



Holiday Weight Challenge Weigh-Out
A Result-based Healthy Bucks Option ONLY

WEEK OF JANUARY 6-9
Weigh-out Calendar on 2nd Page.

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

Annual Savings & Health Expo - Thursday, January 16th from 8AM - 1PM. next to the Main Campus - East Naples United Methodist Church, 2701 Airport Road South Church Auditorium
- Over 30 vendors providing free health & financial information. Blood Pressure & Blood Glucose Health Screens. Breakfast, snacks and lunch served.



	BP	TRIGS	LDL	Waist	A1C	Health Smart Risk Factor OR Healthy Bucks Program Options:	Jan. Dates	Day	Time	Location
Nutrition	✓	✓	✓	✓	✓	Meatless Monday Meals	2nd	Thursday	5:15-6:15pm	Main Campus - Risk Management Training Room
	✓	✓	✓	✓	✓	Healthy Snack Options to Enjoy	9th	Thursday	12-1pm	No. Collier Gov't Center-2335 Orange Blossom Dr., Town Hall Meeting Rm
	✓	✓	✓	✓	✓	Alternative Grains for Your Plate	13th	Monday	12-1pm	So. County Water Reclam.-5600 Warren St.
	✓	✓	✓	✓	✓	Healthy Snack Options to Enjoy	14th	Tuesday	12-1pm	Growth Management-2800 N. Horseshoe Dr. Rm 609
	✓	✓	✓	✓	✓	No Lonely Carbs	14th	Tuesday	5:15-6:15pm	Main Campus - Risk Management Training Room
	✓	✓	✓	✓	✓	Alternative Grains for Your Plate Granos Diferentes para Tu Plato	15th	Wednesday	7-8am	No. Collier Regional Park - Admin Bldg. 15000Livingston Rd. Rooms A&C
SPANISH ONLY	✓	✓	✓	✓	✓	Comidas de Lunes sin Carne	21st	Tuesday	12-1pm	Pelican Bay Services-6200 Watergate Way, Conference Room
	✓	✓	✓	✓	✓	Sheet-pan Meals for Better Health	23rd	Thursday	12-1pm	So. Regional Water Plant, 3851 City Gate Blv. 2nd Floor Conference Room
ENGLISH ONLY	✓	✓	✓	✓	✓	Meatless Monday Meals	27th	MONDAY	12-1pm	Pelican Bay Services-6200 Watergate Way, Conference Room
	✓	✓	✓	✓	✓	Meatless Monday Meals	28th	Tuesday	8-9am	GreenTree Tax Collector -2348 Immokalee Rd.
	✓	✓	✓	✓	✓	No Lonely Carbs	28th	Tuesday	12-1pm	Main Campus - Risk Management Training Room
	✓	✓	✓	✓	✓	Meatless Monday Meals	29th	Wednesday	5:15-6:15pm	Growth Management-2800 N. Horseshoe Dr. Rm 609
	✓	✓	✓	✓	✓	No Lonely Carbs	30th	Thursday	5:15-6:15pm	Drivers License Building-725 So. Airport Rd (across from airport)
Money	✓	✓	✓	✓	✓	Saving Food Dollars	27th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
Mindfulness	✓	✓	✓	✓	✓	Saving Food Dollars	30th	Thursday	12-1pm	Property Appraiser's Office-5950 Radio Rd., Conference Rm.
Stress Reduction	✓					Quiet Your Mind	21st	Tuesday	5:15-6:15pm	Main Campus - Risk Management Training Room
	✓					Humor & Play to Relieve Stress	29th	Wednesday	12-1pm	Main Campus - Risk Management Training Room
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 HEALTHY BUCKS CREDIT ONLY					25th	SATURDAY	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.	
Emotional Wellness	Healthy Bucks Credit ONLY		Essential Oils for Beginners			22nd	Wednesday	5:15-6:15pm	North Collier Government Center-2335 Orange Blossom Drive, Town Hall Meeting Room	
Hot Topics	Lower Back Pain & Self Treatments					15th	Wednesday	5:15-6:15pm	Growth Management-2800 N. Horseshoe Dr. Rm 609	
	Michael White, Physcial Therapist, will discuss techniques for self back pain care. Healthy Bucks Credit Only					23rd	Thursday	5:15-6:15pm	Main Campus - Risk Management Training Room	

