

# COMMIT TO BE FIT

Official Newsletter of The City of Franklin Employees Health and Wellness Program



## May is Healthy Vision Month

Our eyes are our windows to the world. Learn how you should protect them.

When it comes to our health, we visit our doctor or nurse regularly to make sure our bodies are healthy, but what about our eyes? They're not always a priority, but they're just as important. During Healthy Vision Month, held each May, the National Eye Institute (NEI) encourages Americans to make their eye health a priority and educates them about the ways they can protect their vision:



### Get a Comprehensive Dilated Eye Exam

It's the only way to catch eye diseases early, because with many, there are no early symptoms. Just a few drops could save your vision and your overall health.



### Live a Healthy Lifestyle

Maintain a healthy weight and eat foods like fish and green leafy vegetables to lower your risk of eye disease. And don't smoke, it's as bad for your eyes as it is the rest of your body.



### Know Your Family History

We get our eye color from our parents, but did you know eye health is hereditary, too? Genes are a factor in eye diseases, including those diseases that are the leading causes of blindness.



### Use Protective Eyewear

Protective eyewear lenses are made of polycarbonate, which is ten times stronger than plastic. Whether it's safety glasses or goggles, keep your eyes protected when playing sports or doing recreational activities.



### Wear Sunglasses

The sun's rays can cause eye diseases, too. Choose sunglasses that block at least 99 percent of both UV-A and UV-B radiation.



For more information, please visit [www.nei.nih.gov/hvm](http://www.nei.nih.gov/hvm).

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"The greatest wealth is  
your HEALTH."

-Virgil

## The benefits of drinking water & staying Hydrated.



**Weight loss**  
Water is one of the best tools for weight loss. Why? Because it often replaces high-calorie drinks like soft-drink and alcohol with a drink that has no fat, no calories, no carbs, no sugar. It is also a great appetite suppressant, and often when we think we're hungry, we're actually just thirsty. So if you are wanting to lose weight - increase your water.



**Energy**  
Being dehydrated can sap your energy and make you feel tired -- even mild dehydration of as little as 1 or 2 percent of your body weight. If you're thirsty, you're already dehydrated -- and this can lead to fatigue, muscle weakness, dizziness and other symptoms.



**Headache cure**  
Another symptom of dehydration is headaches. In fact, often when we have headaches it's simply a matter of not drinking enough water. There are lots of other causes of headaches of course, but dehydration is a common one.



**Healthy skin**  
Drinking water can clear up your skin and help you look more fresh and glowing. Commit to drinking a healthy amount of water over a week and see the effects on your skin.



**Digestive problems**  
Our digestive systems need a good amount of water to digest food properly. Often water can help cure stomach acid problems, and water along with fibre can cure constipation again, often a result of dehydration.



**Cleansing & kidney health**  
Water is used by the body to help flush out toxins and waste products from the body. The more water you drink the better your kidneys will function.



**Better exercise**  
We all know it is essential to drink water when exercising, but did you know being dehydrated can severely hamper your workouts? Slowing you down and making your workouts harder. So the best time to drink water is actually two hours before you plan to exercise, and of course during and after.

## 6 ways to make WATER a habit.

- 1 Drink a glass of water with each meal
- 2 Carry a water bottle with you throughout the day
- 3 Keep water on your desk at work.
- 4 When you feel like a snack, try drinking water first.
- 5 Substitute for water instead of a coffee or soft-drink, drink water
- 6 Track your water. Record the number of glasses you drink on the AGL Wellbeing Hub .

# STAY HYDRATED WITH YOUR NEW WATER TRACKING BOTTLE!!

The City of Franklin will be giving all employees a New Water Tracking Bottle at the Employee Appreciation Cookout!

# THANK YOU FOR YOUR HARD WORK AND DEDICATION TO THE CITY OF FRANKLIN!

ONE WATER BOTTLE PER EMPLOYEE WILL BE GIVEN





# WATER Challenge

Challenge your department to a monthly water challenge!

To get started, print off the challenge log for each employee in your department. At the end of the month add up who drank the most water!



## INFUSED WATERS TO SIP ON THIS SUMMER

### Instructions:

- 64 ounces of fresh water or carbonated water
- crushed ice



**Pineapple+orange+basil:** 4 wedges of pineapple, 6 slices of oranges and a few sprigs of basil. Combine in a pitcher with water and let sit for 5 minutes. Top with ice and serve

**Strawberry+blueberry:** 1/4 cup blueberries, 4 strawberries sliced. Combine in a pitcher with water and let sit for 5 minutes. Top with ice and serve.

