

SCCOE Workplace Wellness

VOLUME 1 ISSUE 2

MARCH 2011

A HEALTHIER
TOMORROW
STARTS
TODAY

COMING SOON

NATIONAL WORKPLACE
WELLNESS WEEK
APRIL 3-9. PLAN FUN
ACTIVITIES AT YOUR
WORK LOCATION.
IDEAS INCLUDE:

- WALKING TOGETHER DURING MEETINGS OR BREAKS
- SHARING HEALTHY RECIPES AND SNACKS
- STARTING A GROUP FITNESS CHALLENGE
- REGISTERING FOR VITALITY AND SETTING A HEALTH GOAL

For more information, contact
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Organization Development ~ Human Resources MC 264
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(408) 453-3616 ~ (408) 453-6811 fax
www.sccoe.org/staffwellness

I registered on , now what?

Registering on the Vitality site is just the beginning to enjoying all the rewards. The next step is to complete the Health Risk Assessment (HRA). This is a series of questions intended to help Vitality determine and set an individual's health goals.

Based on an individual's responses, goals will include activities to help enhance or maintain well-being. After cholesterol, blood pressure, blood glucose levels, and meas-

urement of height, weight and body mass index (BMI) numbers are entered, Vitality may revise recommended goals as they gain new information about an individual's health status.

Kaiser Permanente Members who have completed these tests may access their test results online at www.kaiserpermanente.org

When Vitality sets a goal it will outline why this goal is important and how it can be achieved,

and will include activities to reach it. It is important to first set a goal and make it active before acting on it, or it may not be included in reward totals.

With Vitality, remember to:

- **Plan** to take the HRA and set goals
- **Engage** in activities and earn *Vitality Points*
- **Enjoy** rewards. *Vitality Points* are redeemable on the Vitality Mall

Visit our wellness Web page to learn more: www.sccoe.org/staffwellness

No time for exercise?

Many of the things accomplished during the day are considered ways to meet physical activity needs. Household chores, for example, will get the heart rate going faster.


Experts say to do 2½ hours of moderate activity a week. Moder-

ate activity means things that increase your heart rate like brisk walking, brisk cycling, or shooting baskets. But any activity, including daily chores, that raise the heart rate can be included. Many of us are so busy that fitting in physical activity can seem impossible on most days. Here's some good

news. It doesn't have to be a certain amount each day. It's fine to do blocks of 10 minutes or more throughout the day and week.

Try these ideas:

(Continued on page 3, Exercise)

Brought to you by 

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

What is a Vitality Champion?



Vitality Champions promote, support, encourage, and motivate co-workers to achieve personal wellness goals. Vitality Champions help create a healthy work environment through utilization of the employee wellness program and act as liaisons between the SCCOE

Wellness Coordinator and staff. Vitality Champions adopt healthy lifestyles and proactively seek ways to educate others at their worksite.

Here are some benefits of being a Vitality Champion:

- personal improved health
- end-of-year celebration/recognition

- wellness certification
- build leadership skills
- be part of a groundbreaking, model wellness program
- help create cohesion among staff and locations
- intrinsic value of helping colleagues

For a complete description of a Vitality Champion, visit www.sccoe.org/staffwellness

SCCOE Vitality Champions

Those interested in becoming a Vitality Champion, please speak with your supervisor, and then complete the [application](#) on the wellness Web page and submit it to Tricia Zamora, MC 264, fax 453-6811 or call 453-3616.

Name	Worksite	Name	Worksite
Steve Trujillo	Cory Connect	Lesley King	Ridder Park
Cindy Burns	Erikson	Lonni Gause	Ridder Park
Heather Bass	Glenview	Marcela Reyes	Ridder Park
Wenda Arcega	Kennedy	Michael Vallez	Ridder Park
Lanelle Faraj	Novo	Mike McGaughey	Ridder Park
David Betz	Odyssey	Myrna Zendejas	Ridder park
Rachel Ayala	Parkway	Trish Hernandez	Ridder Park
Blanca Garza	Pathfinder	Steve Fortino	South County
Grissel Ramirez	Ridder Park	Amy Lerner	Steindorf

Meet Mike, an SCCOE Vitality Champion



Mike McGaughey cycling for "Turning Wheels for Kids."

For the past three years, Mike McGaughey has ridden with the "Turning Wheels for Kids" Cycling Team. Here's what Mike, the SCCOE's Maintenance and Operations supervisor, says about his nonprofit work and role as a Vitality Champion.

"We fight childhood obesity and the diseases related to it.

Our No. 1 weapon in our fight is activity! We provide bikes to at-risk kids and get them out and active. So, becoming a Vitality Champion was a natural transition for me. I love to share my personal success story of losing 40 pounds by changing my eating habits, cycling to work each day, taking weekend rides, and staying consistent with exercise. I also love to

inspire friends and co-workers to get out, get active, and use tools and programs like Vitality to live a healthy lifestyle. Vitality has helped me stay on track, encouraged me to get regular medical examinations, plan and track workouts, and set goals so I can avoid injury and illness. This keeps me doing the things I love!"

