



# Seattle

For health and living - take charge!

June 2021

## Family Exercise Advice



By Personal Best Hope Health Letter

Regular exercise together with family can help keep you strong physically and emotionally, especially during challenging times. Summer is a good time to focus on being more active.

To find more family fitness time, plan and choose activities that fit your busy lifestyle. Try to set aside at least 30 minutes three times a week for family exercise after work or dinner. If 30 minutes isn't doable, try two 15-minute sessions, or whatever fits everyone's schedule. Keep it simple.

- Walk 15 to 30 minutes every possible day together.
- Walk your dog or a neighbor's.
- Bike or skateboard on safe routes.
- Plan exploratory hikes.
- Paddle a canoe or kayak to build muscle.
- Play catch, volleyball, tennis or pickle ball.
- Plan active vacation or weekend outings.
- Choose one family physical activity every weekend.
- Include home chores (rake leaves, wash the car, clean up the garden).

### General Information

*Take Charge!* is a general guide to health benefits and healthy behavior. Please contact your health care professional with your specific health care concerns.

## City Events

### Mastering the Art of Social and Emotional Learning Webinar

June 1, 2 or 3 Various times  
Click [here](#) to register

### Coping With Anxiety Webinar

Wednesday, June 2 11:30 am – 12:30 pm  
Click [here](#) to register

### Balancing Home and Work Webinar

Tuesday, June 8 12:00 pm – 12:30 pm  
Click [here](#) to register

## Deferred Compensation Webinars

### 457 Mid-Year Check In

Wednesday, June 9  
12:00 pm – 12:30 pm Click [here](#) to register  
1-408-418-9388; Access code: 187 887 8034

### Investing in Your Deferred Compensation

Wednesday, June 23  
12:00 pm – 12:30 pm Click [here](#) to register  
1-408-418-9388; Access code: 187 053 6544

### Tips for a Major Purchase Webinar

Wednesday, June 16 12:00 pm – 1:00 pm  
Click [here](#) to register

### Maximizing Your Healthcare Visits Webinar

Wednesday, June 16 12:30 pm – 1:00 pm  
Click [here](#) to register

### Employee Assistance Program Orientation (Employee) Webinar

Wednesday, June 23 12:00 pm – 12:45 pm  
Click [here](#) to register

### Employee Assistance Program Orientation (Supervisor/Manager) Webinar

Tuesday, June 29 11:30 am – 12:30 pm  
Click [here](#) to register

## Benefits News and Notes



**Reconnect With Reach Well-Being\***: The City's well-being program, Reach, is entering its third year on July 1 with even more activities and tools for your personal goals. Reach supports your well-being and your pursuit to be your best at work and at home. Mark your calendar for July 1 to try new activities and explore all that Reach has to offer at [cityofseattle.limeade.com](http://cityofseattle.limeade.com) or through the Limeade mobile app with employer code: SEATTLE.



**Discover What Happens When You Say Yes:** Put your health first this summer with myWW+, WW's holistic approach to well-being. Sign up by July 31 and get a [Free Insider's Box](#) with your purchase of a WW membership. Sign up at [ww.com/us/CityofSeattle](http://ww.com/us/CityofSeattle). All employees and covered spouses/adult dependents get a 50% savings off the retail price. Get your Insider's Box at [ww.com/insidersbox](http://ww.com/insidersbox).

\* Available to employees on the Most benefits. Not available to employees on Local 27, Local 77 and SPOG benefits, Seattle Housing Authority or COBRA participants.

## Smart Sipping

By Personal Best Hope Health Letter

Sugar-sweetened beverages have become the single greatest source of calories and added sugars in the American diet. We consume lots of sugar-rich sodas, fruit drinks, iced tea and energy drinks. That's problematic because overconsumption is linked to an increased risk of heart disease and type 2 diabetes.

How much sugar is too much? The American Heart Association recommends no more than 30 grams of added sugar daily for women, and 45 grams for men. A regular 12-ounce soft drink contains 40 grams of added sugar, so even one sweet drink per day is too much. Treat these beverages like candy or dessert and have one occasionally, but don't make them your daily drink of choice.

**Sip smarter: Choose water most often.** If you crave flavor, jazz it up by adding a squeeze of lemon, lime or orange, mint leaves, sliced cucumber, berries, fresh ginger or a cinnamon stick.

Since coffee and tea are each 99% water, they are also good choices — just be aware of how much sugar you add and how much caffeine you consume. Try not to exceed 400 mg caffeine a day. An 8-ounce cup of coffee has about 80 - 100 mg of caffeine, while a cup of green or black tea has 25 to 50 mg. Herbal tea and decaf coffee are caffeine-free choices.

