



**APRIL 2021** - WELLNESS PROGRAM OPTIONS FOR HEALTHY BUCKS (Attend HB Programs on NON-WORK Time)

**LOSE THE COVID-19 WEIGHT LOSS PROGRAM WEIGH-OUT CLINICS**

Walk-in and weigh-out at any weigh-out clinic sessions offered the week of April 5th - 13th. Meet the weight loss goal for \$75 Healthy Bucks (see 2nd page for clinic dates/times)

**HEALTH ADVOCATE & WELLNESS APPOINTMENTS MUST BE COMPLETED BY JUNE 30, 2021.**

**YOU WILL BE PLACED IN THE BASIC GROUP HEALTH PLAN IF JUNE 30TH DEADLINE DATE IS NOT MET.**

	Healthy Bucks Program Options:	April Dates	Day	Time	Location
<b>Nutrition</b>	Undo It with Lifestyle Changes	1st	Thursday	5:15-6:15pm	Main Campus - Risk Management Training Room
	The Heart of the Matter	6th	Tuesday	5:15-6:15pm	North Collier Government Center - 2335 Orange Blossom Dr., Towne Hall Meeting Rm
	Easy Meals in a Bowl	12th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Test Your Food & Health Smarts	15th	Thursday	12-1pm	Main Campus - Risk Management Training Room
	The Hype & Hypertension	15th	Thursday	5:15-6:15pm	Growth Mang't Plan/Reg Bldg-2800 No. Horseshoe Dr., Conf. Rm 609/610
	Ways to Reduce Body Fat & Blood Fats Reduza Su Peso y Su Colesterol	20th	Tuesday	12-1pm	Veterans Community Park-1895 Veterans Park Dr. Room A & B
	Undo It with Lifestyle Changes	28th	Wednesday	12-1pm	Golden Gate Comm. Center-4701 Golden Gate Pkwy, Room C
	The Heart of the Matter	29th	Thursday	12-1pm	Main Campus - Risk Management Training Room
<b>HOT TOPIC</b> <i>Traci Rollins, Meditation Specialist, will lead these sessions.</i>	Meditation & Relaxation	1st	Thursday	12-1pm	Growth Mang't Plan/Reg Bldg-2800 No. Horseshoe Dr., Conf. Rm 609/610
	Meditation & Relaxation	7th	Wednesday	12-1pm	Main Campus - Risk Management Training Room
	Meditation & Relaxation	14th	Wednesday	5:15-6:15pm	North Collier Gov't Center - 2335 Orange Blossom Dr., Towne Hall Mtg. Rm
	Meditation & Relaxation	22nd	Thursday	5:15-6:15pm	Main Campus - Risk Management Training Room
<b>Money</b>	Making Budgets Work	19th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
<b>Matters</b>	Debt Management	27th	Tuesday	12-1pm	Growth Mang't Plan/Reg Bldg-2800 No. Horseshoe Dr., Conf. Rm 609/610
<b>Emotional Wellness</b>	<i>Healthy Relationships</i> presented by Susie Rosbottom, LMFT. Learn how a healthy relationship helps you rely on each other for mutual support but still maintains your identity as a unique individual.	21st	Wednesday	12-1pm	Main Campus - Risk Management Training Room
<b>Fitness</b>	Body Weight Work-outs	14th	Wednesday	12-1pm	Main Campus - Risk Management Training Room
<b>Programs</b>	Movement for Flexibility	26th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
<b>FITNESS ATTIRE REQUIRED FOR CLASS ENTRY.</b>	Fitness Center Program - CCG Park & Recreation Membership <u>Required</u>	Sign up anytime	work-out 30 mins. at least 6x/month for 3 <u>consecutive</u>	payroll deduct for 1 year membership	Any of the 6 CCG Park & Recreation Fitness Facilities-Includes Main Campus Employee Wellness Fitness Center <b>(Register on 7/31 date in GoSignMeUp System)</b>
	Run for the Music 10K Run/Walk	10th	Saturday	Race Starts 7:00am	Register on Gulf Coast Runners Club-Naples website; Registration Fees Apply.
<b>Stress Reduction</b>	Exercise Your Stress	22nd	Thursday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr., Towne Hall Meeting Rm
	Exercise Your Stress	28th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Training Room

