

# SCCOE Workplace Wellness

VOLUME 1, ISSUE 1

FEBRUARY 2011

**A HEALTHIER  
TOMORROW  
STARTS  
TODAY**

**POINTS OF  
INTEREST:**

- What is Vitality?
- "Teaming Up to Move More" challenge
- February: American Heart Month

For more information, contact  
Tricia Zamora, Wellness Coordinator  
Organization Development ~ Human Resources MC 264  
Tricia\_zamora@sccoe.org  
(408) 453-3616 ~ (408) 453-6811 fax

## What is *Vitality*? THE POWER OF HEALTH™

**Vitality Wellness and Rewards Program** is a new incentive-based wellness tool available to all regular-permanent staff as part of the SCCOE commitment to be a premier employer with an organizational culture that supports employee success.

The Vitality program is a comprehensive and customized wellness program that helps you lead your healthiest life. Based on your own unique profile, Vitality will present you with a personalized program to help you maintain your health or take the appropriate steps to improve your health! The Vitality program is built around four key pillars:

**PREVENTION:** Routine preventive screenings, through your own doctor, can help you uncover trouble spots before they become serious problems.

**EDUCATION:** Tools like the Health Risk Assessment or various Vitality Health Calculators can help you better understand your current health status.

**FITNESS:** Physical activity can reduce illnesses and deaths linked to chronic diseases. The Vitality program provides a number of ways to measure and track physical activity, so you can stick with your goals!

**HEALTHY LIVING:** Online courses offered in the Vitality Health Campus, such as "Living Lean: Nutrition and Lifestyle Management" can help you take the next step to leading a healthier lifestyle.

There truly is something for everyone! As you take advantage of all the program has to offer, you'll begin to make it a natural part of your everyday life and you'll begin to enjoy the benefits of improved


health at work, home and play.

So, what are you waiting for? Register today and take advantage of all that Vitality has to offer you!

Get ready to embark on a life-changing experience that will put you on the path your healthiest and most productive life! Go to the homepage of our Intranet, and click on "SCCOE Health and Wellness" for more information, register and begin earning rewards.

For more information, contact Tricia Zamora, Wellness Coordinator at (408) 453-3616 or [tricia\\_zamora@sccoe.org](mailto:tricia_zamora@sccoe.org)



Brought to you by 

**To schedule onsite Vitality registration for teams and individuals, contact Tricia Zamora at (408) 453-3616**

## “Teaming Up to Move More” Challenge

“If exercise could be purchased in a pill, it would be the single most widely prescribed and beneficial medicine in the nation.”

—Robert H. Butler

**T**eaming Up to Move More is a six-week challenge running from Feb. 7 – March 21 that encourages employees to be more physically active and support one another.

**Challenge** yourself to find an *activity* or *exercise* you enjoy, get others to join your team, and move at least two times per week.

**Individuals** have fun recording activities on the *activity log*. Submit by **March 28** to be eligible for prizes.

**Team leaders** complete and send in the team sign-up sheet.

**Weekly exercise tips** and health information will be sent to you via email and posted on the wellness Web page.

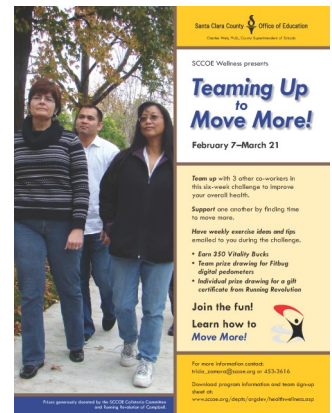
### Prizes

**Individuals** who complete the six-week challenge earn **350 Vitality Bucks and will be eligible for a gift certificate compliments of Running Revolution of Campbell**. Register for Vitality at [www.powerofvitality.com](http://www.powerofvitality.com)

**Teams** that successfully complete the challenge will earn a chance to win Fitbug digital pedometers valued at \$55 (donated by SCCOE Cafeteria

Committee) for each team member.

**Next step:** go to the website and access the team sign-up sheet and other program materials. Complete and send the sign-up to Tricia Zamora in Human Resources, MC 264 or fax number (408) 453-6811 by **Friday, Feb. 4**.



Heart disease is the No. 1 cause of death in the United States. Approximately once every 25 seconds, an American will have a coronary event, and about once every minute, someone will die from one.



## February: American Heart Month

**H**eart attacks are frightening but, if you learn their signs you can save a life, possibly your own. People often think they are sudden and intense, like a "movie" heart attack, where a person clutches his or her chest and falls over. But, they start slowly, as a mild pain or discomfort and you may not even know something is wrong. Your symptoms might come and go. Even people who have had a heart

attack before may not recognize their symptoms, because the next attack can have entirely different ones. It's vital that everyone learn the **warning signs of a heart attack**.

They include:

- chest discomfort, pressure, squeezing, fullness, or pain
- discomfort in other areas of the upper body, one or both arms, back, neck, jaw, or stomach
- shortness of breath

- other symptoms may include breaking out in a cold sweat, nausea, or light headedness

**Call 911** immediately, even if you are not certain if it is a heart attack. Anyone showing heart attack warning signs needs medical attention right away.

To learn more about heart health go to [www.heart.org](http://www.heart.org) for the American Heart Association's Web site or call (800) AHA-USA1.