Happy New Year!!!

5 K Resolution Run-Walk

Saturday, January 7th, 2017, 7 am–9 am
Cost: $15
Location: North Collier Regional Park
239-252-4066
To Register: Log onto www.collierparks.com
Enter Code: 8472
Establish a username/password in order to complete registration and payment.
YOU MUST SIGN-IN AT CHECK-IN AREA AND MUST SIGN ATTENDANCE SHEETS UPON CROSSING FINISH LINE FOR HB CREDIT.

7:00 am-Check-In
8:00 am-Start Time
8:30 am-Snacks & Refreshments
9:30 am-Wrap up

Must also register at: http://colliergov.gosignmeup.com
For $50 Healthy Bucks

NOT READY FOR A 5K-HOW ABOUT A 3K=1.8 miles only!!!
"Kick Start Your Heart 3K Run/Walk" Celebrate Heart Month Promote Heart Month-February
Vineyards Community Park Saturday, February 4, 2017 Race starts at 8am.
MUST SIGN-IN DAY OF RACE & AT FINISH LINE TO RECEIVE $50 HEALTHY BUCKS CREDIT.
Cost: $10, All Ages, Prizes for top finishers Register at any county park or at Collierparks.com search "Heart Run" or http://apm.activecommunities.com/collierparks/Activity_Search/4017

Sponsored by CCG Park N’ Rec
Employee Savings & Health Expo

Thursday, January 19th, 2017
8:00 a.m. - 1:00 p.m.
East Naples United Methodist Church
2701 Airport Road

The greatest Savings & Health show under the BIG top!!!

Food and Drinks Available!

BOOTH ATTRACTIONS:
- FRS - NATIONWIDE - ICMA - SHINE - EAP
- HUMAN RESOURCES - TREK BYCYCLE - SUNCOAST CREDIT UNION
- DRUG FREE COLLIER - COLLIER COUNTY HEALTH BENEFITS
- ALLEGIANCE - NAPLES DENTAL STUDIOS
- ADVANCED MEDICAL CENTER - MILLENNIUM & MEDCENTER
- SLEEP DISORDER CENTER
- SYNERGY CHIROPRACTIC & HEALTH - CHIP HEALTH ADVOCATES
- CANCER ALLIANCE OF NAPLES - RADIOLOGY REGIONAL-
- MOMMAGRAPHY BUS - PARKS & RECREATION
- FL COASTAL DERMATOLOGY - COMMUNITY BLOOD CENTER
- RASMUSSEN COLLEGE...and more

We will be conducting:
Wellness Re-Shape Your Frame
Weight + Waist Measurements
Is Your To-Do List Running Your Life?

Things to do:

- Pick up dry cleaning clothes...check
- buy paper towels...check
- meet with marketing at 3 o’clock... check.

Is this what your typical day sounds like? A good task list helps you set goals and stick to them. But having a list that grows and grows while you get more buried under tasks can actually undermine your productivity.

Try this:

Plan for success. Write down where you’d like to be in a year, in five years, in 10. When day-to-day tasks overwhelm you, look over these long-range goals to help you put things in perspective.

Prioritize. Break your list down into groups from most urgent to least urgent. Tackle the hardest, most pressing tasks first. That way, at the end of the day when your energy is low, you might be able to leave some low-priority items for tomorrow.

Balance your life. Don’t fill your day with the items on your to-do list. Plan time for family, friends, fitness and fun.

Avoid overplanning. Leave unstructured chunks of time in your day. These could be for emergencies that crop up.

Remember: You’re at your most creative when your mind can flow freely during periods of unstructured time.

Check off items as you complete them. Congratulate yourself on a job well done, and spend an hour doing something just for yourself.

New Healthy Bucks Program-Money Mindfulness

Starting February 2017. The Wellness program will offer a new Healthy Bucks topic: Money Mindfulness. These programs are offered as a way to help you get a grip on your finances which when out of control can negatively affect your health. This will allow individuals to earn $50 Healthy Bucks.

