

Fort HealthCare Launches Online Fitness Videos On-Demand Platform

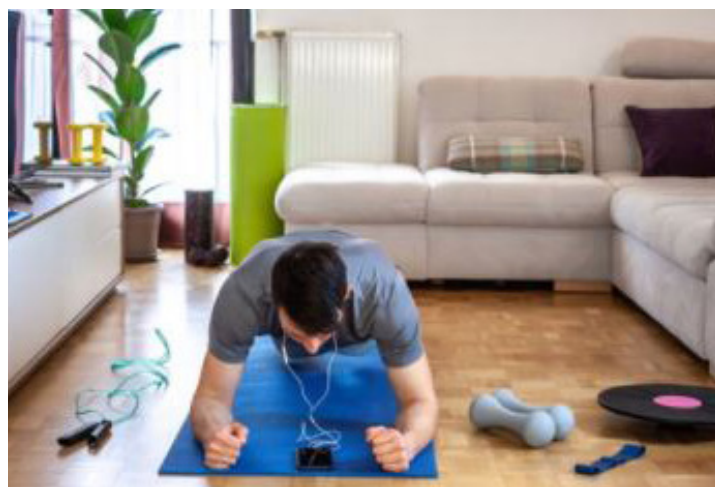
Does your schedule make it difficult to attend one of our in person or online LIVE fitness classes? Or maybe you've signed up for a class that meets once per week, but you find yourself wanting to add more workouts and more variety into your wellness routine? Then sign up for our NEW On-Demand Video Library subscription!

Our digital fitness video library offers you flexible options for adding fitness instruction into your day. For as little as \$15 per month (that's under \$0.50 per day!) you can have on-demand access to a wide variety of workout routines – and you can cancel at any time.

Choose from a set of cardio workout routines, strength training routines, or mind/body wellness routines, or take advantage of the discounted package option and subscribe to all three categories! Scroll through video options and create your own customized viewing list. You can access the videos anytime on the go from a computer or mobile device with an Internet connection. There's no time like the present to make your health a priority.

To get started or just review options, go to:

FortHealthCare.com/OnDemand and follow the instructions to create an account. Keep track of your login and password information. You can shop the options by category or as a package deal and set up your payment plan. Then you'll be all set! Log back in at any time to workout on your own time and in your own space.



These videos are exclusive to subscribers, so if you still want to enjoy other in person or digital fitness classes (LIVE online) – like Zumba® – you'll need to register for those separately at ***FortHealthCare.com/Classes***.

Cardio Classes

Cardiovascular fitness – or cardio – is exercise that gets your body moving to the point where physical activity benefits the heart and blood vessels the most. Besides feeling better and toning muscles – which help keep your metabolism and joints healthy – cardio (as with all exercise) also increases the number of calories you burn during a workout. The key to cardiovascular fitness is getting a good but safe aerobic workout. The American Heart Association recommends at least 30 minutes of exercise per day for adults.

Maximum and target heart rates

Although target heart rates might seem too complicated for beginners, it's important information to know regardless of your fitness level.

Here's a simple way to determine your maximum and target heart rates: Subtract your age from 220 to figure out your maximum heart rate. For example, if you are 35, your maximum heart rate is 185 beats per minute (220-35). Your target heart rate is 50 percent to 85 percent of that number, so multiply it by .50 and .85 to get a range. In this example, that's 93 to 157 beats per minute. These numbers are based on a healthy adult.



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How to calculate your pulse rate

Many wearable health devices and smartwatches can give you a reading on your pulse rate. If you don't have one of those devices, you can still calculate your own pulse rate. Hold one hand in front of you palm upward. Gently place the index and middle fingers of the other hand near the thumb-side of the wrist on your outstretched hand to feel the pulse. You should not need to press very hard to feel the pulse. Using a watch with a moving seconds hand or a stopwatch, count the pulse beats for 10 seconds, then multiply that number by six to give you the beats per minute.

Strength Classes

Strength training improves muscle strength, power, endurance, and size. It also helps reduce your body fat, increase your body metabolism so you burn more calories each day; it enhances your balance and stability, keeps your bones strong, and can reduce the symptoms of chronic conditions like arthritis, diabetes, or osteoporosis.

