



# WELLNESS NEWS

## JANUARY 2025



**Happy New Year!**

If you have any questions or would like to make any suggestions about programs or content, feel free to email me at **Marcy@Scantichealth.org** or call **617-431-6651**

I would love to hear from you!

# Thrive in 2025

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**Happy, Healthy New Year!** As the confetti settles and the calendars flip to 2025, it's time to talk about those shiny New Year's resolutions. But before you dive headfirst into "Operation: Completely Change My Life in One Week," let's slow our roll for a second. Big changes are exciting, sure, but lasting change? That's built with the tiny, unglamorous, day-to-day decisions that seem small but add up in a big way.

You don't have to train for a marathon tomorrow or live on kale smoothies to make progress. Start with something manageable—like swapping sugary drinks for water 3 times per week or taking a 10-minute walk after lunch. Trust me, these baby steps are like compound interest for your health: they build and build until you're amazed at the transformation.

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If you want a bit of help making healthy New Year's resolutions that actually stick

[click here for Resolution Reset 2025](#)

**This program is worth 10 points**



# 2024-2025 Wellness Works Incentive Program



**The Wellness Works Program** allows SVRHT employee subscribers to earn points for participating in health and well-being programs. All programs offered are free for members (employees and family member subscribers) who get their health insurance from the Scantic Valley Regional Health Trust. Programs are worth between 10 and 20 points each and you can earn up to 200 points between November 4th and May 31st.

For more information on the Wellness Works Incentive Program, see the links below:

[Click here](#) for the information document for **Health New England**

[Click here](#) for the information document for **BCBS**

If you have **Tufts/Harvard Pilgrim**, contact me for information.

**You can receive 20 points for taking your health risk assessment through your insurance carrier, 20 points for getting your annual physical, and 10 points for getting your flu shot. Every program you take adds points toward your total rewards!**

**It has never been easier to earn points for staying healthy and well!**

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# 2024-2025 Wellness Works Incentive Program



## \*\*\*New Programs for January\*\*\*

**Resolution Reset 2025** - Did you know most people give up on their New Year's Resolutions by the second week in January? Resolution Reset will help you make resolutions that will actually stick! **This program is worth 10 points.**

[Click here to register](#)

**Get Lean Permanently** - If one of your 2025 goals is to get healthy and lose unwanted body fat, this program is for you! This program focuses on metabolic health - the foundation for optimal health and wellness. This science-based, transformational program will continue throughout the year. We are starting with the first 3 modules - nutrition, exercise, and habit stacking. [Click here to register and get started!](#) **This portion of the program is worth 30 points** (each module is worth 10 points).

**Live Longer - Quality and Quantity Webinar - January 9 12:00 - 1:00.**

[Register here.](#) **This program is worth 10 points.**

# Two Cost Savings Programs

Available to employees and family members who get their insurance through the SVRHT

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## CanaRX

**If You have prescription medications, you can save money with CanaRX. Medications on the list are free to employees who get their insurance from the SVRHT.**

CANARX sets the standard for prescription medication safety and savings. Sourced in federally-designated countries, brand-name medications are shipped straight to you in their sealed, original packaging. You pay nothing thanks to the exceptional savings CANARX brings to your health plan when you use this optional program. It's just that simple.

For more information or to sign up for this cost-saving program [click here](#)  
You can see if your medications are on the list [here](#)

**If you're still not convinced that you should try utilizing CanaRx, [watch this short video](#) that will explain the benefits of this incredible benefit.**

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## Diabetes Program - Good Health Gateway

If you or a benefit family member has diabetes, Good Health Gateway can save you money on medications and testing supplies.

For more information on this program, [click here](#)



## Let's start moving and feeling great together!

**Join Janine Boland for a 6- week Yoga program -  
you can still drop in and enjoy a yoga class!**

This program is a fun way to unwind and de-stress after a long day.

All levels are welcome so bring a yoga mat and a water bottle and end your day on a positive, healthy note!

**When:** Mondays at 5:30

**Dates:** 12/2, 12/9, 12/16, 1/6, 1/13, 1/27

**Where:** Longmeadow Adult Center

\$30.00 for all 6 classes. You can bring cash or a check for Janine Boland when you attend your first class.

