








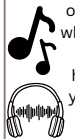










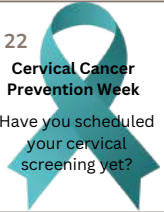











# January 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>1 Don't forget about your pets during the cold months - Take a 15 minute walk around your neighborhood!</p> 	<p>2 <b>Recipe Spotlight!</b> <u>Cauliflower Crust Pizza</u></p> 	<p>3 <b>MEETING</b> Take your meeting to a new location - maybe the City Library or a different conference room <b>Wellness Wednesday</b></p>	<p>4 <b>Mental Health Tip!</b> Set boundaries and stick to them!</p> 	<p>5 <b>January is for... National Blood Donor Month!</b> If you can, please try to donate blood to people in need. To find a place to go, visit <a href="#">this link</a>.</p> 	<p>6 Create an Emergency Fund for those tougher times!</p> 	<p>7 Today marks the end of New Years Resolution week...Did you make your 2024 goals?</p> 
<p>8 Get ready for your Annual Physical with <b>THIS</b> took from United Healthcare</p> 	<p>9 <b>Recipe Spotlight!</b> <u>Coconut Chicken Curry</u></p> 	<p>10 <b>Wellness Wednesday</b> In the new year, try to prioritize getting at least 8 hrs of sleep per night.</p> 	<p>11 <b>Mental Health Tip!</b> Listen to soft office music while working - this can help boost your mood.</p> 	<p>12 <b>January is for... Thyroid Awareness Month!</b> For best Thyroid health: • Reduce stress • Maintain healthy weight • Exercise daily • Stick to low sugar diet</p> 	<p>13 Have you tracked your spending recently? This helps cut down on unnecessary spending.</p> 	<p>14  It's Sunday....plan your <b>lunches</b> for the week!</p>
<p>15 <b>MARTIN LUTHER KING DAY</b></p> 	<p>16 <b>Recipe Spotlight!</b> <u>Buffalo Chicken Meatballs</u></p> 	<p>17 Take a coffee break and get some steps in - Try Wilson Coffee, Esperanza Coffee or Abrazo Coffee! <b>Wellness Wednesday</b></p> 	<p>18 <b>Mental Health Tip!</b> Stay connected to close family and friends - Check in on them!</p> 	<p>19 <b>January is for... National Popcorn Day!</b></p> 	<p>20 If you can, pay an extra \$15 dollars on one of your credit card bills - This will help reduce your debt.</p> 	<p>21 <b>STAY HYDRATED</b></p> 
<p>22 <b>Cervical Cancer Prevention Week</b> Have you scheduled your cervical screening yet?</p> 	<p>23 <b>Recipe Spotlight!</b> <u>Stuffed Zucchini</u></p> 	<p>24 Take a break from technology; Take your lunch without any electronics. <b>Wellness Wednesday</b></p> 	<p>25 <b>Mental Health Tip!</b> Remind yourself of one thing you are grateful for!</p> 	<p>26 <b>January is for... NATIONAL SPOUSES DAY</b></p> 	<p>27 Have you thought about adding another bank account to your Direct Deposit to help save money each pay date?</p> 	<p>28 <b>happy Sunday</b></p> 
<p>29 Take sometime today to spend with your family and friends!</p> 	<p>30 <b>Recipe Spotlight!</b> <u>Slow Cooker Turkey Chili</u></p> 	<p>31 Participate in the Q1 Step Challenge - Details below or on Wellness Platform <b>Wellness Wednesday</b></p> 				

## Top Priorities!

It's a NEW year!

Drink your water!

Focus on YOU!

## Notes

- **Q1 Step Challenge** - Get at least 150,000 steps per month. Submit items in Wellness Platform or to HR for 30 points. Submission due at end of quarter.
- **JUMP Into the New Year** - Complete 20 jumping jacks every day for the whole month of January. Submit items in Wellness Platform or to HR for 20 points
- **Goal Setting** - Meet with Susie, Wellness Coach at Racine Employee Clinic to set 2024 goals. Submit items in Wellness Platform or to HR for 25 points
- **Superfood Challenge** - Lentils - Upload photo to Wellness Platform or to HR for 5 points

Name: \_\_\_\_\_

Date: \_\_\_\_\_



# City of Racine Quiz

How much do you know about the City of Racine?  
Answer the following questions.



**1** In what year was the first school district in Racine established?

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**2** Who was the first Mayor of the City of Racine?

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**3** Who constructed the first bridge across Root River?

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**4** How many Community Centers are in the City of Racine?

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**5** How many Districts are in the City of Racine?

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Upload this completed form to the Wellness Portal and be entered into  
a raffle to win a prize!



# GOALS WORKSHEET

DATE:

GOALS:

WHY?

STEPS TO TAKE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

NOTES

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



2024

# “JUMP” January Tracker

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>1</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>2</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>3</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>4</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>5</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>6</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>
<div>7</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>8</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>9</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>10</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>11</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>12</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>13</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>
<div>14</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>15</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>16</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>17</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>18</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>19</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>20</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>
<div>21</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>22</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>23</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>24</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>25</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>26</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>27</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>
<div>28</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>29</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>30</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>	<div>31</div> <div><input type="checkbox"/> 20 Jumping Jacks</div> <div>Initials _____</div>			