

BEE WELL

Thomas County Wellness Newsletter

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Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.

- Princess Diana

DISTRICT WELLNESS

Step It Up Challenge & 9-11 Stair Climb



The 2024 District Step It Up Challenge is underway. We have 87 participants this year and thus far the group has taken over 13 million steps during the past 3 weeks. The Step It Up Challenge will conclude next Wednesday, September 11th. Also on September 11th, the 9-11 Stair Climb will be at The Jackets Nest, details are below. According to the Y who organizes the stair climb, the 9-11 Stair Climb is a way for community members “to simulate climbing 110 stories as a tribute to the 343 Firefighters, 63 Police Officers, and 8 Emergency Medical Personnel who lost their lives on 9-11. 9-11 was the deadliest incident for firefighters in the history of the United States. Each climber will carry the photograph and/or names of the fallen Firefighters, Police Officers, and EMS workers who gave the ultimate sacrifice on September 11, 2001.” To pre-register for the stair climb, click [here](#).



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 @ TCHS Jackets Nest Football Field

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

9-11 Stair Climb Schedule of Events:

5:00 am - 11:00 am: 1st Session of the Stair Climb

5:00 am: Memorial Climb Registration Begins; Start Climbing

7:30 am: Enter Runners with the American Flag

8:30 am: Posting of Colors, Prayer and Memorial Ceremony

8:46 am: Moment of Silence - Observe Time 1st Plane Struck the North Tower

9:03 am: Moment of Silence - Observe Time 2nd Plane Struck the South Tower

9:37 am: Moment of Silence - Observe Time Flight 77 Struck the Pentagon

9:59 am: Moment of Silence - Observe Time of Fall of the South Tower

10:03 am: Moment of Silence - Observe Time of Crash of Flight 93

10:29 am: Moment of Silence - Observe Time of Fall of the North Tower

11:00 a.m. End of 1st Session of Stair Climb

4:00 pm- 6:00 pm 2nd Session of the Stair Climb

BE WELL SHBP

Be Well SHBP members,

Building Mental Strength: Resilience is the ability to overcome adversity and emerge stronger, while mental strength is the ability to perform well in the face of stress and adversity. Life can be challenging, but taking the time to learn and build resilience skills can better allow us to manage these challenges as they arise. Here are some ways to actively practice building resilience in your life:

- Being open to change
- Taking care of your physical health
- Maintaining perspective in difficult situations
- Being kind to yourself
- Finding time to relax
- Developing your interests and hobbies
- Spending time in nature

During the month of September, earn 40 points by completing the [Building Resilience mini program](#) in the Sharecare app. Join this month's mini program by:

- [Register](#) for or [log in](#) to your Sharecare account.
- Select the "Achieve" icon and click on "Rewards".
- Select the "2024 State Health Benefit Plan Rewards Program" tile and scroll down to "Complete Monthly Coaching Calls, Challenges and Mini Programs".
- View the [Building Resilience program](#) to complete this month's mini program.

Check out [Unwinding Anxiety](#) for additional support. Learn how to switch gears the moment unwanted sensations arise, and ultimately change the thought patterns and "habit loops" that lead to anxiety.

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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!

Build Resilience through Mental Strength



The need for mental health support is massive



Nearly 50M (almost 20%) of US adults are experiencing mental health challenges.^[1]



More than half of those (27M+) don't receive treatment due to issues with access to care, difficulty navigating the mental healthcare system, stigma, cost, etc.^[1]

[1] Mental Health America 2022 State of Mental Health Report

The 4 Ms of Mental Health



MINDFULNESS

Practice 10-15 minutes of deep breathing, express gratitude, and appreciate nature.



MOVEMENT

Take a couple of fitness breaks for 10-15 minutes, go for a walk, bike ride, yoga, or stretch.



MASTERY

Try and master a new hobby or skill like cooking, gardening, or learning a new language.



MEANINGFUL ENGAGEMENT

Volunteer, reach out to a friend, or share a joke.