Strength training is an important part of a fitness routine because your muscles must be strong enough for daily activities. This includes things like carrying groceries or gardening. It also includes recreational and sports activities like walking or carrying golf clubs. As you age, you lose muscle mass and strength. Strength training helps delay and reduce this loss of muscle.

Strength training is also known as resistance training. It's different from weightlifting or powerlifting. These are sports in which people compete to lift the heaviest weights. In resistance or strength training, you use weights or resistance bands to force your muscles to work against gravity. Over time, this builds and strengthens muscle mass by increasing the size of your muscle cells.

If your goal is to increase your strength, then you should use progressively heavier weights in your training sessions. If your goal is to improve your muscle endurance, then you should use lighter weights with more repetitions in your training sessions.

Optimal workout

Often, beginners can push too hard, thinking that exercise has to hurt in order to work well, which is not true! If you are a newcomer to exercise, check with your healthcare provider before starting a fitness program.

If you have an irregular heart rhythm, experiencing results of an injury, or during exercise feel very tired, have chest pressure, or feel faint, seek immediate medical attention and try not to panic.

Yoga Practice

What is yoga, and why is it so popular? Yoga is a series of stretches and poses that you do with breathing techniques. It offers the powerful benefits of exercise. And since yoga is gentle, almost anyone can do it, regardless of your age or fitness level.

Yoga is a 5,000-year-old discipline from India. It was developed as a practice to unite the mind and body. There are many branches of yoga. All yoga styles can help balance your body, mind, and spirit, but they achieve it in various ways.

Some yoga styles are intense and vigorous. Others are relaxing and meditative. No matter which type you choose, yoga is a great way to stretch and strengthen your body, focus your mind, and relax your spirit.

Benefits of yoga

Yoga can make you stronger and more flexible. It's a great way to stay limber and energetic. You may also feel more focused and alert. For many people, yoga helps them feel great and function better in daily life.

Yoga can also help improve these conditions:

- | | | | |
|--------------------------|--------------------|---------------------|--------------|
| - Poor blood circulation | - Osteoporosis | - Trouble breathing | - Depression |
| - High blood pressure | - Limited mobility | - Headaches | |
| - Arthritis | - Lower back pain | - Tension or stress | |



Fort HealthCare Launches Online Fitness Videos On-Demand Platform

Yoga's gentle movements are a big reason for why it's so popular. Yoga is good for people who haven't been active in a while. It's good for people who have certain health conditions like arthritis or osteoporosis. You can change the exercises to fit your needs. But yoga is also great if you're already fit and want a challenging workout. As you become stronger and more flexible with yoga, it's easier to do other kinds of exercise like dancing, walking, or swimming.

Yoga can help you:

Reduce your risk for injury. Each yoga pose targets specific muscles. This helps you increase your flexibility and reduce your risk for injury.

Reduce stress. Yoga can help soothe the mind and lower stress levels. It does this by focusing the mind on the moment and the movements.

Increase your concentration. A main part of yoga is rhythmic, focused breathing. This can help you focus. Understand the mind and body connection. Yoga requires you to focus all your energy on each movement or pose exactly. This can help you feel the mind and body work together. Gain strength and stamina. More vigorous styles of yoga promote strength and stamina. Improve balance and stability. Balancing poses require you to use your core muscles. This can help you improve your overall stability.

Improve posture. Yoga poses strengthen and open tight areas of the body like the shoulders and muscles of the upper back. This can help you keep good posture.

Develop body awareness. Yoga requires you to contract or relax specific muscles as you stretch into each pose. This can help you become more aware of your body's strengths and weaknesses.

One of the most important benefits of any yoga routine isn't physical — it's the quieting of the mind. The bottom line is learning to pay attention. You fine-tune your attention, beginning with the body, and then moving to the mind. As you get deeper into your practice, you may discover additional mental health benefits.



