Wellness Matters #1



Physical, Social and Emotional Wellness Walking Challenge - May 1st - May 31, 2022

READY; SET; GO! Lace up your sneakers and let's get walking!!

So much has changed during this pandemic and we are taking back charge of our health. Walking is a great form of exercise and easy on the joints; it also offers great physical and mental benefits.

We are continuing our Wellness efforts and invite everyone to participate in our Walking Challenge which officially starts from May 1 to May 31, 2022.

So what's involve? Track your daily steps via your cell phone, Fitbit or any walking tracking device. Achieve a total of 50,000 steps by May 31st, 2022 or prior to that date; take a picture showing the completion of 50,000 steps and email it directly to me at melsingleton@cfsny.org. An assigned raffle number will be given for all submissions received and three winners will be chosen on June 1st, 2022.

The prizes are listed below: First prize \$150.00 Visa gift card 2nd prize \$100.00 Visa gift card 3rd prize \$ 75.00 Visa gift card

The Walking challenge will be officially closed at 5pm May 31st, 2022.

HAPPY WALKING 😄

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What are the Health **Benefits of** Walking? When most people hear the



word exercise, they associate it with running, biking, weight lifting or other strenuous activities as a means to stay healthy. Wha...



Physical Wellness: Important Information - Agency Covid-19 Protocols

We continue to follow our government oversight agencies in regards to COVID-19 Protocols.

Mask Up

At this time, we continue to require staff to wear appropriate face coverings when providing in person services and in common areas in the offices.

Get Vaccinated and Boosted

We continue to follow the vaccination mandates in both NY and NJ for all employees. If you have additional proof of vaccination (second shot or boosters), don't forget to send to Hrvacstats@cfsny.org

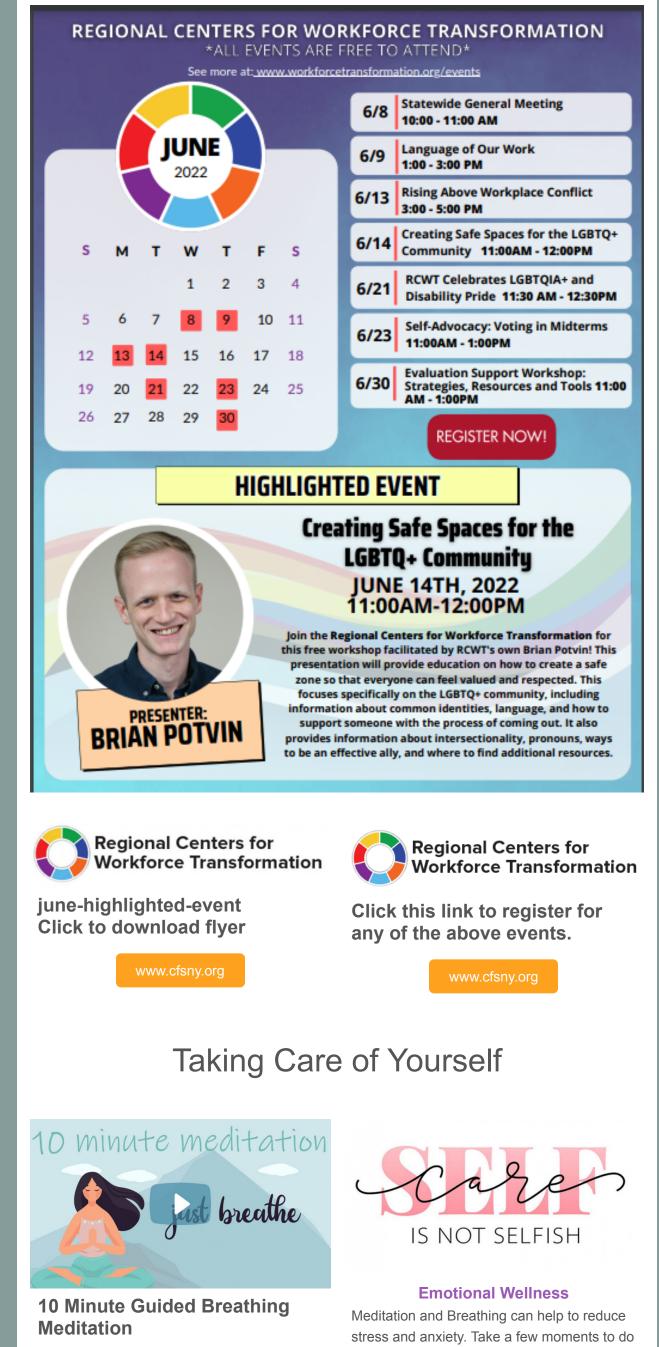
Stay Home if Sick and Get Tested

To reduce the spread of COVID-19, stay home if you have symptoms and get tested.

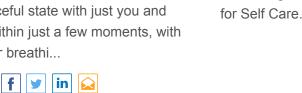
Follow the transmission rates

In addition, we recommend that staff check the CDC website for rates of transmission based on State and County. This is helpful to see information about where you live, work and/or are planning to travel to so that you can make the best decisions about mask wearing.

Intellectual and Occupational Wellness **Regional Center for Workforce Transformation Events - Free to** Attend - Open to All!



This 10 minute guided meditation will bring you into a peaceful state with just you and your breath. Within just a few moments, with a focus on your breathi...



something each day that gives you some time



If you would like a copy of this newsletter translated into a different language, please reach out to us at jcropper2@cfsny.org.