

NEWS RELEASE

For Immediate Release

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National Wellness Month

Southwest Nebraska Public Health Department (SWNPHD) invites everyone to learn about wellness programs in their community or workplace during National Wellness Month in August. Wellness programs often include physical activity, nutrition, and mental health support which increase long-term quality of life. SWNPHD has several programs that are free or low-cost and can be used individually or as part of a workplace wellness program.

“Wellness means more than just not being sick,” explained Melissa Propp, Clinic Manager at SWNPHD. “Wellness is about supporting our bodies and minds with healthy choices that improve our quality of life.”

Many everyday choices can contribute to wellness, especially about physical activity, nutrition, and mental health. These activities can look different for everyone depending on age, gender, health conditions, and a number of other factors. The following guidelines for activity and nutrition are recommended to the general public. To receive specific wellness recommendations for yourself, talk to your doctor or medical provider.

Physical Activity

- 150 minutes of aerobic activity a week (*activity that increases your heart rate, such as walking or running*)
- Muscle-strengthening activity at least 2 days a week (*activity that strengthens muscles such as lifting weights or doing squats/push-ups/etc.*)

Nutrition

- Make half your plate fruits and vegetables
- Make half your grains whole grains
- Eat a variety of proteins
- Switch to low-fat or fat-free dairy options (or dairy alternatives)

Mental Health

- Try relaxing activities like meditation, muscle relaxation, or breathing exercises.
- Focus on positivity. Identify and challenge your negative and unhelpful thoughts.
- Stay connected. Nurture healthy relationships and be open to new social experiences.
- Practice gratitude and remind yourself daily of things you are grateful for.

For personalized mental health resources visit swhealth.crediblemind.com. Over 400 people have signed up for CredibleMind since SWNPHD began the program in October 2024. SWNPHD also has a free walking program, Walk to Health, and a program called Target Your Health that will conduct cholesterol and glucose checks at businesses and worksites, along with providing education about preventing chronic disease.

For more information on wellness programs, contact SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow

counties. You can follow us on Facebook, You Tube, and Instagram or view the website at www.swhealth.ne.gov which contains many resources and additional information helpful to prevent disease, promote and protect health.

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