Covid Booster shots
for employees

January 7th 12pm-4pm
January 11th 8am-12pm

In the Partners
Coffee Shop


FOR HEALTH



JANUARY DIGITAL ZOOM FITNESS CLASSES

Participants can sign up for all classes for \$20 | Employees & Partners receive 50% off all classes

MONDAYS: Midday Stretch with Tiffany Pernat
January 3, 17, 24, 31 (No Jan. 10th Class)
12:00PM-12:15PM | FREE

WERQ with Gina Elmore
January 10-31 | 5:30PM-6:00PM | \$10.00

TUESDAYS: Tabata Tuesday with Tiffany Pernat
January 4, 18, 25 (No Jan. 11th Class)
4:30PM-5:00PM | \$7.50

WEDNESDAYS: Midday Stretch with Tiffany Pernat
January 5, 19, 26 (No Jan. 12th Class)
12:30PM-12:45PM | FREE

Glutes & Abs with Tiffany Pernat
January 5, 19, 26 (No Jan. 12th Class)
4:30PM-5:00PM | \$7.50

Body Blast with Tiffany Pernat
January 5, 19, 26 (No Jan. 12th Class)
5:05PM-5:35PM | \$7.50

THURSDAYS: Strength & Stretch with Tiffany Pernat
January 6, 20, 27 (No Jan. 13th Class)
6:00AM-6:30AM | \$7.50

FRIDAYS: Midday Stretch with Tiffany Pernat
January 7, 21, 28 (No Jan. 14th Class)
11:30AM-11:45AM | FREE



Fort HealthCare
FOR HEALTH





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VIRTUAL 5K
WINTER SERIES

Wisconsin
DEEP FREEZE

JANUARY 21-23, 2022

EVENT IS FREE • DETAILS & REGISTER ONLINE
forthehealthcare.com/virtual5k

 FOLLOW US: Facebook.com/forthehealthcare



January 2022



**Digital Fitness
Classes**

Register [HERE](#)

[Class Schedule](#)

January Health Challenge



Resilience & Self-Care

Dates: January 1-31

Take a few minutes each day to focus on self-care and resilience techniques in January. Participants can earn 100 Wellness Points and prizes!

Additional information is available on the Health & Wellness tab on the Intranet.

**Winter Virtual
5k Series**

[Wisconsin
Deep Freeze](#)
January 21-23

**January
Resource 1:**

[Resilience & Stress](#)

**January
Resource 2:**

[Build Resilience
Through Self-Care](#)

Monthly Focus

"Resilience" Emails (Wednesday)
[January Health Challenge](#) (January 1-31)
[Deep Freeze 5k](#) (January 21-23)
[Real Appeal Weight Loss Program](#)

**January
Resource 3:**

[LifeMatters EAP](#)
Password: FHC1

QUESTIONS? EMAIL WELLNESS.ADVISOR@FORTH.COM



January Resilience & Self-Care Challenge

1 Sign Up for January Resilience Challenge in the Wellness Portal Starting 12/21/21

2 Print off Tracking sheet from the following locations:

- Wellness Portal--Rotator Area at bottom of page
- Health & Wellness Intranet Page

3 Track your progress each day between January 1-31



4 Turn in your completed sheet (or let Community Health & Wellness know how many spaces you crossed off) by February 4th.

Employees who participate in this challenge can expect weekly emails and suggestions for improvement of their resilience and self-care.

*Employees in the 2021 Wellness Program--make sure to log your 100 Wellness Points BEFORE January 31st!



Virtual/In-Person Diabetes Support Group Offerings

This is a monthly virtual and in-person gathering in a casual, positive setting. Adult participants include those who have diabetes or who have been touched by diabetes. Spouse and support persons are also welcome to attend. Each month, there is a different topic of discussion such as nutrition, activity, carbohydrates, food preparation, recipe, medication, eye health, blood sugar readings, and much more!

This monthly group meets virtually and in-person on the **second Wednesday of each month from 1:00pm - 2:00pm. You must register in order to receive a link to attend the support group online. For in-person meetings, a location will be emailed to you a week before the class begins.**

You can participate in the class or group from your home via an electronic device such as a computer, laptop, tablet, or phone. Follow the directions below to register:

Participants will need to register by calling the **Diabetes Education Office Assistant, at (920) 568-5453**. Upon registration, you will receive an email link to "Join" the meeting through your computer or mobile device. You will need a microphone on your device in order to participate in the meeting conversation. A camera is not required but helpful.



Fort HealthCare Department *Spotlight*

PHARMACY

January 12th is National Pharmacist Day

National Pharmacist Day on January 12th annually recognizes and honors all pharmacists across the nation. Please take this opportunity to recognize the importance of the FHC Pharmacy Department and appreciate them for their exceptional contribution in supporting your department and patient care.

The Pharmacy department helps with promoting a safe and regulatory compliant medication management system within the hospital building and serve as an expert resource on safe and regulatory compliant medication use to our Fort Medical Group clinics. The components of a safe medication management system include:

- Planning
- Monitoring
- Storage
- Preparing and dispensing
- Administration
- Selection and procurement
- Ordering
- Evaluation

Thank you to our incredible Pharmacy Team lead by Pharmacy Director, Sarah Pagenkopf, PharmD, BCPS

If you see an FHC Pharmacy team member during your work shift, make sure to give them a thanks for all that they do!



Cancer Links



Cancer links is a support group for all people who have had or are going through any type of cancer.

We meet virtually over Zoom once a month at 6:30pm on the 4th Thursday.

Sign up on the website below and receive and link in your email.

- When the diagnosis of cancer hits, know that you are not alone. You are now linked to others in a very special way.
- This group is for anyone with previous or current cancers. Any type, any kind - you are all welcome.
- This support group is for you and/or significant others.



WELCOME

TO THE COMMUNITY WELLNESS WALKING PATH

Open: Monday - Friday | 8am - 1pm

December 13th - April 1st

PLEASE SIGN IN AND OUT

PLEASE WEAR A MASK APPROPRIATELY AT ALL TIMES

PLEASE PRACTICE SOCIAL DISTANCING
(NO CONGREGATING IN GROUPS)

PLEASE BRING DRY FOOTWEAR



FORT ATKINSON COMMUNITY FOUNDATION





Fort HealthCare **RESPECT** NOMINATIONS

Thank you!

Jamie Durham of the Pain Clinic would like to nominate Carrie Kester of the Pain Clinic for her Empowerment, Excellence, Professionalism, Sensitivity and Teamwork. "I started with the company this summer and Carrie made me feel so welcome. She's been amazing at showing me the ropes and has been a real team player when it comes to working around my college schedule. She's always the first to hop up and help our elderly patients that come through the door with getting them a wheel chair or just a hand through the door. She's also super prepared for any situation and has a binder full of phone numbers, translator lines, and other tips and tricks to making our job easier. Carrie is also like the mom of our clinic and is always asking us how our weekends were or if one of us is having a rough time she always offers solutions or just be somebody to vent to. She's been at the company for quite a long time and is a huge asset for Fort Healthcare." Thank you, Carrie!

Hayley Bradenburg of the MSP department would like to nominate Lea Voelz, Amanda Baneck, Tracy Apkarian and Anne Wanke for their Responsiveness and Teamwork. "These 4 nurses helped me with a critically ill ICU patient for almost 2 hours while we were trying to stabilize him. They had patient's of their own, but were gracious enough to stay in a COVID isolation room until we could safely care for him again." Thank you, everyone!

Debbie Kraehnke of the Laboratory would like to nominate Laney Schommer our Lab Student, for their Excellence, Responsiveness and Teamwork! "Laney caught an error in the laboratory and brought it to the appropriate persons attention. She was very thorough and was on top of 2 identifiers needed for patient identification. Great job Laney!"

Kelly Eiden of the Health Information Management department would like to nominate Mary Downs of Patient Financial Services for her Professionalism, Responsiveness and Teamwork. "Mary is always very responsive when email requests are sent. She knows how to get the job done in a timely matter. She is active to prevent further oversights. Her teamwork is greatly appreciated." Thank you, Mary!

Kelly Eiden of the Health Information Management department would like to nominate Janis Bickle of Coordinator Hospitalist department for their Professionalism, Responsiveness and Teamwork. "Janis is knowledgeable and always helpful when email requests are sent to her. Her directions are concise to team members to help get the job done right. She is a valuable team member that supports many departments. Thank you!"

Kelly Eiden of the Health Information Management department would like to nominate Jane Eikland of LPN Lake Mills Clinic for their Professionalism, Responsiveness and Teamwork. "Jane is always willing to help when needed and is responsive. She has demonstrated teamwork and is professional. She is an asset to the Lake Mills Clinic and Fort HealthCare." Thank you, Jane!

Deb Schumacher of Obstetrics would like to nominate Laurie Meyer of Inpatient Services for their Empowerment, Excellence, Responsiveness and Sensitivity. "I was working along side of Laurie on IPS with a patient that was very distraught and frustrated with a complicated medical history and current situation. I was asked to administer medications and she was in the room doing a procedure. She empowered him to be part of his plan of care and to participate in the procedure to give him control of the situation. She was patient with him and de-escalated the situation with her approach. He went from a difficult verbally abusive patient to cooperation and decreased anxiety and acceptance. Laurie showed compassion and sensitivity in this situation and this is what I know Laurie's care is on a daily basis. I was very impressed - way to go Laurie - keep inspiring us all!"

IS Department would like to nominate FHC Kitchen Staff for their Excellence, Professionalism, Responsiveness and Teamwork. "During this year's United Way fundraising campaign, the IS team held a Potato Bar to raise money. This event was held over lunch in the cafeteria. The kitchen staff helped us with cooking our potatoes, bringing items out as we needed them, providing extra supplies when we ran out, and being constantly available for our questions and to provide support. They were professional and polite, never once hesitating to help us when we needed it. Their help was invaluable in allowing us to raise over \$800 for the event. We can't thank them enough!



Build your resilience through self-care

There are many ways to build resilience. The best time to build resilience is when you are already feeling good. Just like your physical health benefits from healthy routines, your mental well-being benefits from self-care activities designed to help you feel good. The ways in which you care for yourself have a direct impact on how you feel during good times and difficult times.

Hobbies: Hobbies are a great way to spend time focusing on something positive. The more that you engage in positive activities the more you are likely to experience a sense of overall balance in life. Try learning a new skill like baking or playing an instrument. Pick up old hobbies that may have fallen out of your routine.

Mindfulness: Mindfulness or meditation offers unique ways to address your adversities. There are a wide range of topics that mindfulness can address: chronic pain, anxiety, tension, worry, and sadness. Mindfulness and meditation allow you to regain control and focus on what matters.

Gratitude: Practicing gratitude is a great way to boost your mood. Keep a gratitude journal, and write down one thing each day that you are grateful for.

Physical Activity: Moving your body is a key element of feeling physically well. When you feel well physically, you have one less problem to face. Take a walk mid-day, go to the gym, or join a yoga class near you.

Balanced Diet: "Healthy eating" is the term we normally hear, but it goes beyond that. Food can connect us to our culture, heritage, and family. Find balance in the foods you eat. Allow yourself to eat the foods that nourish both your soul and your body.

Social Connection: We are naturally social creatures. Invest time in building relationships with people around you. Loneliness can be a significant stressor. The more we feel cared for by others, the more equipped we feel to manage adversity.

Sleep: Sleep is an important factor for mental well-being. Invest in getting enough sleep every night. Turn off screens before bedtime, and stick to a bedtime routine. Limit the amount of food you eat prior to going to bed.

Humor: Laughter helps boost your mood by releasing neurotransmitters like serotonin. On days when you are struggling to find something good to watch on TV, turn to humor and watch a stand-up comedy special or an episode of your favorite TV show.

Source: KaiserPermanente.org

Jan
2022



Resilience



inside

January

75 Fort
HealthCare
FOR HEALTH



Set Yourself Up for Success in 2022

Get your New Year's weight loss resolutions off to a good start with all the tools, resources, and support you need to take small steps for lasting change on Real Appeal®.

Helping You Stay on Track

Real Appeal on Rally Coach™ is a proven online weight loss support program. It's available to you and your eligible family members at no additional cost as part of your health plan benefits.



Online Convenience

Set goals, track your meals and activity, stream expert-led workouts, and access hundreds of recipes — all on the Real Appeal app.



Personalized Support

Communicate 1:1 with an online coach to discuss your specific health goals and circumstances.



Motivational Resources

Join live sessions with a community of members to learn practical tips for meal prepping, cooking meals with fewer calories, and more.

