

# Working on Wellness

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

 SOUTH DAKOTA DEPARTMENT OF HEALTH



JANUARY 2025

## WORKWELL GRANT

### — WORKWELL — — WEBINAR — — SERIES —

Wednesday, January 8th

11-11:30 CST

PRESENTED BY



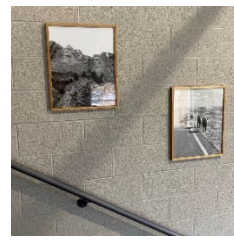
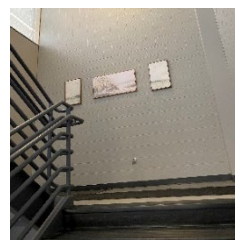
Debbie Lancto, Manager of Wellness Services  
Morgan Douthit, Wellness Coordinator

ACHIEVING WORK/LIFE BALANCE

WORKWELL WEBINAR SERIES



South Dakota worksites have successfully concluded the second quarter of the WorkWell Grant. Various **environmental and policy** interventions were implemented at these sites. Among these, worksite leaders with Avera Health Plans supported their employees with activities focused on physical activity and healthy eating.



## Moving and Eating with Workwell



### Wall Push-Up

- Stand an arm's length in front of a wall that doesn't have any paintings, decorations, windows or doors.
- Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders.
- Keep your feet planted as you slowly push your body towards the wall.
- Gently push yourself back so that your arms are straight.



### Slow Cooker Taco Soup

- |   |   |
|---|---|
| 1 lb. lean or extra-lean ground beef (or ground meat of choice) | 1 (16-oz.) can chili beans, with liquid       |
| 1 onion, chopped  | 1 (15-oz.) can whole-kernel corn, with liquid |
| 1 (15-oz.) can black beans, with liquid                         | 2 c. water                                    |
| 1 (8-oz.) can tomato sauce (low-sodium)                         | 1 pkg. taco seasoning mix (low-sodium)        |
| 2 (14.5-oz.) cans peeled and diced tomatoes (low-sodium)        |   |
| 1 (4-oz.) can diced green chili peppers                         |   |
- In a medium skillet, cook the ground beef until browned over medium heat. Drain. Place the ground beef, onion, chili beans, black beans, corn, tomato sauce, water, diced tomatoes, green chili peppers and taco seasoning mix in a slow cooker. Mix to blend and cook on low setting for eight hours. Makes 10 servings. Topping options: Avocado, low-fat shredded cheese, fresh cilantro, plain Greek yogurt. Each serving has approximately 220 calories, 3 grams (g) fat, 30 g carbohydrate, 6 g fiber and 500 mg sodium.

