



Wellwaukee Newsletter

August 2026

National Wellness Month!

Wellness Month is all about **Wellness Your Way**. Whether you're focusing on your emotional, physical or financial wellness, every healthy choice matters. Together, we're moving Milwaukee toward a healthier future one step, one goal and one person at a time. Check out these **wellness quick tips** to help you **win** today!

Fiber for the Win!

Fiber is essential for digestive health, and it plays a role in lowering cholesterol.

- Fiber adds bulk to foods, helping us to feel more satisfied when we eat.
- There are two types of fiber: soluble and insoluble.
- **Daily recommended fiber:** 25 grams daily for women and 38 grams daily for men.
- [Quick Tip – Fiber the Missing Piece](#) (Password Wellness 1)

Reduce Overwhelm with 'One Tasking'

Evade the multi-tasking trap by focusing on a single task until it's completed. This doesn't mean "do less." Rather, it protects your mental energy and increases productivity while reducing mental fatigue and stress.

- Choose the "one priority task" that matters most and block off 25-60 minutes of time for it.
- Park distractions by writing them down instead of switching back and forth between tasks.

Your Body in Motion

Warning: moving your body may lead to strong bones, better mood, fit muscles and improved sleep!

- Try seated yoga (psst ... check out your Wellness Portal for virtual Chair Yoga classes).
- Swim for low-impact cardio.
- Walk with a co-worker on your break.
- Do stretches at your desk.

Saying Yes to Boundaries by Saying 'No'

We all want to be a good friend, parent, child, coworker and/or partner. Unfortunately, we might equate that with saying "yes" to too many things – at our own expense. Learning to say "no" is an expression of self-care. Here are kind ways to say "no":

- "My plate is as full as I like." – Molly Galbraith
- "I'll pass. Some other time."
- "I respectfully decline."



Environmental



Emotional



Spiritual



Occupational



Financial



Social



Physical

Wellness Resources

- **[City EAP \(FREE, Confidential\)](#):** Onsite counseling for employees & families. Contact Cris Zamora: 414-286-3145 czamora@milwaukee.gov | City Hall Room 706
- **[Registered Dietitian & Health Coaching \(FREE\)](#):** Looking to improve your well-being? A Workforce Health dietitian or health coach can help with nutrition, stress management, health goals and more. Call 414-777-3410.
- **[Calm App \(FREE\)](#):** Meditation, sleep and mindfulness support available through the City wellness program.
- **[Virtual Fitness Classes \(FREE\)](#):** Join a Health Coach and nurture your body with Yoga or feel the burn with something more intense. Live and On-Demand options are available to fit your schedule.
- **[Wellness Portal](#):** Explore quick health tips, Healthy Rewards opportunities, action plans and more — all in one convenient place to help empower your healthy journey. Call Workforce Health at 414-777-3410 for support.

United Healthcare Has You Covered

As families prepare for back-to-school, fall sports and the upcoming cold and flu season, now is the perfect time to make sure you and your loved ones are up to date on recommended vaccinations.

Take a few minutes to watch UHC's [Understanding Vaccines](#) video to learn how vaccines work and why they matter.

If you're unsure what vaccines you need (including COVID-19 or RSV), the [Workplace Clinic](#) can help. Call 414-777-3413 OR schedule through the Froedtert & MCW app



Safety Tip of the Month

When you hear the word ergonomics, you think of sitting in your desk chair properly. Ergonomics is the skill of fitting the job to the person. This helps lessen muscle fatigue, increases productivity, and reduces the number and severity of work-related MSDs. Musculoskeletal Disorders (MSDs) affect the muscles, nerves, blood vessels, ligaments, and tendons. Workers in many different industries and occupations, not just those sitting at a desk, can be exposed to risk factors at work, such as heavy lifting, bending, reaching overhead, pushing and pulling heavy loads, working in awkward body postures, and performing the same or similar tasks repetitively. This muscle fatigue can increase your chances of injury.

The City offers many free options to employees to help with MSDs. Visit the [Injury Prevention Clinic](#) at the City Hall Complex, the Traveling Wellness Center, or work with Kaia (transitioning to Sword) for virtual Physical Therapy options. Get help before sore muscles become an injury that could have been prevented!

Find Your Summer Foods at a Farmers Market or CSA

Enjoy the flavors of summer with fresh, seasonal produce from farmers markets and Community Supported Agriculture (CSA) programs. You'll find local favorites while supporting local farmers.



Why shop local?

- **EARN HEALTHY REWARDS!** 5 points for having a CSA membership.
- Enjoy peak flavor and nutrition from freshly harvested produce.
- Support local farmers and your community.
- Discover new fruits and vegetables and get recipe ideas from growers.
- Many markets accept SNAP and WIC benefits.
- Shop for more than produce, including local honey, eggs, meats and other farm-fresh staples.

Find a farmers market, CSA or local farm near you by visiting the Farm Fresh Atlas www.farmfreshatlas.org or the Wisconsin Farmers Market Association <https://www.wifarmersmarkets.org/home>.

National Financial Awareness Day: Invest in Your Future

National Financial Awareness Day is the perfect reminder to take a fresh look at your financial goals. Whether retirement is decades away or just around the corner, even small steps today can help strengthen your financial future.

As a City of Milwaukee employee, your Deferred Compensation Plan is one of the most valuable benefits available to help you prepare for retirement. Consider increasing your contribution by just 1%, reviewing your investment elections, or making sure your beneficiary designation is up to date. These simple actions can make a meaningful difference over time.

Not sure where to start? Visit www.milwaukeeedcp.com, call the Voya Service Center at 844-360-MDCP (6327), or schedule a complimentary one-on-one meeting with a local Voya representative at : <https://bookvf15.timetap.com> | 414-286-554 | DEFCON@milwaukee.gov.

Educational resources and personalized retirement planning support are available to help you make informed decisions with confidence.

Your future is worth the investment. Start today — your future self will thank you.