



## Continue your learning

### Taking Steps to Healthy Success: Staff Wellness

These resources include additional tools, information, and methods to implement the strategies you learned in this lesson. You may want to save an electronic copy of this handout for future reference or to pass on to co-workers or families.



### Wellness resources

[What Counts as a Serving](#) – Eat Smart Move More North Carolina developed a one-page guide on portion sizes for a variety of food groups. This can be easily printed, posted on a wall, or kept in the kitchen for quick and easy reference.

[Hand Guide to Portion Control](#) – Your hand is a great resource to use when measuring portions because it's with you wherever you go! You can use it at work, restaurants, weekend barbecues, parties, or a night out. Guard Your Health developed an infographic that offers a few helpful tips on measuring portions using your hand.

[MyPlate, MyWins](#) – Use USDA's MyPlate to build your healthy eating style and maintain it for a lifetime. For a well-balanced diet, be sure to choose foods and beverages from each food group. Make sure to watch out for sodium, saturated fat, and added sugars. And remember, start with small changes!

[30 MyPlate Steps to a Healthier You](#) – Looking for a little inspiration and motivation? This calendar identifies a healthy action step for each day of the month. You can print this guide or use it for inspiration and create your own calendar of healthy action steps! From Nebraska Extension.

[Reach your nutritional goals](#) – To help you achieve your nutritional goals, check out these tips from MyPlate, MyWins.

[10 tips for physical activity at home, work, and play](#) – Adding activity into your day can be easy! Choose activities that you enjoy and remember that doing something is better than doing nothing. From USDA.

[10 tips: Eating foods away from home](#) – From USDA.



### Videos

[MyPlate, MyWins series](#) – Check out these short and informational videos from USDA showing how to make small, practical changes that add up to big wins for your health.

[What's Your Healthy Eating Style](#)

[Breakfast](#)

[Lunch](#)

[Dinner](#)

[Beverages](#)

[Snacks](#)

[Physical Activity Guidelines:](#)

[Introduction](#) – Why does physical activity matter? Regular physical activity can produce long-term health benefits by reducing your risk of many health conditions, such as heart disease and diabetes. It can also increase your chances of living longer, help you control your weight, and even help you sleep better. This video from the CDC explains the physical activity guidelines, and will help you understand how much activity you need.



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## hop smart

[Eat right when money's tight](#) – Strategies to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes. From USDA.

[30 Ways in 30 Days to Stretch your Food Dollars](#) – Learn thirty ways to stretch your fruit and vegetable budget. From Fruits & Veggies – More Matters.

[Storing Fruits and Vegetables for Better Taste](#) – Learn how to maintain the freshness and flavor of the produce you buy at the market or grow in your garden. From UC Davis.



## Cooking techniques

[Preparing foods in advance](#) – The University of Nebraska, Lincoln Extension curated a list of helpful links for preparing foods in advance, including food safety checklists, freezer bag tips, and guidelines for freezing specific foods.

[Quick and Easy Meals Using the Freezer](#) – Making meals ahead and freezing them in single-serve sizes can save you time and money. From the Connecticut/Rhode Island Family Nutrition Program.

**Cooking with herbs and spices** – Interested in learning more about healthy ways to season foods? The University of Nebraska, Lincoln Extension developed several resources about cooking with fresh herbs and spices.

- [The Magic of Fresh Herbs, Fresh Herb and Food Combos](#)
- [Flavor that food!](#)
- [Add a Little Spice \(&Herbs\) to Your Life!](#)
- [Fresh Herbs: A Picture of Healthy Eating](#)

[Top 10 Cooking Tips for Caregivers](#) – The American Heart Association pulled together 10 cooking tips to inspire healthy habits in the kitchen.

**Making meals for singles and couples** – Whether you are cooking for one or more than one, check out the links below for menus, recipes, and cooking tips.

- [Cooking 101 – Quick and Easy Menus, Recipes and Tips for Singles and Couples](#) – This series shares menu idea and cooking tips. You can access all of their articles on the left side bar. From North Dakota State University Extension Service.
- [Cooking Healthy Meals for One or Two – A Checklist](#) - From University of Nebraska, Lincoln Extension.
- [Cooking Tips and Trends](#) – From the Academy of Nutrition and Dietetics.
- [Cooking for one or two \(revised\)](#) – From North Dakota State University Extension Service.



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## Worksite wellness

[CDC healthier worksite initiative](#) addresses a wide range of workforce health promotion topics, including the planning and implementation of program, policy, and environmental change strategies for several health topics.

[Leading by Example](#): The value of worksite health promotion to small- and medium-sized employers provides best practices and strategies for creating or enhancing a worksite health promotion program as well as worksite health program descriptions from almost twenty small employers. Published in 2011 by the Partnership for Prevention with support from the CDC.

[Investing in health](#): Proven health promotion practices for workplaces provides guidance on effective policy, and environmental and health benefit strategies that can improve employee health by controlling tobacco use, promoting cancer screening and early detection, and encouraging physical activity and healthy eating. Developed by the Partnership for Prevention in collaboration with the CDC.

[The NCCDPHP Workplace Health Promotion toolkit](#) is designed to educate business managers, human resource staff, corporate wellness managers, and public health professionals working with employers on approaches to improving employee health, such as changes in health care benefits or on-site health promotion programs. The toolkit pulls together the best CDC science and resources to provide timely and relevant information to employers to keep their workforce healthy, increase productivity, control health care costs, and effectively engage the organization at all levels.

[The Essential Elements of Effective Workplace Programs and Policies for improving Worker Health and Wellbeing](#) identifies twenty components of a comprehensive work-based health protection and health promotion program and includes both guiding principles and practical direction for organizations seeking to develop effective workplace programs. Developed by the National Institute for Occupational Safety and Health (NIOSH).



## Apps for smart devices

Apps on our phones or other smart devices can help to track eating and physical activity habits, identify goals, and meet goals. A few examples include:

[My Fitness Pal](#) – tracks food intake and physical activity and recommends daily calories for your body size.

[BodBot](#) – creates personal workouts based on exercise equipment available to you.

[Cozi](#) –creates a shared place for families to add and organize grocery shopping lists.

[Fooducate](#) – scans bar codes of food items and compares them to similar food to help users make healthier choices.

The digital version of this PDF has clickable links to the resources. If you have this PDF in printed form, you can search the terms online to find the resources.



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