

Working on Wellness

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



JANUARY 2024

Nutrition and Fitness Trends of 2024

We all know the new year calls for some sort of resolution around eating healthy and exercise. Experts predict sustainability, well rounded diets, and group exercises to be the trend. Find your top [Nutrition](#) and [Fitness](#) apps for 2024.

Wellness Resources

Check out these websites that can provide your worksite with resources to enhance employee health and wellness!

Here are just a few!

[American Heart](#)

[Better Choices Better Health](#)

[HealthySD](#)

[Helpline Center](#)

[LiveWell Sioux Falls](#)

[MyPlate](#)

[Well365](#)

[Wellmark](#)

[Wellness Council of America](#)

Physical Activity
Newsletter Sign up!

Scan the QR code to access the
form to sign up!



10 Minutes to Stay Healthy!



Build “movement breaks” into your day.

MORNING BREAK

Walk briskly or climb stairs for 10 minutes.

LUNCH BREAK

Strength train for 10 minutes.

AFTERNOON BREAK

Walk briskly or climb stairs for 10 minutes.

AFTER DINNER

Walk briskly for 10 minutes.

WORKWELL MENTAL HEALTH GRANT

11 worksites across South Dakota wrapped up the WorkWell Mental Health Grant. **Individual**, **Environmental**, and **Organizational** interventions were implemented within the worksite. Here are just a few that **Worksite Leaders** supported their employees with: NAMI Hearts+Minds trainings, “recharge rooms”, resiliency and self-care resources, mental health first aid trainings, local motivational speakers, yoga, (EAP) Employee Assistance Programs, (QPR) Question Persuade Refer training, Podcast/book groups, leadership trainings. For all Funding Opportunities visit [Good&HealthySD!](#)