



Water

Our bodies are made up of roughly 60% water, so optimal function requires proper hydration. Check out some of the benefits your body reaps from drinking enough water:

Energy Levels & Brain Function Increase: Mild dehydration impairs mood, concentration and can cause headaches.

Weight Management: Drinking plenty of water can help you lose or maintain weight. This is due to the fact that water can increase satiety and boost your metabolic rate.

Skin Care: Dehydration makes your skin look more dry and wrinkled, which can be improved with proper hydration.

Kidney Health: Water helps your kidneys function smoothly. Chronic dehydration can put you at risk for kidney stones!

Tip: Try tracking your water intake with a fun app like Plant Nanny!

April Wellness Challenge: B-Well BINGO

April 1-30

Get in the habit of living well. Incorporate one activity per day to start building a healthy routine and you could win some great prizes!

Pick up a BINGO card from your Facility Support Specialist or Bekah Wegner. For more info, go to:

grandehealth.com > Wellness Resources > Wellness Challenges

	B	W	E	L	L
Physical Activity	Write down a fitness schedule for the week	Exercise for at least 30 minutes	Stand up and move at least once per hour	Stretch for 15 minutes	Park in the back of the parking lot
Nutrition	Eat 5 servings of fruits or vegetables	Eat a green, red and orange veggie today	Pack a healthy lunch for work	Don't drink any soda today (diet or regular)	Write down everything you eat today
Emotional	Set a SMART health goal for yourself	Do something creative: paint, write, sing, or draw	FREE SPACE	Smile :)	Take time for a hobby you enjoy
Social	Perform a random act of kindness	Laugh! Even better, make someone else laugh	Volunteer	Spend time with a friend or family member	Reach out to someone you don't normally talk to
Stress mgmt	List 5 things you are grateful for today	Meditate for 5 minutes Tip: Try the Calm app!	Wake up 10 minutes early so you don't feel rushed	Get 7-9 Hours of Sleep	Breathe deeply for 5 minutes



Plant Nanny

There's an App for That!

Water is essential for life, but drinking enough of it is also one of the easiest things to neglect. **Plant Nanny** keeps track of how much water you drink – each glass also waters your **plant** so you both can thrive! Cost: Free Available on iOS & Android

Community Events

World Health Run

Saturday, April 6, 2019; Appleton, /Oshkosh WI
Cost: \$50 Website: <http://www.worldhealthrun.org/>

Start the Conversation 5k run/walk

Saturday, April 13, 2019; Fond du lac, WI
Cost: \$25 Website: www.eventbrite.com/e/3rd-annual-start-the-conversation-5k-runwalk-tickets-50924126433

Run for Water 5k

Sunday, April 28, 2019; Milwaukee, WI
Cost: \$25 Website: <http://www.run4watermke.org/>

Healthy Recipe: Crunchy Vegetable Wraps



Source: choosemyplate.gov

Ingredients

- 4 tbsp cream cheese, low-fat
- 2 flour tortillas
- ½ tsp ranch seasoning mix
- ¼ cup broccoli (washed and chopped)
- ¼ cup carrot (peeled and grated)
- ¼ cup zucchini (washed and cut into small strips)
- ¼ cup summer squash (yellow, washed and cut into strips)
- ½ tomato (diced)
- ½ cup green bell pepper (seeded and diced)
- 2 tbsp chives (chopped fine)

Directions

1. In a small bowl, stir ranch seasoning into cream cheese, chill.
2. Wash and chop vegetables.
3. Steam broccoli in microwave for 1 minute with 1 Tbsp of water.
4. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
5. Chill for 1-2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve.