

WELCOA\* | JANUARY 2020

# WELL BALANCED<sup>o</sup>

*The New Year,  
New You Issue*

**LIVE TO 100**  
LESSONS LEARNED  
FROM THE BLUE ZONES

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SYNERGIZING  
**YOUR DIET**

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**FINANCIAL  
FREEDOM**  
3 COMMON SENSE  
TIPS FOR SAVING

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# Moving for Good

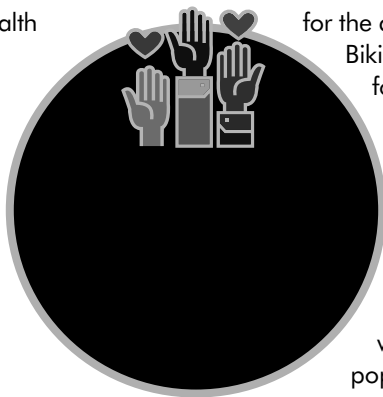
by RYAN WOLF

In the past few years, the social responsibility of employers and employees has evolved. Employees want to work for an organization that does well for their community, and increasingly, organizations want to offer opportunities that give back to society. These factors set a stage on which organizations and their employees can capitalize by integrating their health initiatives with those of the community.

Certainly, health outcomes are at the heart of many organizations' missions, but wellness objectives should advance beyond health alone, just as workplaces become advanced and innovative.

Marrying the strategic health plan with organizational and community goals means linking multiple elements of well-being into one initiative, which is a secret sauce that provides impactful experiences.

For example, Baylor College of Medicine in Houston has expanded on their culture of health and activity by partnering with Reason2Race, a community and health driven fund-raising platform that supports organizations, nonprofits and individuals. Reason2Race connects BCM and other companies with charity races and significant community objectives. These organizations blend multiple elements of well-being in one experience: walking and running for physical activity; community giving for a feel-good financial return; and connection



with teammates for career and social well-being.

To avoid recreating the wheel, it's also wise to look locally and see what is already happening. For example, Slow Roll is a once-per-week bike ride with a mission to create a safe and positive space for the community to connect.

Biking is simply the vehicle for connection. By way of inviting the entire public to participate in the escorted bike ride, individuals merge for physical, social, and community togetherness. Slow Roll originated in Detroit where it became wildly popular, and has expanded to numerous cities across the globe.

Another example is in Omaha, Nebraska, where the American Lung Association directs the annual Corporate Cup run and walk. Initially designed to raise research and educational funding for lung diseases like cancer and asthma, it created an army of health ambassadors at organizations by bringing the corporate component of its name. Organizations are pitted against each other and earn bragging rights for the most participants and dollars raised.

Evolving over thirty years, the Corporate Cup is now hosted at a strategic location where participants finish at the entrance of the city's largest farmers market. The blend of physical, career, social, and community well-being has transformed this traditional event into a contemporary genius well-being experience.

Being aware of community and social initiatives helps us naturally infuse our health objectives into an even greater mission when there is a good fit. Social and community well-being efforts raise the purpose and engagement of wellness initiatives because people are motivated to get active by more than just their self-interest.



About RYAN WOLF  
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Ryan leads Gallup's physical health and well-being initiatives through strategic partnerships with its research team, benefits department and external medical and wellness partners. He administers In The Zone, Gallup's well-being program, which provides Gallup associates, spouses and family members with opportunities to pursue greater well-being by participating in health-related challenges, campaigns and education.



# EMPLOYEE HEALTH & WELLNESS PROGRAM

unk.edu/wellness

## Sharing Wellness Around the World



**f @welcoa** • Sara Martin Rauch spoke about putting the human back into the workplace at MINDBODY's Corporate Wellness Summit in San Francisco!



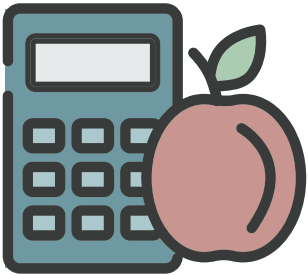
**@unmutedlife** • Here's to saying YES before we know all the answers. Here's to following our dreams and taking risks that make us feel alive. Here's to gratitude for people who see things in us before we see them in ourselves.



**f @welcoa** • WELCOA President Ryan Picarella with Lisa Carrington, New Zealand's Olympic goal medalist and world champion flatwater canoer in the Women's K-1 200 meters! Location: BeingWell Conference in Auckland, NZ.

WANT TO BE A PART OF WELL BALANCED™?

Share your well balanced moments by tagging us on social @WELCOA using #wellbalanced with a chance to be featured in an upcoming issue of WELL BALANCED™.



### BALANCE YOUR PLATE

Find an estimate of your calorie needs by visiting: [health.gov/dietaryguidelines](http://health.gov/dietaryguidelines).

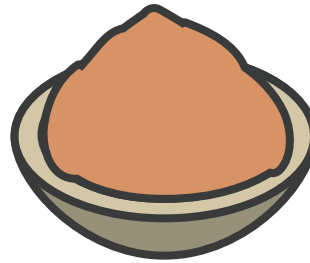
### MIGHTY MISO

Miso is a fermented soybean paste that brings a salty, savory component to dishes.



### COMBINING FOOD GROUPS

Maximize the nutritional benefit of certain nutrients such as fat by combining food groups. Visit [choosemyplate.gov](http://choosemyplate.gov) for suggestions.



### BLUE ZONES

People living in "Blue Zones" routinely live to be 100, maintain their vitality longer, and rarely succumb to chronic disease.



### MOVING FOR GOOD

Encourage your workplace to get involved in social and community well-being efforts to boost engagement and purpose.



### KEEP TABS ON MONTHLY EXPENSES

Being aware of where you spend your money can prevent you from overspending and help with budgeting when it comes to future savings.

