



Q-tips Newsletter

December 2020



Health Challenge for Employees

As we end the 2020 year, it is time to encourage your employees to get up and moving! Get them on their feet by encouraging a walking challenge.

Participants will use their smartphone to track daily steps. There are free step count apps employees can download such as Pacer, FitBit, GoogleFit, or MyFitnessPal, just to name a few.

At the end of each week, participants will submit their steps to a point of contact within the company.

Put together a tiered prize structure to keep up the motivation.

- **1st Place** – Walk a total of 300,000 (10,000 steps per day)
- **2nd Place** – Walk a total of 240,000 (8,000 steps per day)
- **3rd Place** – Walk a total of 180,000 (6,000 steps per day)

Make winning this challenge fun by offering prizes such as a health watch or t-shirts for all participants. Staying healthy while boosting morale can be fun!

Healthy Tips for 2021

Start the new year off by improving your overall health and wellness with these practical tips from the World Health Organization.

- **Eat a healthy diet.** Eat a combination of different food groups, including fruits, vegetables, legumes, nuts, and whole grains. Adults should eat at least five (400 grams) of fruit and vegetables per day.
- **Be Active** – Adults should get at least 150 minutes of moderate-intense physical activity each week.
- **Check your blood pressure regularly.** If left uncontrolled, high blood pressure, or hypertension can lead to heart, brain, kidney, and other diseases.
- **Get vaccinated.** Build protection against diseases like cervical cancer, cholera, diphtheria, hepatitis B, influenza, measles, mumps, pneumonia, polio, rabies, rubella, tetanus, typhoid, and yellow fever.
- **Cover your coughs and sneezes.** Protect those around you from contagious infections and viruses.
- **Get preventative health screenings.** As you age, schedule mammograms, prostate screenings, skin cancer screening, bone density scans and colonoscopies.
- **Talk to someone you trust when you are feeling down.**
- **Yo! Clean yo hands! Ho Ho Ho!** Clean hands can prevent the spread of infectious illnesses.
- **Prepare you food correctly.** (1) keep clean, (2) separate raw and cooked, (3) cook thoroughly, (4) keep food at safe temperature and (5) use safe water and raw materials.
- **Get regular check-ups.** See your PCP to ensure good health and discover potential health problems before they start.