

A HEALTHIER
TOMORROW
STARTS
TODAY

SCCOE Workplace wellness

VOLUME 2, ISSUE 1 FEB 2012

Upcoming Events

- **National Nutrition Month: [Quick and Healthy Meals Cooking Presentation](#) and Webinar - March 22, 12 -1p.m. Ridder Park, Saratoga Room**

For more information, contact

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More *Vitality* program enhancements for SCCOE

Get Healthy! Get Educated! Get Rewarded with Vitality!
Look for these new Vitality features in 2012.

New mobile Vitality applications

Vitality's new mobile phone application will allow members to view their points, track and select goals and learn more about the program through their iPhone. Android phone capabilities are also coming soon.

More nutrition resources

Members can now learn more about how to start and stick to an overall healthy diet, manage energy and nutrition, and maintain a varied diet. Three new interactive nutrition courses will provide comprehensive information on the Vitality website. Classes are located under the **Get Healthy tab > Nutrition & Healthy Eating**. All Vitality members are welcome to

take all three nutrition courses and earn 300 points for each course completion.

New physical activity goals

For members who want to become more active, but prefer to start out slowly with some added support, the Vitality program now has a series of physical activities that will make it easier to take that first step. For example, completing 5,000 steps a day for points can help achieve their goal.

Private and personalized wellness communications

Vitality will expand its program engagement communications to members by using targeted messages. The messages will arrive via email and are triggered to align with the steps on your journey to wellness. Expect messages such as a welcome to the program, reminders on activating goals, encouragement, notifications of goals

achieved, status reminders, and more. Members have the ability to opt out of the email notifications.

Get educated courses Vitality members will now gain points for completing Get Educated Courses only when the course is aligned with a health risk or recommended goal based on their HRA (Health Risk Assessment). The courses are available for all but points will only be awarded to those who have the course listed as a recommended activity/goal and for those who started a course in 2011.

Contact Tricia Zamora, Employee Wellness Specialist, at (408) 453-3616, or your Vitality Champion for more information regarding these changes or the Vitality program in general.

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Jena Torres and Leslie Schaeffer of Special Education are our December winners.

Make February “Love Yourself to Health” month



Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.
~ World Health Organization, 1948

February is the month of love. We think of flowers, chocolate, and caring for one another. It is also American Heart Month. Cardiovascular disease is the leading cause of death in the United States with one in every three deaths. That’s about 2,200 deaths per day. Unfortunately, most of us know someone who has had heart disease or a stroke.

The majority of cardiovascular disease is preventable

through dietary changes, physical activity, not smoking, and good nutrition.

Recent studies show there is a close relationship between self-esteem and health. People with a healthy self-esteem have a tendency to take better care of themselves by eating well, exercising, and getting enough sleep. Boost your self-esteem by surrounding

yourself with reassuring, positive friends and family. Put yourself at the top of your priority list. Find time to do things that you enjoy and take good care of your health.



February is a good time to pay attention to your heart. Love yourself by starting or continuing a daily fitness routine. Visit the [SCCOE wellness page](#) for more heart healthy information.

(Reference: www.cdc.gov)

Health 4 the Holidays challenge wrap-up

Between Nov. 21 and Jan. 1, 110 staff participated in Health 4 the Holidays. Of those participants, 37 completed the optional “Maintain Not Gain” challenge. A special kudos goes to the Gateway cluster Vitality Champions, Heather Bass and Gloria Graham, for encouraging 80 percent of the cluster’s staff to participate. The program focused on four areas of health: healthy eating, physical exercise, stress reduction, and weight control. Participants said they enjoyed the weekly email motivators and tips, walking or going to the gym with co-workers, starting a regular exercise program during the holidays, and the pride of sharing that they maintained or even lost weight during the holidays.

Congratulations to all who completed the challenge. Thirty-nine prizes were given away, including a grand prize to Cathie Parshall, of the Gateway Cluster, who won a one-hour massage donated by Club One. Look for Health 4 the Holidays to become a holiday tradition at the SCCOE.

On your mark, get set, earn *Vitality* Points!

This month, 21 teams, or 421 SCCOE staff, will compete to earn the most Vitality Points possible. The challenge aims to support staff in committing to their own personal health goals while fostering team spirit and fun at work!

We wish the teams luck as they complete healthy activities to achieve healthy goals during the month, and to be named the Winter Wellness Challenge Team winners. Visit the [SCCOE wellness page](#) to learn more and get activity ideas and their point values.