

BEE WELL

Thomas County Wellness Newsletter

August 2025

Vol. 60



IN THIS ISSUE

District Wellness:
Step It Up Challenge

9-11 Memorial Stair Climb

Be Well SHBP

Be Well SHBP Recipe:
Sirloin Steaks with Mushroom Sauce

Harvest of the Month: Watermelon

"Life is God's gift to you. The way you live your life is your gift to God. Make it a fantastic one."

— Leo Buscaglia

DISTRICT WELLNESS

Step It Up Challenge

The 2025 District Step It Up Challenge is here!

*Last year, our district logged an incredible
21.5 million steps in just 4 weeks.*

Can we step it up even more 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: 08/15/2025

End Date: 09/11/2025

How to Get Started

1. Fill out the “Step it Up Challenge” Google Form to be entered into the database. Sign up by Thursday, August 14th to start tracking on Friday!
2. Get a step tracker. You can use your phone, your fitness watch, or pedometer to count steps.
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 Friday 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 while honoring those who lost their lives on 9-11.
 4. Start the school year with a plan to BEE Well!
-

9-11 STAIR CLIMB



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



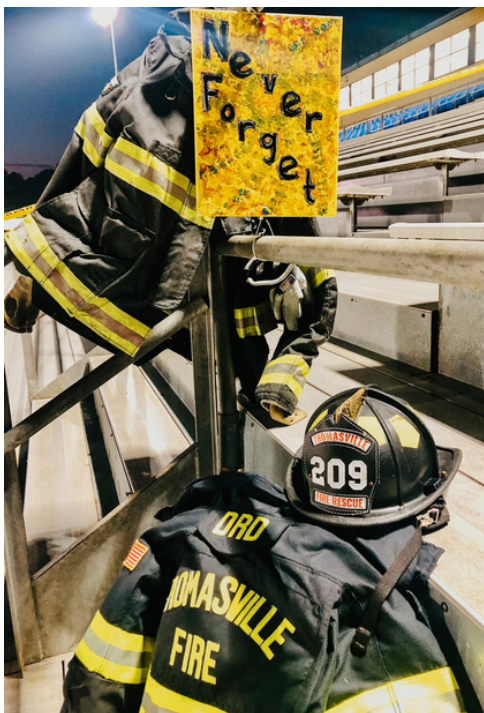
Thursday 09/11/2025 @ TCCHS Jackets Nest Football Field

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

Schedule of Events:

5:00 a.m. Memorial Climb Registration Begins; Start Climbing
7:30 a.m. Enter Runners with the American Flag
8:30 a.m. Posting of Colors, Prayer and Memorial Ceremony
8:46 a.m. Moment of Silence - Observe Time 1st Plane Struck the North Tower
9:03 a.m. Moment of Silence - Observe Time 2nd Plane Struck the South Tower
9:37 a.m. Moment of Silence - Observe Time Flight 77 Struck the Pentagon
9:59 a.m. Moment of Silence - Observe Time of Fall of the South Tower
10:03 a.m. Moment of Silence - Observe Time of Crash of Flight 93
10:29 a.m. Moment of Silence - Observe Time of Fall of the North Tower
11:00 a.m. End of Stair Climb

4:00 p.m. – 6:00 p.m. Afternoon climb session



BE WELL SHBP

Be Well SHBP® Wellness Webinar:

Homegrown Harmony - Designing a Space That Heals.

Your home should be your healthiest place. Join us to explore how simple changes—like adding greenery, maximizing natural light, and reducing toxins—can make a big impact. We'll also dive into the concept of Blue Zones and how to bring their longevity-boosting principles into your kitchen and beyond.

Wednesday, August 20, 2025 at 1p.m. ([Register Here](#)).

.....

New SHBP health benefit from Virta:

SHBP has partnered with Virta to provide you with a weight loss and diabetes benefit—available at no additional cost to you*. Backed by science and trusted by thousands, Virta helps you eat the right food to lose weight, lower blood sugar, and reverse** diabetes. No medications, calorie counting, or extra gym visits needed.