(Exercise, continued from page 1)

- turn up the music and dance while vacuuming, or give the floor a good scrubbing
- push the lawn mower, rake leaves or weed the garden
- wash the car, clean the garage, or wash windows
- use the stairs instead of the elevator
- hold a meeting while walking
- use the restroom on another

- floor or farthest away
- walk to a co-worker's area instead of calling or emailing
- use breaks to take a quick 15-minute walk

The goal is to put more activity into daily life and increase fitness levels.

Tips & Warnings

- while walking, take a cell phone

for emergencies

- wear proper clothing for the weather and time of day
- stay hydrated, carry water

Reference: www.mayoclinic.com

"I have to exercise in the morning before my brain figures out what I'm doing."
 ~ Marsha Doble

Free Vitality iPhone App

Vitality offers a free application for iPhone users to help increase, track and reward physical activity, as well as measure movement through a Global Positioning System (GPS) and WiFi.

Information is automatically uploaded to the member's account. Vitality members can also verify their activity through a heart rate monitor, a Fitbug (accelerometer) or by accessing a partner gym. Veri-



fied activity awards the most Vitality Points. "Accessibility is a critical component to an effective wellness program," said Arthur C. Carlos, CEO of The Vitality Group. "We designed an App for the iPhone to provide another way for members to access the Vitality program. Given that most members regularly carry their phone, this

application enables those with iPhones to easily track their exercise through their mobile device."

Later this year, Vitality will extend the App to the Android, BlackBerry and Palm smartphones.

For more information on purchasing a heart rate monitor or Fitbug at a discounted rate, contact Tricia Zamora at (408) 453-3616 or tricia_zamora@sccoe.org

Ridder Park fitness center

There is a free fitness center for all SCCOE staff at Ridder Park. It's open Monday-Friday from 6 a.m.-7p.m. (closed on weekends and scheduled holidays). The center offers a variety of equipment for strength and cardio training, including

treadmills, stationary bikes, a stair stepper, an elliptical trainer, free weight dumbbells and a multi-station with weight stacks.

Reserve the racquetball court or view one of the many exercise DVDs (for use in the center).

Visit our wellness Web page at www.sccoe.org/staffwellness for more information, or [click here](#) for the fitness center access form.

Contract Tricia Zamora with questions at 453-3616 or tricia_zamora@sccoe.org

Skip the water and cook rice in juice instead. Try carrot, apple, beet or pomegranate (or a combination of them) to add vibrant color, plus vitamin A and antioxidants.

Brown or white rice?

At a cost of only 10 cents per 1/4 cup serving, brown rice is much healthier than regular white rice. Here's why: A grain of rice has several layers. To make white rice, the milling process removes the first few layers of the grain. The result is a perfect, polished, white grain of rice with nearly no original nutrients left. Brown rice, on the other hand, is a whole

grain. Processing removes only the hull, preserving the nutritional value of the grain. Brown rice contains more fiber than white rice and provides essential minerals like magnesium and zinc. Use brown rice as a side dish, in a salad, as part of a stir-fry, or serve it with soup or stew.

For healthy recipes, go to www.foodnetwork.com/healthy-eating



Visit the wellness Web page at www.sccoe.org/staffwellness to see the January 2011 staff wellness survey results.

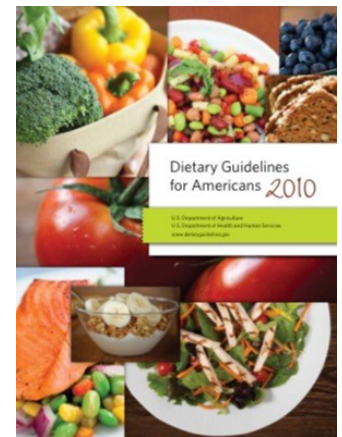
USDA and HHS release new dietary guidelines

On Jan. 31, the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) released the new 2010 Dietary Guidelines for Americans. The federal government's nutritional guidance was developed to promote health, reduce the risk of chronic diseases, and reduce the prevalence of obesity.

Because more than one-third of children and more than two-thirds of adults in the United States are overweight or obese, the seventh edition of *Dietary Guidelines for Americans* places stronger emphasis on reducing calorie con-

sumption and increasing physical activity. These new recommendations give individuals the information to make thoughtful choices of healthier foods in the right portions, and to complement those choices with physical activity.

The new guidelines focus on balancing calories with physical activity, and consuming healthier foods like vegetables, fruits, whole grains, fat-free and low-fat dairy products, and seafood. They also recommend consuming less sodium, saturated and trans fats, added sugars, and refined grains.



For a copy of the new dietary guidelines, go to the SCCOE wellness Web page at www.sccoe.org/staffwellness or for more information on the federal nutrition policy and education activities, visit the U.S. Department of Agriculture at www.cnpp.usda.gov

March is National Nutrition Month. Visit www.mypyramid.gov for tips, resources and interactive tools to help make healthier food choices.

National Nutrition Month® 2011