# MONTHLY WATER TRACKER



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# WAYS TO GET MOVING IN THE COMMUNITY



Join us for a Free Fun Day of Health Awareness at the 2023 Family Wellness Fun Day hosted at Armory Park, located at 920 Armory Drive, Franklin, VA. 23851 on Saturday, June 10, 2023 at 10:00 AM



Bring the whole family out to the Spectacular Juneteenth Cultural Celebration in Downtown Franklin June 17th -19th.



Donate Blood and Save Lives! The City of Franklin Mayor's Blood Drive will be hosted at the Franklin Business Incubator, located at 601 N. Mechanic St. Franklin, Va. 23851 on Thursday, June 29, 2023 from 10:00 AM - 3:00 PM.



Celebrate Independence Day in the City of Franklin on Wednesday, June 28th from 4:00 PM to 9:30 PM with a Live Band, Free Hotdogs & Watermelon, Fireworks and so much more! Hosted at Barrett's Landing Park, located at 100 Barrett St. Franklin. VA. 23851.

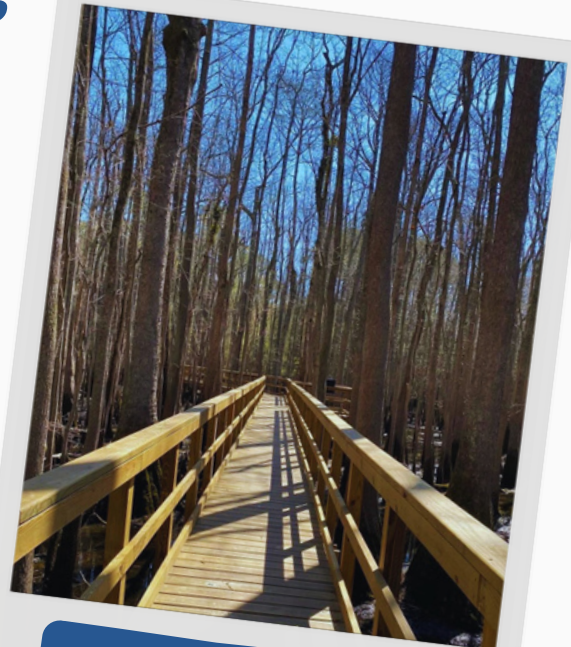
## GET UP, GET OUT, GET WALKING AT THE BLACKWATER PARK!

**1716 North High Street, Franklin, VA. 23851**

**Operating Hours:  
M-F 8:00 AM-7:00 PM**

### Facts about Blackwater Park

- The Board Walk is 800 Feet long.
- Turkey Island Loop is 3/8 of a mile.
- Ridge Trail is 1.5-mile roundtrip.



**Get moving!**



Looking for ways to practice and celebrate wellness?  
Mark your calendar for these fun dates!

May 14-20: National Women's Health Week

May 25: World Thyroid Day

June 9: National Meal Prep Day

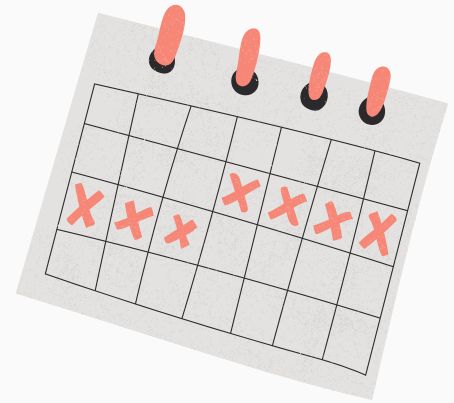
June 28: National Day of Joy

July 3: National Chocolate Wafer Day

July 19: National Words with Friends Day

August 6: Cycle to Work Day

August 15: National Relaxation Day



## How to Cope with **FINANCIAL STRESS**

**Thankfully, there are a number of ways in which individuals can attempt to reduce or eliminate their financial stress. Below are 10 key ways in which you can cope with your financial stress and better manage money.**

1. Take a step back and reflect; practice mindfulness and acceptance.
2. Assess your financial starting point.
3. Address the mess.
4. Focus on what's controllable.
5. Establish (and stick to) a budget.
6. Reach out for support.
7. Set savings goals.
8. Work toward paying down debt.
9. Explore professional help options.
10. **Have patience, and be kind to yourself.**



Scan the QR Code to visit Anthem EAP and read more about How to cope with Financial Stress.

This article was adapted from the Workplace Options (WPO) Blog post, "Coping with Financial Stress" at <https://www.workplaceoptions.com/coping-with-financial-stress/>