

# Working on Wellness

Monthly wellness from



March is  
National  
Nutrition  
Month



**Food  
ConnectsUs**

2025 NATIONAL NUTRITION MONTH®  
A Campaign by the Academy of Nutrition and Dietetics

Learn to make informed food choices and develop healthy eating and physical activity habits. The Academy of Nutrition and Dietetics provides resources for your worksite [HERE!](#)

## WorkWell W•E•B•I•N•A•R RECORDINGS

- LiveNow and Achieving Worklife Balance
- Addressing Tobacco Use in the Workplace



REGISTER NOW



SO MUCH HR  
SO LITTLE TIME  
2025 SOUTH DAKOTA SHRM CONFERENCE  
HOSTED BY BLACK HILLS SHRM APRIL 30 - MAY 2

**2025 SODAK  
SHRM STATE  
CONFERENCE**

SOUTH DAKOTA SHRM STATE COUNCIL

APRIL 30 – MAY 2 BLACK HILLS

KEYNOTE SPEAKER  
**TRACY PALECEK**

CRISIS TO CLARITY

REGISTER NOW



PRESENTED  
TOGETHER BY



## Moving and Eating with WorkWell

### Luck of the Irish Leg Raises



- Lay on your side, with one forearm placed on the ground.
- Point your toes forward and slowly extend both legs straight with a slight bend in the knee.
- Raise the top leg up slowly and then slowly lower to bring the top leg back down to meet the other. Repeat 5-10 times and switch to other side.

### Leprechaun Lunges



- Stand with your feet hip-width apart.
- Slowly take a large step forward with your right foot while you keep your toes pointing forward.
- Bend your right knee, lowering your body until your right thigh is parallel to the floor. Your left knee should be bent at a 90-degree angle, just above the ground.
- Keep your back straight, gaze forward and engage your core throughout the movement. Shoulders should be relaxed and chest open.
- Press with your right heel to push back up to the starting position.
- Repeat with left leg stepping forward.

## Get Your Greens this Month to Celebrate St. Patrick's Day!

### Vegetable Stir-Fry with Cashews



### Green Tea with Fresh Mint



**HEALTHYSOUTHDAKOTA.GOV**  
Live better. Grow stronger.

