezing, avoid sharing personal items, and wash your hands regularly.

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- This month's wellness webinar, Eating Healthy on a Budget, will be held on August 14 at 1 p.m. ET. This webinar will provide tips on saving money while shopping and offer healthy eating recipes. We will also spend a few minutes reviewing the Be Well SHBP® well-being program and answering any questions you may have. [Click here to register for the webinar.](#) (Note: Even if you cannot attend live, please register to receive a copy of the slides and a link to the recording following the session.)

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- Take advantage of all that the Be Well SHBP® well-being program has to offer for eligible* members, including well-being coaching. Coaches can help you build a fitness routine, plan healthy meals, improve hydration, lower stress, and more! Through well-being coaching, you can earn up to 240 points towards your 2024 Be Well SHBP well-being reward. Remember to complete the RealAge® Test for 2024 to activate your account!
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Tips to Help Keep Your Kids Healthy



- ♥ Stay current on vaccines and regular checkups
- ♥ Establish a consistent sleep schedule and bedtime habits
- ♥ Boost their lunch with high-protein snacks
- ♥ Avoid sharing plates, cups, and utensils with schoolmates
- ♥ Emphasize the importance of handwashing
- ♥ Minimize lice risk by avoiding hat and helmet sharing
- ♥ Prevent ringworm: change into fresh clothes post-gym, wear shower shoes, avoid towel sharing, and keep sports gear clean
- ♥ Ensure your kids wear appropriate playground attire

To learn more helpful tips about maintaining a healthy lifestyle, visit **BEWELLSHBP.COM/HEALTHY** or call a well-being coach at **888.616.6411**.

Source: sharecare.com, Michael Gollust. [client's disclaimer]



One-Pot Chicken & Broccoli Pasta

This simple recipe is perfect for those busy weeknights. Opt for a store-bought rotisserie chicken to save time.

Ingredients

- 2 cups unsalted chicken broth
- 2 cups water
- 8 ounces whole-grain small shell pasta
- 2 tablespoons extra-virgin olive oil
- 1½ tablespoons Worcestershire sauce
- 1 tablespoon unsalted tomato paste
- 3 cloves garlic, minced
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 12 ounces broccoli florets, cut into bite-size pieces
- 2 cups shredded cooked chicken breast
- ¾ cup whole-milk plain Greek yogurt
- ¾ cup grated Parmesan cheese, divided
- 2 tablespoons chopped fresh dill
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Preparation

1. Combine broth, water, pasta, oil, Worcestershire, tomato paste, garlic, pepper and salt in a large pot or high-sided skillet. Bring to a boil over high heat, stirring occasionally. Add broccoli; cook, stirring often to prevent the pasta from sticking, until the pasta is al dente, the broccoli is tender, and the sauce is creamy, 7 to 8 minutes.
2. Remove from heat, and stir in chicken, yogurt, Parmesan, and dill.

Nutrition (per serving)

Yield 4 servings, calories 530; total fat 18g; total carbohydrates 52g; protein 44g.

To learn more helpful tips about maintaining a healthy lifestyle, visit BEWELLSHBP.COM/HEALTHY or call a well-being health coach at 888.616.6411.

Source: eatingwell.com