LIVE BETTER: SUPERFOOD OF THE MONTH

LIVE BETTER WELLNESS WEDNESDAY NEWSLETTER

SEPTEMBER 2024



Scan the QR code
to learn more about the
superfood of the month:

Apple

A crunchy, sweet staple, apples are packed with nutrients and antioxidants that offer a variety of benefits. Apples are in the fruit group. Per day, kids need around 1-2 cups of fruit while most adults need about 2 cups.

One of the key components of apples is fiber. Fiber keeps you feeling full longer and aids digestion. Apples are also a great source of vitamin C, which is important for keeping our immune system strong. The apple's peel contains tons of antioxidants and fiber. So next time you grab an apple, make sure to wash it first but leave the skin on to enjoy.

At about 95 calories per serving, apples are a healthy, low-calorie way to add nutrients to your diet. Keep an apple handy for a quick snack.



NUTRITION FACTS

1 medium apple

Calories 95

Total Fat 0g

Saturated Fat 0g

Cholesterol 0mg

Sodium 0mg

Carbohydrates 25g

Dietary Fiber 4g

Total Sugars 19g

Protein 0g



Apple & Peanut Butter Energy Bites

INGREDIENTS

- 1 cup pitted dates
- 1 ¼ cups old-fashioned rolled oats
- ¾ cup dried apples, chopped
- ½ cup applesauce, unsweetened
- ⅓ cup peanut butter smooth, unsalted, unsweetened
- ⅓ cup walnuts, toasted*, chopped
- ½ tsp. pumpkin pie spice, plus more for dusting
- ½ tsp. vanilla extract

METHOD

1. Place dates in a small bowl; cover with hot water and let soak until softened, about 10 mins. Drain and pat dry.
2. Pulse dates in a food processor until a coarse paste forms, about 4 pulses (about 2 seconds per pulse)
3. Add oats, dried apples, applesauce, peanut butter, walnuts, pumpkin pie spice and vanilla. Pulse until the mixture comes together and clumps, about 10 pulses, stopping to scrape down sides as needed.
4. Roll the mixture into 16 balls by rounded 2½ tablespoons. Very lightly sprinkle with pumpkin pie spice, if desired. Refrigerate, uncovered, until firm, about 20 minutes.

Note: Refrigerate in an airtight container for up to 1-week. *To toast chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly until fragrant, about 2 to 4 mins.

This dish meets the Live Better nutritional guidelines for a snack. Portion: 2 balls; Yield: 8 servings. Calories: 246; Total Fat: 10g; Saturated Fat: 1g; Cholesterol 0mg; Sodium: 39mg; Total Carbohydrate: 36g; Dietary Fiber: 5g; Sugars: 20g; Protein: 5g; Potassium: 231mg

LIVE BETTER: PINK RUN



PINK RUN

LIVE BETTER

SATURDAY, SEPTEMBER 28, 2024

Register for the Live Better Pink Run, an event for the whole family that kicks off Breast Cancer Awareness Month, by visiting archbold.org/pinkrun.

Now including a 1-mile Fun Run for the kids before the 5K. Runners and walkers welcome! Registration closes on Friday, September 13.

Fun Run . . \$10 per person
5K . . . \$25 per person

Race Day Schedule

Check-in 7:00 am
1-mile Fun Run . . 7:45 am
5K Start 8:05 am
Awards 9:15 am

This Live Better message is brought to you by Live Better and our partner UGA Extension Office.



UNIVERSITY OF GEORGIA
EXTENSION
Thomas County

Live Better is an Archbold-led collaborative of key community leaders and partners focused on improving the overall health of the citizens of Thomas County, Georgia.

ARCHBOLD.ORG/PINKRUN
REGISTER TODAY



Wellness Wednesday Tip

Brain Breaks

Feeling stressed or anxious? Take a break from working or screen time and take a brain break! Close your eyes, take 5 deep breaths, and imagine your favorite calming place. This can be the beach, a forest, your house, or even a friend's house! When you open your eyes, you will feel refreshed and ready to go!