



# Working **WELL**

## Home Edition

*Working Well is a monthly email series from CDPHP featuring health and wellness tips for CDPHP members and non-members. This edition provides healthy activities that can be done at home. **Feel free to forward this email to your employees to help them live their healthiest lives.***

As we collectively work to stop the spread of coronavirus (COVID-19), many of us are spending more time at home or even working full-time from home.

In this special edition of Working Well, we've provided healthy activities you can complete at home to stay loose, break a sweat, get creative, stay in touch with friends, and more.

**You don't have to be a CDPHP member to take advantage of these free resources!**

**Take a stretch break.** Don't let your home office chair cause undue stiffness and aching. These [simple stretches](#) will keep you loose and relaxed. Even if you're not working from home, stretching is a great way to relieve stress and fight fatigue.



**Free digital fitness classes.** Gyms may be closed, but CDPHP is making it easy to get a strength training or cardio workout. We've partnered with area fitness experts to bring you [free digital fitness classes](#). New classes will continue to be added, so check back often.

**Play healthy BINGO.** Keep your physical, mental, and emotional health in check by completing this [self-care BINGO card](#). Challenge yourself to cross off the entire card by completing activities such as drinking eight glasses of water in a day, trying a new exercise, or sharing a funny joke with a friend.

### *CDPHP members*

If you have questions about your health or a new condition, CDPHP is here for you. Call 1-888-94-CDPHP (23747) and a member of the CDPHP Care Team can help you get answers, find a doctor, or navigate a new diagnosis.