UPCOMING TOPICS (Feb., April, June, and August):

How to Live on a Budget
Protect Against Identity Theft
Food Shopping on a Budget
10 Ways to Reduce Debt

Program details are on the Wellness website:
http://wellnessweb.colliergov.net

You must enroll in these IN the GoSignMeUp system.
A Time for New Beginnings...

Happy New Year! Many of us are still recovering from the holidays and are struggling to find our footing in the new year. Many of us are still trying to find some time to decompress from all the food, family, chaos, errands, holiday mess and emotional ups and downs.

Take a deep breath…it’s a new year! It’s a new year, a new day and new start for many of us. I am not a big champion of new year’s resolutions being hard and fast goals, the “I’m going to work out 5 times a day this year” seem to lose their luster after the first few weeks. Instead try long terms goals like, “this year I am going to make healthier choices” or “this year I want to do things that make me feel better”. It is always a good to formulate goals around being a happy, healthy and whole human being, that means physically, mentally, emotionally, spiritually and within our relationship. It is important to look back on our past year of 2016 and celebrate our successes, mourn our losses and disappointments and learn our lessons to move forward into 2017.

As we move into this new year, set your pace with your long term goals, keep your eye on the prize! Whether its weight loss, a new job, buying a house or taking a dream vacation…organizing our choices around our goal keep us on task. Remember, this is a new year and a new day, and each one of those days is a blessing and it affords us the ability to write our own history of what is to come for 2017. Set some time aside to process the holiday season, pack away the trees and decoration and start with a clean slate for the new year. Get a new calendar, clean your office or desk, clean and declutter your house and get ready to put your best foot forward into 2017.

Remember that every day we have millions of choices to make, to be happy, to send someone a text letting them know we are thinking of them, setting a lunch date, booking a cruise…whatever it is…seize your moment, seize this year and make 2017 the best it can be for you and your family. Community Health Partners and your Emotional Wellness team wishes everyone a safe and happy holiday season with a prosperous and bountiful New Year! Cheers to all of you and your families!

By Jaime Crossan-DeBres, LCSW
Children’s Therapist/Clinician
Community Health Partners
jaimec@chealthpartners.com
Phone: (239) 659-7733

By Lisa Fasanella, LMHC
Community Health Partners-Govt. Complex
Emotional Wellness Program
lfasanella@chealthpartners.com
Phone: (239) 252-5589
Step by Step Walking Competition—$50 HB

Aim for 10,000 steps each day—That’s 5 miles!

Create a Team of at least 4 members at your worksite. Select a Team Captain who will submit the final log sheet; verifying steps walked as a Team. Each team member must walk as a team a minimum of 1 time per week. Walking as a team more than one time per week will increase your Team’s odds of winning the prize.

Record your daily steps and check the □ Team Box when daily steps are walked as a Team.

Add your Steps Walked as a Team of 4 or more. This is a 10-week program.

Call Karen Eastman at 252-6092 or Leslie Deason at 252-8915 for Team Pedometers

Each team member must give the completed log sheet to their designated team captain. The Team Captain will submit their log sheet and other team members log sheet. FAX, to 252-8056 or SCAN & EMAIL TO

kareneastman@colliergov.net no later than Friday, March 31, 2017.

The team with the most steps will win a special incentive to maintain their walking journey.

Register for this program on GoSignMeUp under the Healthy Bucks link.

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>Steps</th>
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Total Steps Walked as a Team:

________________________

RULES
Program starts Jan. 18th

1. The Team Captain must validate that the team members walked as a team the minimum of 1 time per week.

2. The number of team daily steps walked on “Team Walk Days” will be denoted on the weekly log, by checking the Team box.

