



## Wellness Newsletter

### 2021 Wellness Program Review

Charger Fit had a successful year with its health and wellness program. There were 65 individuals who earned the wellness incentive of either \$50 or \$100. Congratulations! Incentives will be added to the final paycheck of the year. Below is a review of the challenge winners for this year.

January: Charging Into 2021 MoveSpring Challenge - Susan Solomon

March: Shamrock Shuffle MoveSpring Challenge - Drew Hamilton  
Shamrock Shuffle MoveSpring Challenge - Richie Nagel

June: Take The Pressure Off Hypertension Contest - Wendy Waggner  
Fun in the Sun MoveSpring Challenge - Sarah Dyess  
Fun in the Sun MoveSpring Challenge - Rebekke Muench

October: Fit For Fall MoveSpring Challenge - Barbie Garner

Be on the lookout for information regarding the 2022 Wellness Program early next year.



DECEMBER  
2021

### UPCOMING EVENTS

Christmas Holiday  
DECEMBER 24 - 31

New Years Day  
JANUARY 1



### CONTACT US

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## December is National Safe Toys and Gifts Month

The month of December is the biggest gift-giving month in the world, so it is important to keep safety in mind as you are holiday shopping for those special family members in your life. According to the U.S. Consumer and Product Safety Commission, an estimated 224,200 toy-related injuries were treated in U.S. hospital emergency rooms. Of those 224,200 injuries, 73 percent occurred to children 14 years of age or younger. These statistics only reflect the injuries treated at emergency rooms or urgent; however, the majority of toy and gift injuries are minor, don't require treatment, or are not reported. Buying toys and gifts for loved ones is one of the most exciting things about the holiday season so when you are out purchasing those special gifts, remember to keep safety in mind. Remember to inspect all toys and gifts before purchasing, look for "ATSM" labels which stand for American Society for Testing and Materials standards to assure toys have passed safety inspections, don't give toys or gifts with small parts to young children, and finally, remember to give age-specific gifts. You don't want one of the most joyful times of the year to become one of the scariest times of the year due to an injury of a loved one.



## How To Beat The Holiday Blues

You made it through Thanksgiving with a smile on your face. And now comes the holidays of Christmas and New Year's when most everyone seems to be filled with holiday cheer. So what do you do when the world around you is enjoying this time of year and you're feeling blue? First, recognize that you're not a Grinch and you're most definitely not alone. Holiday Depression is real and much more common than people realize. Those who suffer from mental illness, say holiday depression becomes worse during this time. Second, be kind to yourself. Try not to beat yourself up for what you are and what you're not feeling. Be okay with not feeling okay. And third, find ways to help manage your holiday blues. If you know a friend or family member who maybe suffering from the holiday blues, find ways to be a support to them. This holiday season try to find ways to bring holiday cheer to those whose smiles may be a little bit upside down this year.

## Financial Wellness: Tips to Save Money During the Holidays

The holiday season is upon us and during this season consumer spending increases substantially on purchasing gifts, decorations, and traveling expenses.

According to the National Retail Federation, the average Americans are expected to spend \$998 this holiday season. That will be an 8.5% -10.5% increase in sales than in 2020. To maintain your financial wellness, here are a few tips to keep your holiday spending on track.

1. Create a holiday budget and stick to it
2. Pay Cash
3. Shop Early
4. Stick to Your Holiday Shopping List
5. Set boundaries around gift giving
6. Avoid Last-Minute Shopping
7. Use Apps That Can Save Money
8. Give the Gift of Time

Don't let this holiday season turn you into the Holiday Grinch because of overspending. Find ways to enjoy this season without breaking the bank.

