



Fort Bend County Podcasts

Podcast Episode 55 – Wellness With Elexis

March 12, 2026

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Gina: Welcome to this week's Benefit Detective Podcast. I'm Gina.

Wendy: And I'm Wendy.

Wendy: Today, we have Fort Bend County's Wellness Coordinator and Trainer, Elexis, joining us.

Elexis: Hey, everyone.

Wendy: Elexis, what's happening in Wellness?

Elexis: Well, it's March. So, March is National Nutrition Month. National Nutrition Month is all about learning how to make informed choices and build healthier habits in everyday life.

Wendy: Well, that's great! Time to focus on small, realistic, healthy habits.

Elexis: Exactly. And it's also a good reminder that wellness can start with something as simple as adding just one more fruit or vegetable to your day. Because remember, healthy eating does not have to be perfect or complicated. It just has to be consistent.

Wendy: Speaking about healthy habits, I hear we have a lunch and learn coming up.

Elexis: We sure do! It's going to be on Tuesday, March 17. It's also Saint Patrick's Day, but we're gonna do it with a healthy twist. The theme for this lunch and learn is "Lucky Nutrition, Taste the Green Rainbow." We will be talking about ways to add more healthy greens into your day, and we'll also share some simple meals and snack ideas. Plus, we will be providing a light lunch. Our goal is to make nutrition feel approachable, practical, and most importantly, doable. We want people to leave with ideas that they can actually use in real life.

Wendy: Well, it sounds like National Nutrition Month's off to a good start.

Gina: It's a chance to learn something new, enjoy good food, and inspire to make good healthy choices.

Elexis: So, save the date! The event is on Tuesday, March 17 from 12:15 to 12:45PM on the 1st Floor in the Travis Building Employee Clinic Training Room. Because remember, small choices often equal big wins!



Fort Bend County Podcasts

Wendy: With healthy habits in mind, I see we have a wellness challenge going on.

Elaxis: Yes. We do. This is our “March into Wellness” with the Fitness Frenzy Challenge. It's super easy. All the employees have to do is to work out at one of our county fitness centers this March for a chance to win a raffle prize. Again, it's super easy. All you have to do is scan your employee badge to get into the gym and just do a light workout. If employees do not have access to our fitness gyms, all they have to do is complete a fitness waiver. Once you complete the waiver, you will send the waiver to healthwellness@fortbendcountytexas.gov and we will then grant you access. It typically takes between twenty four to forty eight hours for your employee badge to gain access to one of our fitness gyms.

Gina: So, basically, all we have to do is scan our card, workout to get entered to win a prize?

Elaxis: Exactly. And there's going to be seven winners, one for each fitness center location. The winners will be announced the April.

Gina: So, in case y'all don't know what gyms are a part of this challenge, they are the Emily Court, Sugar Land Precinct 3, Missouri City, Sienna Annex, Rosenberg Annex, Gus George Academy, and, of course, the Travis Building.

Elaxis: Speaking of fitness centers, a huge shout out goes out to Road and Bridge. They have all taken the initiative to move more and improve their overall health and well-being!

Wendy: Looking at the calendar, the first Saturday in May is gonna be here soon, and I know that's our Annual Fun Run.

Gina: I know you have been dropping hints on the theme. Can you tell us finally what it is?

Elaxis: Drum roll, please.

****drum rolls play****

Elaxis: “Follow the path to sweet success.”

****Cheering and Clapping****

Wendy: What? “Follow the path to sweet success?” What is that?

Elaxis: I'm really excited about this one because it gives us a fun, colorful spring inspired look all the while keeping wellness front and center. Plus, who doesn't unlock a nostalgic memory of playing Candyland while looking at this theme?

Wendy: Candyland, that sounds great!

Elaxis: But instead of candy, we will focus on following the path to sweet success by incorporating small, realistic, realistic, healthy habits that anyone can use in their everyday life. The design highlights the



Fort Bend County Podcasts

sweetness of healthy choices, physical activity, and overall well-being. So, buckle up and follow the path to sweet success!

Wendy: It's going to be awesome. Employees bring your family and the kids.

Elexis: Registration will be opening up soon. Keep an eye out for further information on how to register.

Wendy: Elexis, thank you for joining us today.

Elexis: You bet! Remember, *Wellness is a Lifestyle*.

Gina: Well, that's a wrap for this week's Benefit Detective Podcast. I'm Gina.

Wendy: I'm Wendy and listen for our next podcast.

Gina: And remember, the Benefit Detectives are here to help!