3. The Team Captain will add and record, on the weekly log sheet, the number of steps walked as a Team.
Wellness Holiday Weight Challenge Weigh-out Program Details:

1. **Weigh-out Clinic Calendar below.**
2. Please be prepared to empty pockets, remove shoes, outerwear, and all gear while clothed.
3. Individuals who meet the following values at the weigh-out clinic will be credited **$50 HB:**
   - maintain weight within normal BMI range $< 24.9$ OR
   - lose at least 1 pound of initial weight if BMI was $\geq 25.0$ at weigh-in

**ALSO** *Re-shape Your Frame* Weigh-in Clinic for BMI:

<table>
<thead>
<tr>
<th>Mon. Jan. 9th</th>
<th>Tues. Jan. 10th</th>
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<tbody>
<tr>
<td>Main Campus-Risk Training Rm 7:00am-9:00am</td>
<td>No. Collier Regional Park-Adm. Bldg. 7:30am-8:30am Room A</td>
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<tr>
<td>Main Campus-Risk Training Rm 11:00am-1:00pm</td>
<td>Growth Management-Plan/Reg. Bldg. 11:00am-1:00pm Room 607</td>
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<tr>
<td>Marco Tax Collector Office 5:00pm-5:30pm</td>
<td>North Collier Government Center 5:00pm-6:15pm Town Hall Meet. Rm</td>
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<tr>
<td>Growth Management-Plan/Reg. 7:00am-8:30am Room 607</td>
<td>Everglades City—City Hall 12:00pm-12:10pm</td>
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<tr>
<td>Main Campus - Risk Training Rm 11:00am-1:00pm</td>
<td>Council Chambers 11:30am-1:30pm Town Hall</td>
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<tr>
<td>Golden Gate Com. Center Rms A/B 12:00pm-12:45pm</td>
<td>North Collier Government Center</td>
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<tr>
<td>Main Campus - Risk Training Rm 4:30pm-5:30pm</td>
<td>Immokalee Road &amp; Bridge 4:30pm-5:00pm</td>
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<td>Immokalee Library 5:15pm-5:45pm Small Study Room</td>
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*Re-shape Your Frame* Body Composition Program $50HB Weigh-in for BMI

Attend one of these weight clinic sessions for your initial weight for the *Re-shape Your Frame* Program. We will calculate your BMI so you will know how much weight you may need to lose if BMI is $\geq 25$.

- Maintain a BMI $< 25$ **OR** if BMI is $25-29.9$ then lose 5% of weight recorded
- if BMI is $\geq 30$, then lose 10% of weight recorded at Holiday Weight Challenge weigh-out.
- Weigh-out again in Aug-Sept. at a Wellness Clinic.
SPOUSE DEADLINE FOR LABS: **MARCH 31st, 2017**

If you need assistance with registering for your blood work contact the Health Advocate team at 252-5588

**SPOUSE DEADLINE FOR HEALTH ADVOCATE/WELLNESS APPT**

**JUNE 30th, 2017**

**NEW HEALTHY BUCK CLASSES FOR 2017**

**AT HOME WORK-OUT**

**EASY WAYS TO CUT 100 CALORIES**

**INCREDIBLE EDIBLE SEEDS**

**ONE POT MEALS**

**PROTEIN: HOW MUCH IS TOO MUCH?**

If you would like to contribute to our monthly Wellness Newsletter, either by sharing a personal success story, wellness tips that work for you, or a healthy recipe your family loves, please contact, Leslie Deason @252-8915
Emotional Wellness

PARENTING AND FOOD

$50 HEALTHY BUCKS

Come listen to
Jaime Crossan-DeBres, LCSW

Find out How Food Relates to Our Emotions and Trauma Histories.

January 11, 2017
Wednesday 12-1 pm
Main Campus-Bldg B
Human Resources Training Room

Alternative Result-based Healthy Bucks Program

Starting January 1st of 2017. The Collier County government will be offering new activity-based Healthy Bucks programs. These programs are being offered as an alternative to the result-based Healthy Bucks programs. The new programs allow individuals to earn Healthy Bucks in ways other than meeting certain clinical targets. Strict attendance and compliance standards must be met.

REMEMBER If you elect the Alternative activity-based Healthy Bucks programs you are not eligible to earn any rewards under the Result-based Healthy Bucks programs.

Program details are on the Wellness website:
http://wellnessweb.colliergov.net

You must enroll in these by January 31, 2017 on the GoSignMeUp system under Alternative HB Program heading.