

The Unnamed Issue No.1

We need a name! Send us your ideas!

Send name ideas to lmikesell@scottmcd.com

JANUARY 2021

Let's face it... 2020 was not the year we had hoped! We're kicking Covid in the teeth, and starting fresh with 2021. With that being said, we are implementing a Wellness Newsletter to help you lead, and love yourself in more impactful ways! We will also be highlighting (and blogging) about a benefit that goes along with the theme of the newsletter.

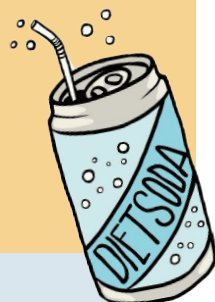
January is the month of new beginnings and New Year's resolutions. Whether you want to hear it or not, losing weight and getting in shape is talked about (and marketed) in January more than any other month of the year. That's why the benefit focus for this month is our

GYM MEMBERSHIP REIMBURSEMENT.

Did you know that after one year of employment, a swing manager and above are eligible for up to \$600 per year towards a gym membership?

The breakdown is as follows:

- **GM's- 90% of membership**
- **First Assistants- 70%**
- **Second Assistants- 50%**
- **Certified Swings- \$100 per year**



There's never been a better time to work on you. We are here to help you along the way. I am certified in Sports Nutrition and also a Certified Personal Trainer. We are going to enlist the help of nutritionists, and mental health professionals to help with questions in regards to overall health. Finally, we need your feedback. This is YOUR newsletter. If there is anything you would like to see in upcoming issues, please reach out! We would love to hear your thoughts!

- Cindy Frantz

Community Relations/
Recruitment Manager



**DID YOU
KNOW?**

sitting is the
new **smoking**.

"Text Neck"

has become an 'epidemic'
per the Washington Post. It has been

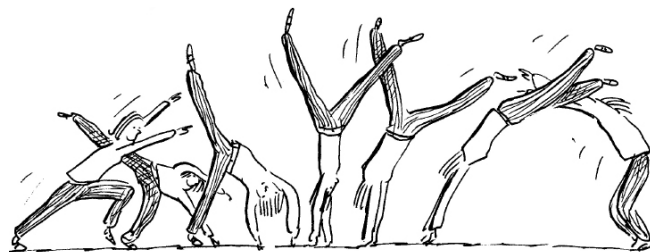
linked to **SEVERE SPINAL ISSUES**, as well as a decrease in lung capacity... up to a **1/3 reduction!!!**

Diet Soda destroys tooth enamel as much as
meth and crack cocaine.



You just got off work, have to pick up the kids, and go home to make dinner... who the HECK wants to think

about working out?? Here is a fun way to get active, and not leave your house. You can also have the kids chime in alongside of you.



The CDC recommends 150 minutes of exercise per week. Broken down per day this is:

5

30 minute sessions
(per week)

2

15 minute sessions
(doesn't have to be back-to-back)

3

10 minute sessions

Alphabet Workout

A 10 burpees	N 2 minute planks
B 30 jumping jacks	O 20 high knees
C 25 push-ups	P 30 squats
D 20 high knees	Q 20 arm circles
E 60 jumping jacks	R 20 crunches
F 3 minute wall sits	S 15 burpees
G 30 squats	T 15 push-ups
H 30 arm circles	U 50 jumping jacks
I 20 burpees	V 30 high knees
J 30 crunches	W 1 minute planks
K 2 minute planks	X 2 minute wall sits
L 20 push-ups	Y 15 squats
M 1 minute wall sits	Z 30 arm circles

Take turns spelling out everyone's name. In no time, you will hit the CDC recommendations for weekly exercise.

Make it FUN (And send us pictures!)

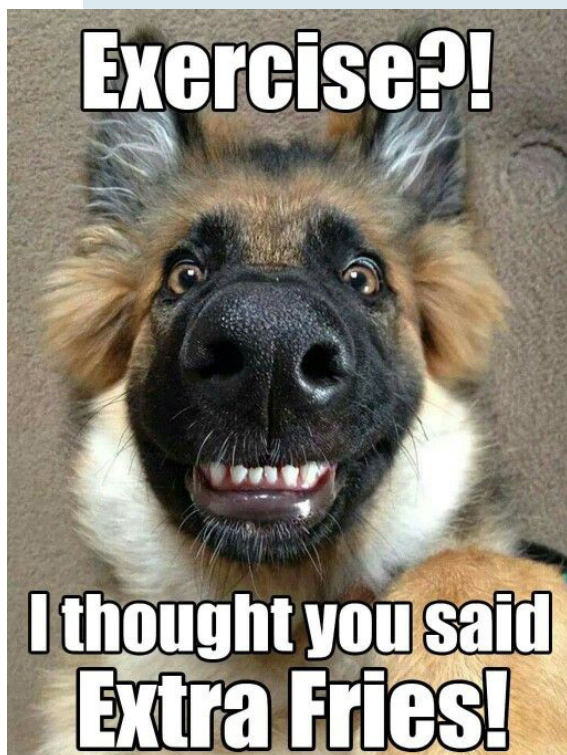
CLEAN BANANA CHOCOLATE CHIP COOKIES

3 Very Ripe Bananas
1 ½ C. Whole Oats
(or Quick Oats. If using Quick Oats, let sit for 15 minutes)
½ C. Chocolate Chips
Walnuts (optional)

Mix all ingredients. Let sit for a ½ hour. Bake at 350 for 10-15 minutes.



Preventative Maintenance



Anthem offers many preventative exams for **FREE!!** Yearly physicals, pap smears, mammograms, and prostate checks could be included in your insurance policy.

The MetLife dental plan offers two cleanings per year, FREE of charge! Did you know that a lot of diseases start in the mouth? Some forms of cancer, and heart disease have been linked to the lack of oral health.



Don't give up. There are no quick fixes (no matter what anyone says) to a healthy lifestyle. These are "lifestyle" changes, and it might take a little bit for you to figure things out... that's okay! Keep this in mind- for as long as it took you to put the weight on, it should take you that long to take the weight off. If losing weight is not your goal, great! Scott Family McDonald's offers many benefits to fit your wellness needs. I am here to help you succeed... can you say break-time burpees or lunch-time lunges?

You don't have to look too hard to find healthier options on the menu at McDonald's.... you just have to get a little creative!

Try ordering this!

4pc. Chicken McNugget
with 2 C. of shredded lettuce, onion,
tomato, pickle, etc.

This is a great meal and only has
about 220 calories!

For complete nutritional information
visit, www.mcdonalds.com

A MESSAGE FROM

The Scott's

Happy New Year! What a great time to refresh and reflect on the things we are proud of and what we want to accomplish in the New Year. We have been so proud of this organization this year! You have proven to not only be resilient to change, you have worked hard and had great success serving our customers, supporting each other and helping our community.

With the new year, try and reflect on the one or two areas you want to make changes. Don't make a resolution, make it a lifestyle change, and start with baby steps! Give yourself the opportunity to succeed! And remember, being healthy isn't just about losing weight, being healthy physically and mentally work hand-in-hand.

We encourage you, if you don't feel healthy in any way, reach out for help if you don't know how to get started. If our organization can't help you, we will make sure we find you the best resource to help you achieve your goals.

So long 2020, and cheers to a brighter, healthier and happy new year!

Stacy and Benny



**BLOOD
DRIVE**

FEBRUARY 24, 2021 | 12pm - 6:30pm

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