



Holiday Weight Challenge Weigh-Out
Re-shape Your Frame Weigh-IN
Lose the Covid-19 Weight Loss Program Weigh-IN
 \$75 Result-based Healthy Bucks Options

WEEK OF JANUARY 4-12
Weigh-out & Weigh-IN
Calendars on 2nd Page.

REGISTER FOR ALL WELLNESS PROGRAMS ON
<http://colliergov.gosignmeup.com>

Lose the Covid-19 Weight Loss Program - Weigh-in during the Wellness Weight clinics offered Jan 4 - 12. This is a 12-week program. A meal plan and exercise plan will be distributed at time of weigh-in. Meet the weight loss goal for \$75 Result-based Health Bucks. Achieve BMI less than 25 **OR** if BMI 25-29.9 at time of weigh-in; lose 5% of weight **OR** if BMI 30 and greater; lose 10% of weigh-in weight. **Weigh-out clinics scheduled week of April 5-13, 2021.** Register on <http://colliergov.GoSignMeUp.com>.

	\$75 Healthy Bucks Program Options:	Jan. Dates	Day	Time	Location
Nutrition	Test Your Food & Health Smarts	12th	Tuesday	12-1pm	Domestic Animal Services - 7610 Davus Bkvd,
	UnDo It with Lifestyle Changes	12th	Tuesday	5:15-6:15pm	Main Campus - 3311 Tamiami Trail E., Risk Training Room
	The Hype and Hypertension	13th	Wednesday	12-1pm	Main Campus - 3311 Tamiami Trail E., Risk Training Room
	The Heart of the Matter Consejos Sanos Para Tu Corazon	13th	Wednesday	5:15-6:15pm	Road & Bridge - 4800 Davis Blvd.
	Ways to Reduce Your Body Fat & Blood Fats Reduzca Su Peso Y Su Colesterol	14th	Thursday	7-8am	No. Collier Regional Park - Admin Bldg. 15000Livingston Rd. Rooms A&C
	The Hype and Hypertension <i>La Hipertension - Cuidese</i>	19th	Tuesday	12-1pm	Pelican Bay Services-6200 Watergate Way, Conference Room
	The Heart of the Matter	19th	Tuesday	5:15-6:15pm	Growth Management-2800 N. Horseshoe Dr. Rm 609
	Ways to Reduce Your Body Fat & Blood Fats	20th	Wednesday	5:15-6:15pm	Main Campus - 3311 Tamiami Trail E., Risk Training Room
	The Hype and Hypertension	25th	Monday	12-1pm	Property Appraiser's Office-5950 Radio Rd., Conference Rm.
	Test Your Food & Health Smarts	27th	Wednesday	8-9am	GreenTree Tax Collector -2348 Immokalee Rd.
Stress Reduction	UnDo It with Lifestyle Changes	28th	Thursday	12-1pm	North Collier Government Center-2335 Orange Blossom Drive, Town Hall Meeting Room
	The Heart of the Matter	28th	Thursday	5:15-6:15pm	Drivers License Building-725 So. Airport Rd (across from airport)-LOBBY
The Great Outdoors	3-MILE Beach Walk w/Walking Poles at Lowdermilk Park (Walking Poles Provided) The tourist enjoy our beautiful beaches. Why can't we take the time to enjoy our beach & surf? Enjoy a 3-mile (1-hour) walk on the beach. Bring water for hydration and sunscreen. Dress in layers to keep warm. You will need a beach parking sticker OR Credit Card for parking.	24th	SUNDAY	9:30-10:30AM	Lowdermilk Park, 1301 Gulfshore Blvd. North, Naples Park in parking lot and meet Wellness staff by chickee hut. YOU WILL NEED A BEACH PARKING STICKER OR A CHARGE CARD TO FEED PARKING METER.
	WALKING POLES SUPPLIED BY WELLNESS				
Emotional Wellness	Stress Management with Anabel Satham, LCSW. <i>Break the hold stress has on your life, so you can be happier, healthier, and more productive. Learn simple strategies to reduce stress.</i>	26th	Tuesday	5:15-6:15pm	Main Campus - 3311 Tamiami Trail E., Risk Training Room
Hot Topics	New Year's Finance Resolutions	13th	Wednesday	6-7PM	No. Collier Gov't Center-2335 Orange Blossom Dr., Town Hall Mtg Rm
	New Year's Finance Resolutions	21st	Thursday	5:15-6:15pm	Main Campus - 3311 Tamiami Trail E., Risk Training Room
	New Year's Finance Resolutions	27th	Wednesday	12-1pm	Growth Management-2800 N. Horseshoe Dr. Rms 609 & 610

**HAS YOUR SPOUSE SCHEDULED THEIR MIDLAND HEALTH QUALIFYING LABS?
IF NOT...have them go to www.chpha.com to schedule TODAY. DEADLINE FOR LAB DRAW IS MARCH 31, 2021**