Get Started Now at
enroll.realappeal.com

Use these tips to form healthy habits that stick.

Stack your habits

Tie new habits to existing ones. Try a one-minute meditation with your morning coffee.



Start small

Take a daily walk at the same time, eat an apple, or do one pushup for starters.



Reward yourself

Listen to audiobooks while walking, or watch a cooking show on the treadmill.



Read "7 Daily Habits to Reach Your Goals" on the back for more ways to a healthy start of your New Year.

RALLY/COACH™

Real Appeal is offered at no additional cost to members as part of their medical benefits plan, subject to availability.

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7 Daily Healthy Habits to Reach **Your Goals**

Get a jump on your New Year's resolutions with this checklist of healthy habits that don't require a membership or meal plan.



Drink Up

Drink plenty of water during your day — and be sure to drink extra after exercise.



Move Your Body

Find ways to make movement part of your day, even if it's just taking the stairs.



Eat Your Veggies Twice

Eat 2½ servings each day, equivalent to one cup of cooked, raw, or canned veggies.



Snack on Fruit

Reach your daily fiber needs and satisfy your sweet tooth with two servings a day.



Fill Up on Fiber

Eat more fruits and veggies, along with healthy fats like nuts and avocados.



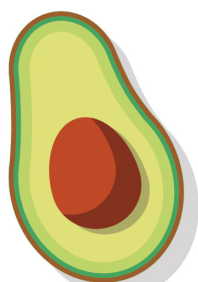
Opt for One Plant Protein

Choose plant proteins like chickpeas, lentils, or black beans for fiber and vitamins.



Make Sleep a Priority

Get 7-9 hours to improve your mental health, focus, and immune system.



Get Started Today at enroll.realappeal.com

Real Appeal[®]

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Jan
2022

The importance of Resilience

What is resilience?

Resilience is the ability to positively adapt in the face of risk and adversity. There is a wide range of adverse experiences like the loss of a loved one or living in a pandemic. They can also be something less significant like missing a flight or stubbing your toe. Even if you are resilient, you will still experience anger, grief, pain, or frustration during these moments. Your feelings don't go away. Instead, resilience allows you to cope with your emotions. Those with less resilience are more likely to feel overwhelmed by the negative events in their life. As a result, life may feel more difficult and challenging.

Why is resiliency important?

Resiliency enables you to prepare for stressful situations by being proactive instead of reactive. It helps you see failure as a form of helpful feedback that allows you to adjust and move forward. Resiliency also improves your ability to cope with difficult situations. It is a learned behavior that can be improved and challenged over time. It is important to continually work at it, so you are prepared when difficult life events arise. Resiliency is not the same for everyone. Some people are naturally more resilient than others due to a variety of factors including genetics and childhood experiences.

Building resilience

Resilience is a well that we dip from in times of trouble, rather than a hole we dig when we are already overwhelmed. It is best to lay the foundation early to help maintain your overall well-being. We often overlook our well-being until things become difficult to manage. Much like our physical health, we are less likely to get sick or feel ill if we engage in healthy habits. By investing in ourselves when we are doing well, we can help maintain our mental well-being.



Source: [APA.org](https://www.apa.org), [GreaterGood.Berkeley.edu](https://www.greatergood.berkeley.edu), [Heart.org](https://www.heart.org)



The importance of

Resilience

Building resilience

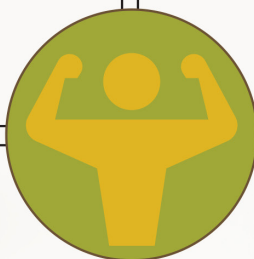
Some people seem to be born with the ability to overcome setbacks with relative ease. Others may struggle. Resiliency can be learned or fine-tuned with practice. Use the worksheet below to get yourself in the mindset of building more resilience.

I think being resilient means:

When I am going through a difficult time, the people I can trust to support me are:

Things I can do to help me through a difficult time:

I have shown resilience and bounced back when:



Try this [printable gratitude journal](#) for daily reflection.
Read this [article](#) for tips for developing healthy habits.
Read this [article](#) for more tips for building resilience.

By clicking on these links, you will be leaving this website and will be directed to third-party sites. These links are provided for informational purposes only.