



CHARGER FIT WELLNESS

June 2021



Hello June!

WELLNESS WEDNESDAY

Congratulations to Wendy Waggener! She was randomly selected as our winner of the \$25 Visa Gift Card drawing for the Taking The Pressure Off Hypertension webinar. Who's ready for our next Wellness Wednesday? Our next Wellness Wednesday is scheduled for June 9, 2021, at 11:00 a.m. The topic of discussion will be **"Preventative Maintenance: Recommended Screening Tests to Help Keep Your Engine Running"** presented by Connie Abbott, MSN, CRNP.

Remember, those who register for Wellness Wednesday will receive 30pts towards their wellness incentive. Please click [here](#) to register.



BLUE CROSS BLUE SHIELD QUIT FOR LIFE



Did you know that in the U.S., more than 480,000 people die from tobacco use and exposure to second hand smoke every year? Smoking is the leading cause the leading cause of preventable death in the United States. When burned, cigarettes creates more than 7,000 chemical, with at least 69 of these chemicals that are

known to cause cancer. If you are ready finally kick the habit of smoking, BCBS Quit For Life Program can help you achieve that goal. For more information on the program, click [here](#).

TIAA FINANCIAL WEBINARS

Here at Charger Fit we believe that our financial wellness is just as important as our physical well-being. Join TIAA for several different financial webinars the week of June 15, 2021 to help keep you aware of how to keep your money management healthy. Webinar topics include: Charting Your Course: A financial guide for women and Financial housekeeping for now and later. For a list of webinar topics and how to register, click [here](#).




UPCOMING EVENTS

Wellness Wednesday - June 9, 2021

TIAA Financial Webinars - June 15, 2021 - June 17, 2021

Fun in the Sun MoveSpring Challenge - June 14, 2021 - June 21, 2021

Father's Day - June 20, 2021 

First Day of Summer—June 20, 2021 

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NEW MOVESPRING CHALLENGE



Who is ready for a new MoveSpring Challenge? It has been a couple of months since our last MoveSpring so now is the perfect time to try out the new MoveSpring Challenge features! Our summer challenge **Fun in the Sun** will begin June 14, 2021 - June 21, 2021. Take advantage of long summer days to get active! Whether you're walking, biking, hiking, swimming, or jogging, all you have to do is get at least 15 active minutes a day for as many days as you can. Get at least five days in a row to be eligible to win one of two \$25 Visa Gift cards. No matter how you like to move, make sure you are enjoying your fun in the sun. Click [here](#) to join the fun.

GILSBAR QUARTERLY WEBINAR

Each quarter, Gilsbar offers a different webinar related to wellness. Earn **10 points** by completing the **Quarter Two Webinar: "Why Weight: Nutrition Tips For Families"**.



- 1) Log into your wellness center on www.myGilsbar.com.
- 2) Select the webinar to view the video.
- 3) Click on the Incentive/Rewards to log the webinar and earn points

JUNE IS POST-TRAUMATIC STRESS DISORDER AWARENESS MONTH



Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event either experiencing it or witnessing it. Symptoms may include: flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event. Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. If the symptoms get worse, last for months or even years, and interfere with your day-to-day functioning, you may have PTSD. According to the National Center for PTSD, between 7 and 8 percent of the population will experience Post Traumatic Stress Disorder (PTSD) during their lifetime and about eight million adults have PTSD during a given year. For more on PTSD, signs and symptoms, please visit the [National Center for PTSD's](#) website.

COLORECTAL AWARENESS

According to the Centers for Disease Control and Prevention (CDC), colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called *colon cancer*, for short. Among the cancers that affect both men and women, colon cancer is the second leading cause of cancer deaths in the United States. Statistics show about 140,000 people in the United States get colon cancer each year, and more than 50,000 people die from it. Symptoms of colon cancer includes: blood in or on the stool, abdominal pain that doesn't go away, and unknown weight loss. If you have any of these symptoms, please see your doctor. Regular screening, beginning at age 45, is the key to preventing colon cancer. If you're younger than 45 and think you may be at high risk of getting colon cancer, or if you're older than 75, consult your doctor to determine if you should be screened.