\$75 Healthy Bucks Program Options:		Jan. Dates	Day	Time	Location
FITNESS	Body Weight Workouts - workout attire required	20th	Wednesday	12-1pm	Main Campus - 3311 Tamiami Trail E., Risk Training Room
	Core & More! - workout attire required	25th	Monday	5:15-6:15pm	Main Campus - 3311 Tamiami Trail E., Risk Training Room
	Yoga for Everybody - Introduction to simple yoga moves to tone & increase flexibility.	Starts Jan 4th	Every Mon & Wed	12-1pm (no class 1/18 & 2/15)	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session
	Zumba - Movement & Music No need to have rhythm...join the simple dance moves to Latin music.	Starts Jan 4th	Every Mon & Wed	5:30-6:30pm (no class 1/18 & 2/15)	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session
	Intro to Different Exercise Tools - Each week you'll be introduced to stretch band, steps, stability ball and light weigh exercises. Come have some fun!	Starts Jan 5th	Every Tues & Thurs	5:30-6:30pm	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session
	Strength Conditioning - An intro exercise regimen to build muscle, tone your body and burn calories.	Starts Jan 5th	Every Tues & Thurs	5:30-6:30pm	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session
Yoga, Zumba, Exercise Tools, and Strength Conditioning \$30 PROGRAM payment due FIRST SESSION. (FREE with P&R Fitness Membership)	Fitness Center Program - CCG Park & Recreation Membership <u>Required</u> . Fitness Membership is \$4.69 per pay period for 1 year for all 6 facility access.	Sign up anytime	work-out 30 mins. at least 6x/month for 3 consecutive months	payroll deduct for 1 year membership	Any of the 6 CCG Park & Recreation Fitness Facilities-Includes Main Campus Employee Wellness Fitness Center (Register on 7/31 date in GoSignMeUp System)
	Naples Daily News Half Marathon sponsored by Gulfcoast Runner's	17th	Sunday	7am - 11am	Register on Gulf Coast Runners Club-Naples website; Registration Fees Apply. Must supply proof of race completion for HB credit.

Holiday Weigh-Out Clinic Dates & Locations (WEIGH-IN FOR 2021 RE-SHAPE YOUR FRAME AND LOSE THE COVID-19 WEIGHT LOSS PROGRAM AT THESE CLINIC SESSIONS)

Holiday Weight Challenge: Maintain or Achieve BMI range of Less Than or Equal to 24.9 **OR** Lose 1 pound of initial weigh-in weight if BMI 25 or Greater.
IF YOU'RE ALREADY AT YOUR IDEAL BMI OF <25, THEN WEIGH-OUT FOR YOUR \$75 HEALTHY BUCKS

Mon. Jan. 4th

Main Campus-Risk Training Rm
7:15am-8:30am

Main Campus-Risk Training Rm **Fleet Management**
11:30am-1:00pm **11:45am-12:15pm**

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

Tues. Jan. 5th

No. Collier Regional Park-Adm. Bldg.
7:30am-8:15am Room A

Growth Management-Plan/Reg. Bldg.
11:30am-1:00pm Room 607

Pelican Bay Services 12:00-12:45pm

North Collier Government Center
5:00pm-6:15pm Town Hall Meet. Rm

Wed. Jan. 6th

Growth Management-Plan/Reg.
7:00am-8:30am Room 607

Main Campus - Risk Training Rm
11:30am-1:00pm

Golden Gate Community Center
Rooms A/B
12:00pm-12:30pm

Main Campus - Risk Training Rm
4:30pm-5:15pm

Thurs. Jan. 7th

Road & Bridge—Davis Blvd.
6:15-7:15am

Everglades City—City Hall
Council Chambers 12:00pm-12:15pm

North Collier Government Center
11:30 - 1:30pm
Town Hall Meeting Room

Immokalee Road & Bridge
4:30pm-5:00pm

Immokalee Library
5:15pm-5:35pm Room A

Re-shape Your Frame Body Composition Program \$75HB
(Initial weight will be taken at the above Wellness Clinics for the Holiday Weight Challenge weigh-out.) Measurements will be re-taken for Re-shape Your Frame in Aug/Sept. Earn \$75HB for meeting below goals in Aug/Sept.:

Maintain a BMI < 25
OR

- if **BMI is 25-29.9** then lose 5% of initial weight by weigh-out clinic.
- if **BMI is > 30**, then lose 10% of initial weight by weigh-out clinic.

OR

•**Waist measurement:**
Women < 35 inches
Men < 40 inches

Sugar Busters - A1C blood draws through MedCenter will start July 23, 2021 to Sept. 30th. \$75HB credited for meeting goal numbers.

Mon. Jan. 11th

Main Campus-Risk Train. Rm.
12:00pm-1:00pm
4:45-5:30pm

Tues. Jan. 12th

Main Campus-Risk Training Rm
7:45am-8:30am