



Hello, Wellness Enthusiast!

Use your monthly Health Kit for support as you promote wellness.

Share the materials - email, print and post!

Technology and Your Health

New technologies are being introduced every single day, and many of them are directly related to your health. This month's Health Kit looks at technology and the roles it can play in your wellbeing. And, of course, we threw in a fun brain teaser and a tasty recipe, just to keep you on your toes!

Poster: Did you know that technology can be good for your health? Print and display our poster, *Technology and Your Health*, to find out more.

Brain Game: Riddle me this!

Recipe: If you hated Brussels sprouts as a kid, your taste buds are about to grow up! These nutritious, delicious roasted Brussels can be eaten either hot or cold. And because they're roasted in the oven, there's much less clean up.

90 Second Video: What can your smartphone or other device tell you about your sleep? Is that information accurate? Is it useful? In this video, Clinical Specialist Michael Dettner takes a look at the pros and cons of this new technology.

Coaching Moment: Hours of sitting at a screen every day can be bad for your health. In this brief video, Coach Mitch challenges you to take a brief break and move your body. Challenge On!

Podcast: Being connected all the time can have its advantages. It can also raise your stress level. Go ahead and give yourself 10 minutes to take a tech break and unwind with this simple relaxation exercise.

Additional Info: Click [here](#) for more information on technology and your health.

Be sure to check out next month's Health Kit on Summer Safety.