

GOOD MORNING:

IT'S WEEK 6 OF THE **HEALTHY BACK CHALLENGE**:

THIS WEEK'S OPTIONAL LUNCH AND LEARN IS ENTITLED **A HEALTHY BACK IS JUST ONE OF YOUR BENEFITS**. THE TITLE IS A LITTLE BIT CRYPTIC. BASICALLY, WE WILL DISCUSS CONCEPTS OF SELF-MANAGEMENT THAT APPLY TO SO MANY AREAS RELATED TO OUR HEALTH. SO WHAT WE ARE LEARNING AND PUTTING INTO PRACTICE TO KEEP OUR BACKS HEALTHY COULD BE APPLIED TO MANAGING ARTHRITIS, CARDIOVASCULAR DISEASES ETC. IN ADDITION, THE SRP-MIC-SPONSORED BENEFITS PLAN IS SO RICH THAT IT IS HARD TO UNDERSTAND AND UTILIZE ALL THAT IS OFFERED TO US AS PART OF OUR COMPENSATION. SO WE WILL SPEND A LITTLE TIME SURVEYING THE HEALTH-RELATED BENEFITS THAT WE CAN USE TO MANAGE OUR BACK HEALTH AND OUR HEALTH IN GENERAL. THE LUNCH AND LEARN IS TOMORROW, **TUESDAY, SEPTEMBER 17TH AT 11AM** ONLINE AND AT SRP-MIC'S TWO WATERS B BUILDING, ROOM B106.

[CLICK HERE](#) TO REGISTER TO ATTEND ONLINE
[CLICK HERE](#) TO ATTEND IN-PERSON IN TWO WATERS B106
(LINK WILL OPEN E-MAIL TO WELLNESS@SRPMIC-NSN.GOV)

WEEK 6 ACTIVITIES: THERE ARE **TWO RESOURCES** HEADING YOUR WAY. **ONE** ABOUT THE SELF-LIMITING NATURE OF CHRONIC BACK CONDITIONS. THE **SECOND** ABOUT USING RESOURCES AVAILABLE TO DETERMINE WHEN/IF TO SEEK CARE FOR A SYMPTOM OR CONDITION, AND WHERE TO SEEK CARE IF INDICATED. MORE ON THIS SOON.

QUIZ: TOWARD THE END OF THE WEEK THE ONLINE QUIZ WILL BE ACTIVATED: **BODY COMPOSITION**. THE LINK WILL BE SENT TO YOU VIA E-MAIL AND AVAILABLE AT THE CHALLENGE WEB PAGE. YOU CAN TAKE ANY OF THE QUIZZES, ANYTIME. JUST USE THE LINKS AVAILABLE IN THE QUIZZES SECTION OF WWW.WELLPATH.INFO/CHALLENGES.

DON'T FORGET THAT YOU SHOULD BE BUILDING YOUR **HEALTHY BACK EXERCISE ROUTINE**, ONE EXERCISE AT A TIME, ONE WEEK AT A TIME. THE **JOINTSTRONG™ APP** IS THE RECOMMENDED RESOURCE FOR BUILDING YOUR HEALTHY BACK EXERCISE ROUTINE. CHECK IT OUT IF YOU HAVEN'T ALREADY. IF YOU ARE HAVING ANY TROUBLE WITH THIS PROCESS PLEASE E-MAIL WELLNESS@SRPMIC-NSN.GOV OR CONTACT WELLPATH COACH GRETA: WELLPATHCOACH.GRETA@GMAIL.COM.

THERE ARE A SCADRILLION EXERCISES AVAILABLE TO CHOOSE FROM ON THE CHALLENGE WEB PAGE. IF YOU NEED SOME CREATIVE ASSISTANCE, CHECK THOSE OUT.

ALL THIS INFORMATION IS AVAILABLE ANYTIME YOU ARE ONLINE AT WWW.WELLPATH.INFO/CHALLENGES.

QUESTIONS? WELLNESS@SRPMIC-NSN.GOV.