

Working on Wellness

Monthly wellness from the
Department of Health Healthy South Dakota Program



MAY 2024

May is National Mental Health Awareness Month

REGISTER NOW



Saturday, May 18, 2024, 9:00AM
Sertoma Park, Sioux Falls
namiwalks.org/southdakota



12 Mini Wellness Challenges



A wellness challenge increases employee engagement and what a better way to bring them together by engaging in something healthy! **Total Wellness** offers a variety of mini challenges.



Create a physical activity plan with the [Move Your Way activity planner](#)! This planner can be used to set goals, choose activities you want to do, and get tips to help you stay motivated. When you're done, print your plan to track activity throughout the week. This interactive tool is great for yourself or to share with the populations you serve!



MOVE MORE

Help employees be more active in the workplace to reduce sedentary time. Workplaces have become increasingly sedentary, with resulting in negative health effects. Design workstations to allow for mobility and posture change. Centers for Disease Control shares [Using Total Worker Health® Concepts to Reduce the Health Risks from Sedentary Work](#).



LIVING HEALTHY WORKS.
GOOD & HEALTHY SOUTH DAKOTA WORKPLACES