

EUTF Health and Wellness Program

Take time for your well-being!

January 2025 My Health Assessment

Let the EUTF Health and Wellness Program help you reach your goals!

New Year, New You? Create wellness goals for the new year. Discover how your EUTF health benefits can support your healthy habits in 2025! Here's a few steps to get started:

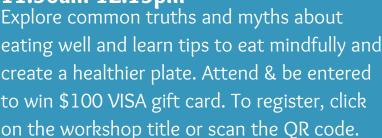
- 1. Visit the EUTF Health and Wellness page
- 2. Download EUTF's 2025 Health and Wellness Calendar to save the dates for events that align with your goals
- 3. Get connected! Ask to be added to our list by emailing eutfwellness@hawaii.gov
- 4. Support others! Plan a webinar group watch or wellness fair for your colleagues.

WEBINARS

Click titles below to register!

Eat Well, Live Well

January 16 Thursday 11:30am-12:15pm



Health and Wellness <u>Campaigns</u>

Make your eye health a priority. Schedule your annual eye exam today!

Make your appointment with a VSP® network doctor today. Just let the doctor's office know you have VSP when you schedule your appointment. Scan the QR code or visit vsp.com/eyedoctor to find one near you.



: To be Tried

January 28 Tuesday 11:30am-12:15pm

"Frequency, Intensity, and Time." Review how to structure workouts that factor in frequency, intensity, and time, or FIT. Learn how cardio, strength training, and stretching can be incorporated into a weekly routine. To register. click on the workshop title.

KAISER PERMANENTE.



Don't WEIGHT to Get in Shape!

It can be hard to stay at a healthy weight, especially when fast food, vendingmachine snacks, and



processed foods are so easy to find. But staying at a healthy weight may be easier than you think. If you want to lose or maintain your weight, Kaiser Permanente is here to help. We invite you to participate in our fun and engaging "Don't WEIGHT to Get in Shape" program to help manage your weight and maintain a healthy lifestyle. Visit <u>kp.org/eutf/getinshape</u> to start your journey!

CHALLENGES

Participate and Move! Click on the challenges title for more info!

<u> 10K-A-Day Challenge</u> February 10 Monday-March 9 Sunday

A 4-week physical activity challenge to accumulate 10,000 steps each day. Challenge registration opens on January 8! Bookmark the <u>10K-A-Day</u> page. Register for the <u>kick-off</u> webinar on February 5th at 11:30am, learn how to participate, and how to be entered to win one of the \$250 VISA gift cards.



