

WELCOME!

Welcome to WSC Strong, WSC's new wellness program & newsletter! The WSC Wellness Committee is excited to help promote healthy lifestyles for all employees and hope you are too! This newsletter will be updated each month with lots of info like recipes, exercise tips and more. Be sure to check it out on the "For Employees" page of the company website (workservicescorp.com) and on bulletin boards around your facilities. We have some new, fun & exciting ideas so be on the lookout for upcoming WSC Strong events!

AND THE WINNER IS...

Sheryl Hickerson! Thanks, Sheryl, for an awesome name for the WSC Wellness Program. We think WSC Strong is a great expression of our employees' ability to take control of their own well-being to live healthier, happier lives. We hope you'll take a minute to think about what WSC Strong means to you and how you can take action to improve your own wellness. Let's all work together to make us WSC Strong!



Faith Andrade placed 1st in the Ball Throw. Congratulations Faith!

WSC STRONG COMMITTEE

Annette Coleman

Micha Guilbeau

Thomas Johnson

Holly Buroughs

Angela Smith

Jesse Rynick

Lana Vaughn

Beth Guice

LAST MONTH...

The Special Olympics Summer Games were held in May. A big shout out to all WSC employees who participated! Awesome job!

TELL US YOUR STORY!

Did you quit smoking? Lose weight? Run a marathon? Have an awesome healthy recipe or fitness tip?

Tell a WSC Strong committee member the ways you're staying healthy & you could be featured in a future newsletter. Let us hear from you!

THIS MONTH...



JUNE IS MEN'S HEALTH MONTH!

Did you know that on average, men die at younger ages than women? Men are also less likely to go the doctor than women, they're more likely to die from heart disease & cancer and they're more likely to commit suicide. Yikes! Guys, we want you around for a long time so start taking steps to live a healthier life. Eat right, exercise, get enough sleep, don't smoke, and see your doctor! Keep reading for some ideas to get you started.



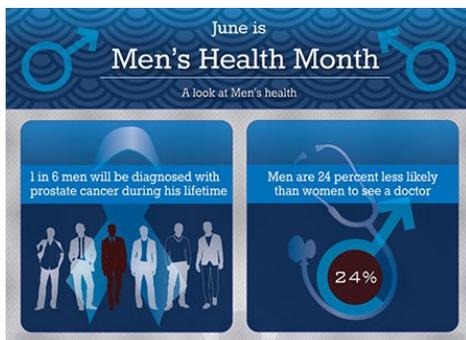
GET MOVING!

Have you tried bodyweight exercises? Jumping jacks, squats & push-ups are some examples. These exercises get your heart rate up while also strengthening muscle—two for the price of one! Plus you don't need any equipment and you can do them anywhere. Try it!

For help, try the 7 Minute Workout App for your phone (seen at left), ask your doctor (don't be embarrassed—s/he wants you to exercise!), or try an internet search for "bodyweight exercise."

GET GRILLING!

Grilling is a great way to cook food that's healthy & tasty. Plus, it keeps the house cool & clean-up is easy. Skip the artery clogging burgers & hot dogs and grill lean meat like fish, shrimp or chicken. And don't forget the veggies! Asparagus, squash, mushrooms & bell peppers all taste delicious warm off the grill. You may even want to grill some extra chicken breasts for easy meals throughout the week. Add them to salads, soups or tacos for quick & healthy meals all week long!



GET TO THE DOCTOR!

Guys, make an appointment for a check-up with your doctor. It's important to have all your numbers checked every year to make sure your body is running like it should. And pay attention to changes or different feelings (physical, mental & emotional!) & tell the doc about those changes. In addition to eating right & exercising, seeing your doctor and being honest about your symptoms will help you live better & longer!

For more info, check out these websites:

