

Wellness Wednesday

March 21, 2018

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Your HGTC
Employee
Wellness
Newsletter!

2018 Health and Wellness Workshop

April 27, 2018
Conway Campus

The 2018 'Health and Wellness' workshop includes information on the no-cost preventive health benefits available to State Health Plan (SHP) subscribers. No-cost benefits include colorectal cancer screenings, maternity management, flu vaccines, a tobacco cessation program, a stress management program, and a weight management program. In addition, this interactive workshop walks you through creating a confidential account on My Health Toolkit and signing up for SHP member messaging. Join us as we help you understand and utilize the no-cost benefits available in 2018!



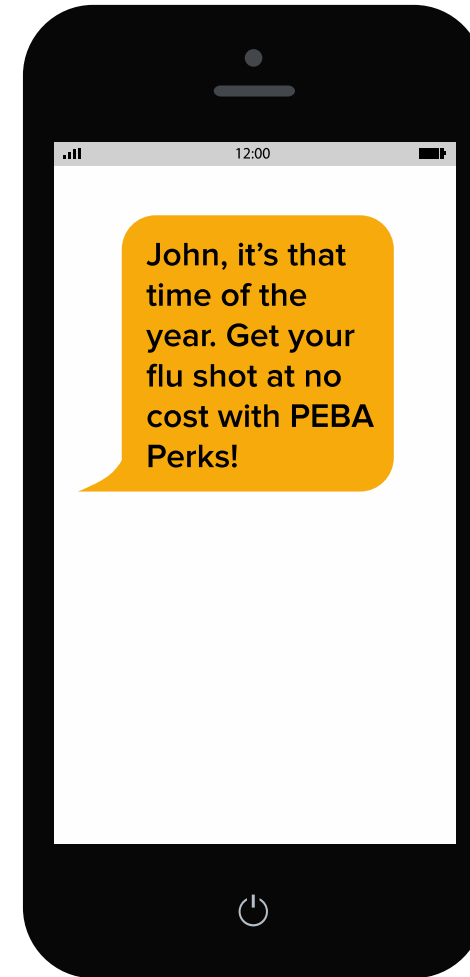
On-the-go health info

Sign up for State Health Plan mobile messaging

Text messages are a great way to keep up with kids, friends and appointments. And now they can help you stay on top of your health.

It's easy to sign up! Call 844.284.5417 from your mobile phone today or text "Perks" to 735-29.

Data rates may apply.



Reminder of your EAP benefit!

- 1-800-822-4847 accessible 24/7; phones ALWAYS answered LIVE!
 - Call for counseling appointments, legal services, financial services, and work-life services
 - All dependents that are claimed on your taxes are covered.
 - Unlimited Legal & Financial Consultations
- Employee Support Website:

www.lifeserviceseap.com

Username: *HGTC*

Password: *employee*



Be sure to check out the Savings Center!



Are your brackets already busted in the NCAA March Madness tournament? No worries. I have a Fitness Bracket for you to try!

Here's How it Works:

•**Complete the bracket!** [Download the March Fitness Madness bracket here](#). We are a little behind on the challenge so start with the 3/21 column. The bracket works just like March Madness. Your first game will be 1 vs. 16 or High Plank vs. Jumping Jacks. Complete each exercise and then decide which exercise won (aka which exercise you liked the best – you pick!). Write it down as the winner and it'll stay alive in the bracket! Continue down to the final four where you'll have the chance to pick your Fitness Madness winner!

•**How many reps/how long do I do each exercise?** This is where it gets fun. Each exercise is ranked. Exercises with a ranking of 1 through 5 are in seconds and 6 through 16 are in reps:

- 1 = 1 Minute
- 2 = 20 Seconds
- 3 = 30 Seconds
- 4 = 40 Seconds
- 5 = 50 Seconds
- 6 = 6 Reps
- 7 = 7 Reps
- 8 = 8 Reps
- 9 = 9 Reps
- 10 = 10 Reps
- 11 = 11 Reps
- 12 = 12 Reps
- 13 = 13 Reps
- 14 = 14 Reps
- 15 = 15 Reps
- 16 = 16 Reps



•**The bracket does not take place everyday!** The schedule coincides with the actual NCAA tournament. Make sure you make note of the dates on the bracket and complete the games (exercises) schedule for each day.

3/19

3/21

3/26

3/28

4/4

4/4

3/29

3/27

3/22

3/20

- 1 High Plank
- 16 Jumping Jacks
- 8 V-Ups
- 9 Leg Lifts
- 5 Elbow Plank
- 12 Supemons
- 4 Scissor Kicks
- 13 Leg Lunges
- 6 Tuck Jumps
- 11 High Knees
- 4 Tricep Dips
- 14 Side Lunge
- 7 Push-Ups
- 10 Burpees
- 2 Jumping Squats
- 15 Switch Kicks

- 1 Mountain Climbers
- 16 Plank Jacks
- 8 R-Side Plank w/ Dips
- 9 Curtsy Lunge
- 5 Forearm Plank
- 12 Jump Squats
- 4 Russian Twists
- 13 Glute Gridges
- 6 Tuck Jumps
- 11 Toe Touches
- 4 Mountain Climbers
- 14 Bridges
- 7 Burpees
- 10 Push-Ups
- 2 Speed Skaters
- 15 Squats

MARCH

Fitness Madness


FINAL

4/6

- Burpees
- 16 Sumo Squat
- 8 L-Side Plank w/ Dips
- 9 Lunge w/ Kick
- 5 L-Side Plank
- 12 Push-Ups
- 4 Forearm Plank Hip Dip
- 13 L-Leg Lunges
- 6 Alt Lunge Jumps
- 11 Jump Squats
- 4 Butt Kicks in Plank
- 14 Plie Squat
- 7 Glute Bridges
- 10 V-Ups
- 2 T-Stabilization
- 15 Jumping Jacks

- Wall Sit
- 16 Mountain Climbers
- 8 Push-Ups
- 9 Side Lunge
- 5 R-Side Plank
- 12 Forearm Plank Hip Hop
- 4 Russian Twists
- 13 Curtsy Lunge
- 6 Diamond Pushups
- 11 Burpees
- 4 Calf Raises
- 14 Donkey Kicks
- 7 Froggers
- 10 Plie Squat
- 2 Flutter Kicks
- 15 High Knees

HEALTHY RECIPE OF THE WEEK

Roasted Chickpeas

Ingredients

- 1 (12-ounce) can chickpeas (*garbanzo beans*), *drained*
- 2 tablespoons olive oil
- Salt (optional)
- Garlic Salt (optional)
- Cayenne Pepper (optional)



Recipe from Allrecipes.com

Instructions

1. *Preheat oven to 450 degrees F (230 degrees C).*
2. *Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil and season to taste with salt, garlic salt, and cayenne pepper.*
3. *Spread on a baking sheet, and bake for 30 to 40 minutes, until browned and crunchy.*

We Want To Feature YOU!

Have a recipe you want to share? Do you and/or your family participate in healthy activities?

We want to know! Send us your pictures, stories, or tips (kaji.orr@hgtc.edu) to be featured in one of our weekly newsletters and our HGTC Human Resources Facebook page!

