



Minnesota Women of Today
2024-2025 Winter State CIP
 Women's Wellness
 State Program Manager
 Wiggle to Wellness

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Updates on how it is going so far . . . As I write this, I realize we are on the down hill slide for this MNWT year and WOW, did that go fast! But I am filled with joy and happiness as I look back on what we have accomplished together and the fun we have had wiggling our way to a better self. As a member of MNWT, if you have never tried to do a state staff position, I need to ask WHY? This is the 2nd time I have been a SPM and it is so much fun. Sure you have a few reports to do, but those responsibilities are minor compared to the excitement of gathering together with the other members of staff and your SPM team for training, and shenanigans. As you look to where you want to see yourself in a year or two, don't forget personal growth. Try something new and see if you begin to bloom into a stronger, more confident person. It has been a pleasure to wiggle with you. Keep shaking! Sue

Wiggle to Wellness is the theme for this year. Keep your body moving to take measures to stay happy and healthy. I challenge you to take part in a winter walking club. Talk, walk and gossip all along the way to a better version of yourself. Watch the MNWT Programming Facebook page for more information from all your programming team.

I SPY . . .
 An opportunity to show that you are reading this CIP. Text me a photo by March 30th of this image to receive a free gift at Annual Convention. Wiggle Wiggle . . .

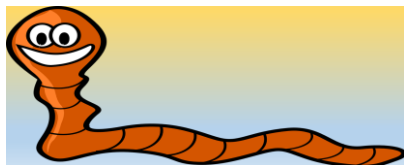


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See the MNWT President Chapter Information Packet (CIP) for this Trimester's Bonus SUCCESS point information.

MNWT Calendar

February 2025

- 13-19 Random Act of Kindness week

March 2025

- 22 Region 1 Meeting, Bemidji
- 29 Region 2 Meeting, Waseca

April 2025

- 12 Statewide Day of Service
- 24 My Birthday (in case you wanted to know)

May 2025

- 16-18 Annual Convention, Alexandria

June 2025

- 13-14 End of Year Convention, Duluth

Please consult the MNWT official calendar at www.mnwt.org, under Events to ensure that other key dates are not missed.

Benefits of Strength Training

Strength training is any type of exercise that involves your own body weight or equipment to build muscle mass, endurance, and strength. There are many types of strength training, such as bodyweight exercises, lifting weights, or circuit training.

According to researchers, the goal is to put your muscles under tension to allow neuromuscular adaptations and stimulate muscle growth. Regardless of the type of strength training you do, with regular practice, your muscles will become stronger.

Benefits include:

- Make you Stronger
- Burns calories efficiently
- Decrease abdominal fat
- Can help you appear leaner
- Decreases your risk of falls
- Lowers your risk of injury
- Improves heart health
- Helps manage your blood sugar levels
- Promotes greater mobility and flexibility
- Improves mental health
- Makes your bones stronger
- Boosts your mood
- Improves brain health
- Promotes a better quality of life

Read more about Strength Training online. I used the article from Healthline to gather these basic notes.

Show me the Prizes!

I am offering 2 opportunities to win a special gift at Annual Convention.

- ✓ **Submit a Project of the Trimester nomination**
Email submissions to ww@mnwt.org
Nominations are due May 2nd
Use this quick link to access the online form
[EmailMe Form - MNWT Project of the Trimester Nomination](#)
- ✓ **Submit an Outstanding Program Manager Nomination**
Email submissions to ww@mnwt.org
Program Manager nominations are due May 2nd
Use this quick link to access the online form
[EmailMe Form - MNWT Outstanding Program Manager Nomination](#)

Winners will be chosen in a random drawing