

SCCOE Workplace Wellness

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**A HEALTHIER
TOMORROW
STARTS
TODAY**

May is National High Blood Pressure Education Month

- Vitality members may earn 125 Vitality Points for verified blood pressure screenings from a healthcare professional (download a Vitality Check Form from the [Vitality website](#)).
- Earn an additional 600 points for numbers within a healthy range.

For more information, contact
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Setting goals using

After registering for Vitality and completing the health risk assessment (HRA), the next step is to set goals. Vitality will recommend customized wellness goals based upon your health status and risks from sources such as your HRA responses and Vitality Check results.

Vitality will recommend activities that will help achieve these goals towards a healthy lifestyle. The program may recommend simple lifestyle changes like getting enough physical activity or long-term goals, like losing weight. These goals offer an opportunity to earn even more Vitality Points.

All activated personal goals are given a realistic time frame in which to

complete, and, in most cases, receive Vitality Points to be used on the Vitality Mall. These points are additional motivational points, above the standard activity amount, that are earned upon completing the goal. For example, if you complete a “Learn Coping Skills” goal, you will earn 400 Vitality Points for completing the required Living Easy Health Campus Course, and an additional 200 points for goal completion for a total of 600 Vitality Points.



Vitality provides the tools to set personal wellness goals and offers motivation toward accomplishing the goals.


To view the Vitality recommended goals, visit the Plan > My Goals section of the Vitality website.

To activate a goal, view the desired goal and select “Set Goal.”

Please note: If you have not accepted a goal to make it active, Vitality may revise or remove a recommended goal without notice.



Virgilio Suarez of Food Services is our March winner.

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

Heather Bass, featured Vitality Champion



Heather Bass and Cathie Parshall at the 3-mile marker of their first 5K

Heather Bass, teacher of students with severe disabilities in the Gateway Cluster, credits the Vitality program and Tricia Zamora, SCCOE employee wellness coordinator, with motivating her to get fit. At the beginning of the 2010-11 school year, Heather registered on the Vitality website, completed the HRA and set personal goals. "I promised myself that I would make Vitality a commitment and spend at least 30 minutes daily exploring the tools on the website."

Since registering for Vitality, Heather has completed online courses in Living Lean, Living Fit and Living Easy, and met two Vitality goals by los-

ing 37 pounds. Also, co-workers have joined in her health quest. Together, they have participated in the SCCOE Teaming Up to Move More Challenge and attended local Zumba classes. They walk daily and provide fresh fruits and vegetables in staff rooms. Recently, Cathie Parshall, also from the Gateway Cluster, and Heather both earned 250 Vitality Points for running a 5K.

Heather says, "I'm a Vitality Platinum member, and I used my points toward a new gas grill on the Vitality Mall, shipping included! Vitality and Tricia have influenced my thinking and behavior, and I want to thank the SCCOE for making my health a part of being committed to my career."

May is national high blood pressure education month

Approximately 74.5 million people in the United States have high blood pressure, also called hypertension. Hypertension increases the risk for heart disease and stroke, the first and third leading causes of death in the United States.

Slightly higher than normal blood pressure is called prehypertension. People with prehypertension are more likely to develop high blood pressure.

Blood pressure is written as two numbers. The first is the systolic number, representing the pressure when the heart beats. The second

or diastolic number, is the pressure when the heart rests between beats. Blood pressure below 120 over 80 mmHg (millimeters of mercury) is considered optimal for adults. A systolic pressure of 120 to 139 mmHg or a diastolic pressure of 80 to 89 mmHg is considered



"prehypertension." A blood pressure reading of 140 over 90 or higher is considered elevated (high).

The key is to maintain healthy blood pressure through your lifestyle. This includes:

- Checking your blood pressure regularly
- Maintaining a normal body weight
- Staying physically active
- Eating a healthy diet rich in fruits and vegetables, and low in sodium
- Quitting smoking
- Drinking alcoholic beverages in moderation

(Reference www.cdc.gov/Features/HighBloodPressure/)

To learn more about high blood pressure, enroll in the High Blood Pressure Campaign on the Vitality website. Click Plan > Health Campus > Classroom > Campaigns