\$10 drop-ins

To sign up, email Janine Boland at [j9boland@gmail.com](mailto:j9boland@gmail.com)  
or call 413-575-6574

**If you have questions, please contact  
Janine Boland [j9boland@gmail.com](mailto:j9boland@gmail.com)  
413-575-6574**



**TUFTS**  
Health Plan

# Tufts Health Living Well at Home

Would you like to take a yoga class in your own home? How about developing a mindfulness practice with guided mindfulness and meditation? Or, maybe it would be fun to try a Zumba class with your family - right in your own living room!

**Tufts Health Wellness Program** has a number of virtual classes available at no cost to you!

## Yoga

**Mondays and Wednesdays**



## Mindfulness

**Tuesdays, Wednesdays and Thursdays**



## Zumba and Strength Training

**Tuesdays and Thursdays**

These programs are free to everyone (you don't have to have Tufts as your insurance provider to participate).

Check out the Living Well at Home [Page Here](#)

# Recipe of the Month

## Salmon with Mustard Dill Sauce

**Easy**  
**Delicious**  
**Healthy**



1 pound of salmon filet (wild caught is best)  
1 tbsp mayonnaise  
2 tbsp Dijon mustard  
1 tsp olive oil  
chopped, fresh dill  
capers  
fresh lemon

Mix mayonnaise, mustard and olive oil in small bowl.  
Spread over salmon filets  
Add chopped dill and capers  
Cook in oven at 375 for 20 minutes.



# Meal Planning

This month, we are focusing on recipes for those wanting to make a significant shift in the new year. Primal Plate is a type of nutrition plan that focuses on anti-allergy, anti-inflammatory foods.

This plan is grain-free, soy-free, corn-free, and dairy-free. This bundle is a great way to start making healthier choices. Like everything I share this month, you don't have to go all-in on day 1 of 2025 with this type of nutrition plan. This might be something to try 2 - 3 times per week. If you like the meals and you feel better eating this way, you might add some of these recipes into you plan more often.

[Here is the link to this month's meal planning bundle](#)

[Here is the link to this month's recipe bundle](#)

**If you are trying to cut back on sugar, make sure you know how to find it on a food label.  
Here are some other names for sugar - it's hiding everywhere!**

- Barely Malt
- Beet Sugar
- Brown Sugar
- Buttered Syrup
- Cane Juice Crystals
- Cane Sugar
- Caramel
- Carob Syrup
- Corn Syrup Solids
- Date Sugar
- Dehydrated Cane juice
- Dextran
- Dextrose
- Diastase
- Ethyl Maltol
- Fructose
- Fruit Juice and Fruit Juice Concentrate
- Glucose
- Glucose Solids
- Glucose Sugar
- Maltodextrin
- Maltose
- Mannitol
- Molasses
- Raw Sugar
- Refiner's Syrup
- Sorbitol
- Sorghum Syrup
- Sucanat
- Sucrose
- Sugar
- Turbinado Sugar
- Xylitol
- Grape Sugar
- High Fructose Corn Syrup
- Honey
- Invert Sugar
- Lactose
- Malt Syrup



# Winter Fitness

## **Stay Active All Winter: 3 Tips to Keep Moving and Crushing Your Goals**

Winter months can make staying active feel like an uphill climb, but don't let the chilly temps freeze your fitness routine. Here are three simple tips to help you stay consistent, warm, and motivated all season long:

### **1. Embrace Home Workouts**

When it's too cold to hit the gym, turn your living room into a fitness hub. Bodyweight exercises, resistance bands, or dumbbells can give you a full-body workout without stepping outside. Squats, lunges, and push-ups are great for strength training, and you can add some planks or bicep curls to build muscle and stay strong.

### **2. Warm Up with MIIT or HIIT Training**

Kick the winter chill with some MIIT (Moderate-Intensity Interval Training) or HIIT (High-Intensity Interval Training) sessions. These short bursts of activity followed by rest will get your heart pumping and keep you warm. Think jumping jacks, mountain climbers, or quick sprints in place—just 15-20 minutes is enough to make a big impact and, you can do these workouts in your living room or bedroom!

### **3. Move More!**

Get up from your desk or sofa and move every hour! This sounds insignificant, but it's not! Sitting for hours at a time is very unhealthy and moving your body every hour can change your health!

If you feel like trying a new workout, [click here for Barre Flow Workout](#) - and guys, you can definitely try this as well!!

