

Working on Wellness

Monthly wellness from the
Department of Health | Healthy South Dakota Program

 SOUTH DAKOTA DEPARTMENT OF HEALTH



DECEMBER 2024

Soup Season is Here

As the cold months set in, warm up with hearty, nutrient-rich soup! The American Heart Association has a collection of yummy and comforting soups and stews.



Holiday Podcast Series

Don't just survive the holidays but THRIVE!
Check out the 15-holiday survival podcasts created by Erin Billings.



COMING SOON:

WORKWELL WEBINAR SERIES

JANUARY, APRIL, JULY, OCTOBER | 2ND WEDNESDAY @ 11:00 CT

DIVE DEEPER INTO WORKPLACE TRENDS OF 2025
PRESENTED QUARTERLY BY WORKWELL PARTNERS.

PRESENTING PARTNERS



12 Days of Christmas

December is not only beneficial for your physical health but a great way to rid holiday stress and boost your mood!

- 12 Stocking Stuffer Squats
- 11 Pretty Pushups
- 10 Winterland Walking Lunges
- 9 Holiday Hip Extensions
- 8 Mistletoe Fly and Rows
- 7 Caroling Bicep Pulses
- 6 Snowflake Shoulder Raises
- 5 Pretty Planks in Threes
- 4 Gingerbread Serve the Platter
- 3 Ornament Plank and Rotate
- 2 Jingle Bell Tricep Pushups
- 1 Partridge Set of 10 Sumo Burpees

Examples [HERE](#)
for Print

