

August 2021 Wellness Champions



Wellness Champions



Together, We All Win

Take a Hike for Health!

Greetings, Wellness Champions! Autumn is perfect for walking programs. With fall right around the corner, now would be a great time to start planning an activity. According to the Centers for Disease Control and Prevention, regular physical activity is one of the most important things you can do for your health. It can help:



- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls if you're an older adult
- Increase your chances of living longer
- Boost your level of physical activity. Moderate-intensity aerobic activity, like brisk walking, is generally safe for most people.

If you are employed at a state agency, consider getting a **Miles for Wellness** team together to get your steps in, get active and connect with coworkers. Miles

for Wellness is a virtual, team-based walking initiative by and for the state employees of North Carolina. The purpose of Miles for Wellness is to encourage and support employees to increase their level of physical activity, with the goal of 10,000 steps, or the equivalent of 5 miles, achieved most days of the week.

Each challenge has a different theme with weekly step count totals that are added up and plotted on a virtual map. The upcoming Miles for Wellness Challenge 24 will traverse the capitols of the western states and will run from September 27 through November 22. [Registration will open on August 30.](#)

Not part of a state agency and need to create your own walking program? Please see the following resources for ideas:

- [CDC Walking – Why Walk? Why Not!](#)
- [CDC – Worksite Walking Campaign Tools](#)

We'd love to see you in action! Share a picture of a healthy Wellness Champs activity with us for the Wellness Champions page. Email sonya.dunn@nctreasurer.com



**This Month's
Healthy
Recipe**



**This Month's
Wellness
Tip**



**Turkey
Ma Po Tofu**

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Questions?

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North Carolina
State Health Plan

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