**ADDITIONAL PROGRAMS ON THE NEXT PAGE: THE GREAT OUTDOORS, LOSE THE COVID-19 WEIGHT LOSS PROGRAM WEIGH-OUT CLINICS AND RESULT-BASED HB PROGRAMS - Register for all programs on <http://colliergov.GoSignMeUp.com>**

	Healthy Bucks Program Options:	April Dates	Day	Time	Location
<b>The Great Outdoors</b>	<b>Walk At Work Day Before Work**After Work***During Break</b> Walk with the largest group you can gather for <b>30 minutes</b> . Submit a group picture of all walkers. <b>\$35 HEALTHY BUCKS</b>	<b>FRIDAY 2ND</b>		<b>30 MINUTES BEFORE, AFTER, OR DURING BREAK</b>	<b>All Facilities. You must send picture of group walkers with names &amp; SAP Number to Karen.Eastman@colliercountyfl.gov</b> <i>Did you know that the average person uses 200 muscles to take 1 step forward!</i>

**Lose the Covid-19 Weight Loss Program Weigh-out Clinics**

**Mon., April 5th**  
**Main Campus-Risk**  
 Risk Training Rm  
 7:15am-8:15am  
 11:30am-12:30pm

**Fleet Management**  
 11:45am-12:15pm

**Marco Tax Collector Office**  
 5:00pm-5:15pm



**Tues., April 6th**  
**N. Collier Regional Park**  
 Admin. Bldg., Rm A  
 7:30am-8:15am

**Growth Management**  
 Plan/Reg Bldg. Rm 609  
 11:30am-12:30pm

**N. Collier Gov't Center**  
 Towne Hall Mtg. Rm  
 4:30pm-5:10pm

**Mon., April 12th**  
**Main Campus-Risk**  
 Risk Training Rm  
 7:30am-8:15am

**N. Collier Gov't Center**  
 Towne Hall Meeting Rm  
 11:45am-12:15pm

**Wed., April 7th**  
**Growth Management**  
 Plan/Reg Bldg. Rm 609  
 7:30am-8:15am

**Golden Gate Comm. Ctr.**  
 Room C  
 12:00pm-12:30pm

**Main Campus-Risk**  
 Risk Training Rm  
 4:45pm-5:15pm

**Tues., April 13th**  
**Main Campus-Risk**  
 Risk Training Rm  
 7:30am-8:15am



**Thurs., April 8th**  
**Main Campus-Risk**  
 Risk Training Rm  
 7:30am-8:30am  
 11:30am-12:30pm

**Immokalee Library**  
 Room A  
 5:00pm-5:20pm

**RESULT-BASED HEALTHY BUCKS PROGRAMS BELOW**

**You MUST register for these programs by July 31, 2021 on the GoSignMeUp registration system:**

**Earn \$150 Healthy Bucks from the above programs and The Remainder \$150 Healthy Bucks earned by participating in these programs for Maximum \$300HB:**

- 1.) Off the Cuff - Blood Pressure Program - \$75HB** GOAL: Blood Pressure < 130/90
  - Attend a Wellness Blood Pressure - Weight Clinic in August or by September 30, 2021 for a Blood Pressure reading.
- 2.) Sugar Busters - A1C Management Program - \$75HB** GOAL: A1C < 5.7% OR for those with Type 1 or Type 2 Diabetes A1C ≤ 7%
  - Lab draws start July 23rd thru Sept. 30, 2021
  - Use either MedCenters to have your non-fasting A1C lab drawn **by appointment**.
  - Call the Main Campus MedCenter: 239-252-4257 or North MedCenter: 239-315-7111.
- 3.) Re-shape Your Frame - Body Composition Program - \$75HB** GOAL: Attain or Maintain a BMI < 25 OR if BMI was 25-29.9 at the Jan. 2021 weigh-in, then you need to have lost 5% of weigh-in weight. if BMI was ≥ 30 at the Jan. 2021 weigh-in, then you need to have lost 10% of weigh-in weight.
  - OR YOU CAN SELECT:
  - Waist Circumference** Women < 35 inches Men < 40 inches
  - OR YOU CAN SELECT:
  - Percent Body Fat** (reserved for muscular individuals only) Women ≤ 31% Men ≤ 24%
  - Must Call Wellness to be have a % Body Fat Test