*****FITNESS PROGRAMS & HOLIDAY WEIGH-OUT SCHEDULE OFFERED ON BACK/SECOND PAGE*****

**HAVE YOU SCHEDULED YOUR MIDLAND HEALTH QUALIFYING LABS?
IF NOT...Go to www.chpha.com to schedule TODAY. DEADLINE FOR LAB DRAWS IS MARCH 31, 2020**



	BP	TRIGS	LDL	Waist	A1C	Health Smart Risk Factor OR Healthy Bucks Program Options:	Jan. Dates	Day	Time	Location
FITNESS	✓	✓	✓	✓	✓	Chair Stretching Exercises	2nd	Thursday	12-1pm	Main Campus - Risk Management Training Room
	✓	✓	✓	✓	✓	Chair Yoga	13th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
Yoga, Zumba, Pilates, and Strength Conditioning \$30 PROGRAM payment due FIRST SESSION. (FREE with P&R Fitness Membership)	✓	✓	✓	✓	✓	Floor Core Fitness	22nd	Wednesday	12-1pm	Domestic Animal Service-7610 Davis Blvd.
	✓	✓	✓	✓	✓	Yoga at Growth Management	Starts 6th	Every Mon. Jan 6 - May 2	12-1pm (no class 1/20 & 2/17)	Growth Management-2800 N. Horseshoe Dr. Rm 609 PAYMENT OF \$30 DUE 1ST SESSION
	✓	✓	✓	✓	✓	Yoga for Men & Women	Starts 6th	Every Mon. & Wed. Jan 6 - Mar 4	12-1pm (no class 1/20 & 2/17)	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session
	✓	✓	✓	✓	✓	Zumba - Easy & Fun!	Starts 6th	Every Mon. & Wed. Jan 6 - Mar 4	5:30-6:30pm (no class 1/20 & 2/17)	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session
	✓	✓	✓	✓	✓	Strength Conditioning	Starts 7th	Every Tues. & Thurs. Jan 7 - Feb 27	5:30-6:30pm	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session
	✓	✓	✓	✓	✓	Basic Pilates	Starts 7th	Every Tues. & Thurs. Jan 7 - Feb 27	12-1pm	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session
	✓	✓	✓	✓	✓	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> 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)
HB Credit Only						Gulfcoast Runner's Naples Daily News Half Marathon	19th	Sunday	7am - 10am	Register on Gulf Coast Runners Club-Naples website; Registration Fees Apply

Holiday Weigh-Out Clinic Dates & Locations

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 \$50 HEALTHY BUCKS

Mon. Jan. 6th

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

Main Campus-Risk Training Rm
11:30am-12:45pm

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

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

Tues. Jan. 7th

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. 8th

Growth Management-Plan/Reg.
7:15am-8:30am Room 607

Water Distribution/IT Billing
7:15-8:00am Training Room E-37

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

Golden Gate Community Center
Rooms C
12:00pm-12:30pm

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

Thurs. Jan. 9th

Road & Bridge—Davis Blvd.
6:15-7:15am

Wastewater Collections
7:00-8:00am 2nd Floor Train Rm

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

North Collier Government Center
11:30 - 11:55am- AND 1:05-1:30pm
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 \$50HB
Starting initial weight & waist measurements will be taken from Midland Health records for weight, waist & BMI

•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

Have measurements re-taken in Aug-Sept. at a Wellness Clinic on-site event. A1C re-draws through MedCenters starting July 17, 2020.