Virta's personalized nutrition program works. In just 10 weeks, Virta members lost 18 lbs. on average, and 87% of members were able to stop or reduce medications¹. Whether you want more energy to do things you love, to get off unwanted medications, or to have more control of your health, Virta can help.

See what's included in your Virta benefit:

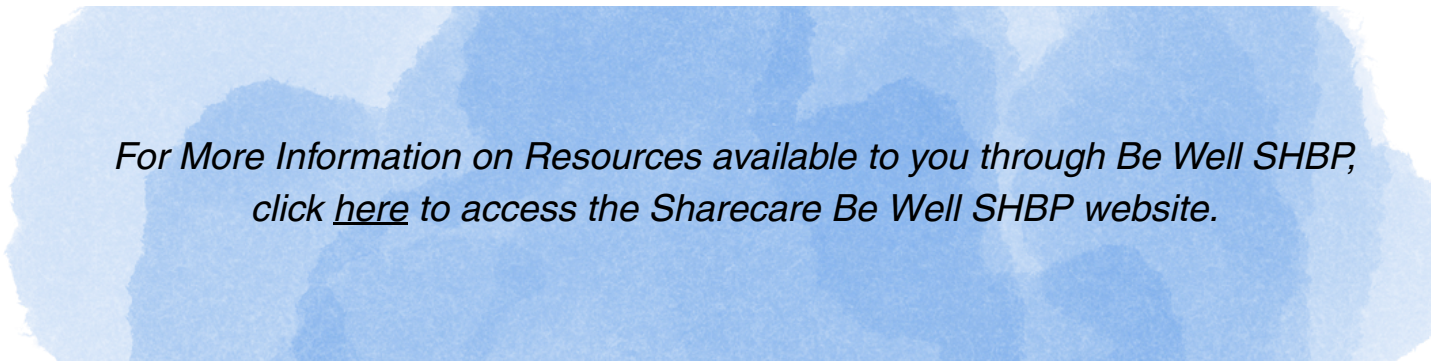
- Digital weight scale
- Glucose and ketone meter
- Exclusive recipes
- Unlimited coach support

Join the thousands of people using Virta and see if you're eligible today at go.virta.com/shbpjoin.*

*Virta is available to SHBP members, spouses, and eligible dependents 18 years or older who are enrolled in a state health plan through Anthem (HRA or HMO) or UnitedHealthcare (HDHP or HMO). Members enrolled in Kaiser Permanente are currently not eligible. This benefit is currently being offered to those with type 2 diabetes. Some medical conditions would exclude members from the Virta program.

** Reversal on Virta is defined by reaching an A1c below 6.5% without the use of diabetes medications beyond metformin. Diabetes and related issues can return if lifestyle changes are not maintained.

¹ McKenzie AL et al. JMIR Diabetes 2017; 2(1):e5.



For More Information on Resources available to you through Be Well SHBP, click [here](#) to access the Sharecare Be Well SHBP website.

BE WELL SHBP RECIPE



Sirloin Steaks with Mushroom Sauce

Sometimes, only steak will do for a hearty dinner.

This recipe is hearty and healthy, and easy enough to make any night of the week.



Ingredients

- 4 sirloin steaks, 6 ounces each, at room temperature and patted dry
- ½ teaspoon salt
- 1 ¼ teaspoons ground black pepper, divided
- 1 ¼ teaspoons extra-virgin olive oil, divided
- ¼ cup minced shallots or yellow onions
- ¼ teaspoon chopped fresh thyme, or pinch of dried thyme
- 1 cup dry red wine
- ½ cup low-sodium beef or chicken broth
- 8 ounces button or cremini mushrooms, wiped clean, stems trimmed, and sliced ¼ inch thick
- ¾ teaspoon fresh tarragon or ¼ teaspoon dried tarragon

