

Mansfield Monthly



HEALTH HABITS DURING OUR NEW NORMAL

Hopefully we can return to how things were prior to the pandemic sooner than later, but for the time being, we have to adjust to our new normal and practice good habits so we can have less hiccups getting back to the old norm!

Below are 8 Anthem recommended ways we can take action to keep ourselves and our families safe while reintegrating back in with our friends, public and coworkers.

1. Non-Contact Greetings

- It's ok to turn down a handshake or a hug in place of an elbow bump, head nod or wave right now.

2. Keep Hands Clean

- Wash your hands and keep some hand sanitizer on you in places like your car or purse when out in public so you can quickly disinfect after touching things outside your own home.

3. Household Cleaning

- Take the time to disinfect surfaces around your home, car, etc. more than normal for anything that might be tracked in from a public area.

4. Telehealth

- If your primary care or any specialists offer telehealth services, take advantage of them if appropriate for your appointment.

5. Exercise, Nutrition & Sleep

- Obviously important anytime... but being active, eating nutrient dense foods and sleeping enough are foundations for better health & immunity!

6. Monitor your Health Frequently

- Take preventative measures like taking your temperature more often and call your doctor if having

any symptoms of illness.

7. Continue Wearing a Face Mask

8. Keep your Distance

- Try to do more outdoors or in less confined spaces with others. Use technology to order things, hold meetings from afar, etc. when applicable.

Anthem Resources to Stay Safe During Reopening

- [Strategies to stay safe in the workplace](#)
- [What to expect at your next doctor visit](#)
- [Telehealth and getting help](#)

National Youth Sports Week

July 20-24 is a week dedicated to helping kids from all backgrounds be more active and have the opportunity to participate in sports!

Kids are becoming more and more inactive these days with technology advances. Encourage any children in your life to get up and move more, participate in sports they're interested in and get away from phones or tablets a little more often.

Check out [THIS LINK](#) for more information on strategies to get anyone up and moving more often, especially children and teens.

TOWN EVENTS THIS MONTH

<https://ct-mansfield.civicplus.com/calendar.aspx?CID=31>

(Calendar of Specific Dates & Times ^^)

1 ON 1 SUPPORT CALLS

If you have a particular goal you're working towards or are looking for a little extra support or ideas to improve your health & wellness during these times, send an email to cummingsb@mansfieldct.org.

If you're looking to get started on a goal at home (nutrition, stress relief, exercise, etc.) let us know and we'd be happy to schedule some time to put together a strategy for you.

[CLICK HERE](#) for updates on MCC offerings, reopening and membership opportunities!

cummingsb@mansfieldct.org with any questions or ideas to keep up with your health/wellness right now!



BE WELL NEWS

Please click [HERE](#) for the July Wellness quiz that will count towards the end of year Rewards!

Thank you for your participation in the quizzes and activities during this time. If you have an idea of something that would benefit you or anyone in your workplace in particular, let us know and we'll see what we can do to help!

MCC Updates

July Zoom classes for Fitness begin on Monday. Stay tuned for a fitness class drop-in offer free to members at the end of July, schedule TBA. Other virtual programs available such as music lessons and more!

The MCC reopened on June 22nd per CT Sector Guidance – At this time the MCC is taking reservations online for members only to attend throughout the day. Click the link below and to the left for zoom classes, sign-up times as well as our current membership information.

<http://mcc.mansfieldct.gov/1666/Special-Offers>

Brownie Sweet Tooth Fix

Great homemade snack alternative to regular brownies to save calories and help your sweet tooth cravings!



- 1 cup fat-free Greek yogurt
- 1/4 cup unsweetened vanilla almond milk
- 1/2 cocoa powder
- 1/2 cup old fashioned oats
- 1/3 cup 0 cal. Truvia or other sweetener
- 1 Egg
- 1/2 cup unsweetened applesauce
- 1 tsp. baking powder
- 1 tsp vanilla extract

Cut into 16 squares:

- ~ 45-50 cal. per brownie

Be Well is an employee wellness program provided through your employer designed to provide you with individualized tips and tools to help you with personal health & wellness goals!