Preparation

1. Preheat the oven to 350°F. Season both sides of the steaks with salt and 1 teaspoon of the pepper. Heat 1 teaspoon of the oil in a large, ovenproof, nonstick skillet over medium-high heat. Add the steaks to the pan and sear, 1 ½ to 2 minutes.
2. Turn and cook for 1 minute on the second side. Remove the pan from the heat. Transfer the steaks to an oven rack set over a pan or a large baking dish and roast until the meat is cooked to your desired temperature, 5 to 10 minutes, depending upon the size and thickness.
3. As you prepare the sauce, check the meat periodically and remove it from the oven when done. Let it rest on a clean plate, tenting it to keep it warm as you finish the sauce. To make the sauce, return the cooking skillet to medium-high heat. Add the remaining ¼ teaspoon oil, shallots, thyme, and ¼ teaspoon pepper to the fat in the pan and cook until the shallots are fragrant and soft, about 1 ½ to 2 minutes. Add the wine, bring to a simmer, and cook, stirring to remove any browned bits remaining on the bottom of the pan, until the liquid is reduced by half. Add the broth, bring to a boil, and cook until reduced by half, 1 ½ to 2 minutes. Add the mushrooms, lower the heat, and simmer until the mushrooms are tender, about 2 minutes.
4. Remove the pan from the heat. Stir in the tarragon and adjust the seasoning to taste. Place one steak on each of four large plates; spoon the sauce over the steaks. Serve immediately.

Nutrition (per serving)

Yield: 4 Servings. Calories: 342; Fiber: 1g; Protein: 37g.

HARVEST OF THE MONTH

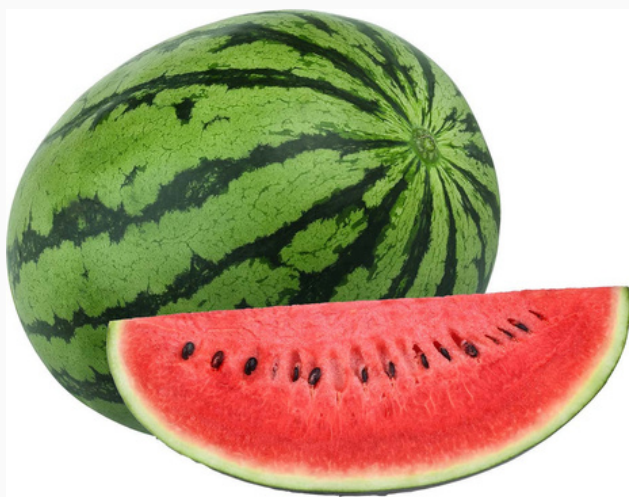
Watermelon

Watermelon is in the same family as cucumbers, pumpkins, and squash.

Watermelon is a warm-season crop that grows on a vine.

As the name implies, watermelon is mostly water and helps us stay hydrated in summer months while providing vitamins C, A and lycopene. Lycopene gives watermelon its red color.

Click [here](#) for Watermelon themed Food Based Learning resources.

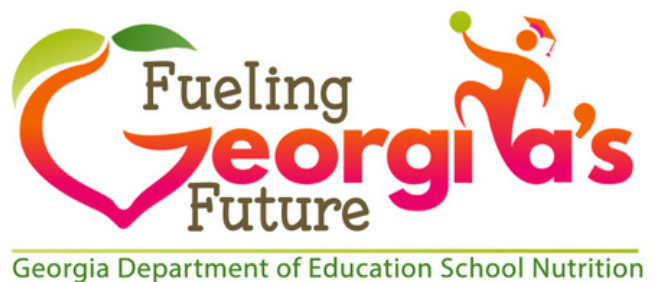


Watermelon is in season in Georgia June through August.

Georgia is second in the nation for watermelon production.

Cordele, Georgia, located in Crisp County, is known as "The Watermelon Capital of the World."

Watermelons are ready to harvest 80-90 days after planting.



This institution is an equal opportunity provider.