



JULY 2021 - WELLNESS PROGRAMS FOR HEALTHY BUCKS (Attend HB Programs on NON-WORK Time)

Wellness Clinics for the Result-based HB Programs start in August & September. Meet the goal to earn \$75 Healthy Bucks:

1. *Re-shape Your Frame* - Body Composition (weight or waist measurements)
 2. *Off the Cuff* - Blood pressure (blood pressure reading)
- See second page of calendar for more program details.

NEW HIRES & NEW HIRE SPOUSES - SEPTEMBER 30, 2021 IS THE DEADLINE TO COMPLETE THE MIDLAND HEALTH LABS & THE MEETING WITH THE HEALTH ADVOCATES OR WELLNESS HEALTH EDUCATORS.

\$75 Healthy Bucks Sugar Busters-A1c lab appointments at our 2 MedCenters **start Friday July 23rd**. Call them for an appointment for this non-fasting lab.



The **WEIGH-INS** for the 2022 *Holiday Weight Challenge* will be conducted at the August/September Wellness Clinics. Simply weigh-in and if your BMI is equal/greater than 25; then lose only 1 pound at January 2022 weigh-out (week of Jan. 3-11). If your BMI is less than 25, then maintain it at weigh-out for an easy \$75HB.

 \$75 Healthy Bucks Program Options:	July Dates	Day	Time	Location
Nutrition				
Undo It with Lifestyle Changes	1st	Thursday	8-9am	GreenTree Tax Collector Office-2348 Immokalee Rd
The Heart of the Matter	8th	Thursday	12-1pm	Main Campus - Risk Management Training Room
Easy Meals in a Bowl	14th	Wednesday	7-8am	North Collier Regional Park -15000 Livingston Rd, Admin. Bld. Room A
The Hype & Hypertension	14th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Training Room
Easy Meals in a Bowl	19th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
Test Your Food & Health Smarts	20th	Tuesday	12-1pm	Fleet Management - 2901 County Barn Rd., Training Room
The Hype & Hypertension	22nd	Thursday	12-1pm	Golden Gate Community Center - 4701 Golden Gate Pkwy-Rm C
Undo It with Lifestyle Changes	27th	Tuesday	7-8am	Wateswater Collections - 6027 Shirley St., Training Room
Easy Meals in a Bowl	27th	Tuesday	5:15-6:15pm	No. Collier Gov't Center-2335 Orange Blossom Dr. Town Hall Mtg Rm
Ways to Reduce Body Fats & Blood Fats	28th	Wednesday	12-1pm	UF/IFAS Extension Office - 14700 Immokalee Rd. Classroom
Emotional Wellness				
<i>Alzheimers Coping - Levels of Care & Resources</i> presented by Berta Garcia, MSW. Learn how to take care of yourself while taking care of loved ones with Alzheimers & resources available.	13th	Tuesday	12-1pm	Main Campus - Risk Management Training Room
Stress				
Laugh Out Loud to Reduce Worry	7th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Training Room
Reduction				
Mindfulness for Peace & Calm	12th	Monday	5:15-6:15pm	GMD Planning & Regulations - 2800 N.Horseshoe Dr. Rm 609/610
MONEY MATTERS				
Mortgage Modifications-Is It Time?	21st	Wednesday	12-1pm	No. Collier Gov't Center-2335 Orange Blossom Dr. Town Hall Mtg Rm
Making Budgets Work	26th	Monday	12-1pm	Main Campus - Risk Management Training Room

FITNESS, THE GREAT OUTDOORS, RESULT-BASED HEALTHY BUCKS, & 2022 HOLIDAY WEIGH-IN CHALLENGE PROGRAMS ON SECOND PAGE



	\$75 Healthy Bucks Program Options:	July Dates	Day	Time	Location
Fitness	Exercise Your Stress	6th	Tuesday	12-1pm	Main Campus - Risk Management Training Room
	Self Care Exercises	15th	Thursday	12-1pm	No. Collier Gov't Center-2335 Orange Blossom Dr. Town Hall Mtg Rm
	Core & More	29th	Thursday	12-1pm	GMD Planning & Regulations - 2800 N.Horseshoe Dr. Rm 609/610
	Yoga for Everybody - <i>Introduction to simple yoga moves to tone & increase flexibility.</i>	Starts July 26th	Every Mon & Wed (Jul- 26- Sept 20)	12-1pm (NO CLASS 7/5 & 9/6)	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session
	Zumba - Movement & Music <i>No need to have rhythm...join the simple dance moves to Latin music to tone & burn calories .</i>	Starts July 26th	Every Mon & Wed (Jul- 26- Sept 20)	5:30-6:30PM (NO CLASS 7/5 & 9/6)	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session
The Great Outdoors	Firecracker 5K Run, Walk/Run sponsored by Gulf Coast Runners	3rd	Saturday	7am	Register through Gulfcoast Runners - Naples webpage. Race Registration Fees Apply.
	CCG Fitness Center Program	Sign up anytime	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)
	5K Race Training - Running Coach Tina Collins, RN, BSN will conduct an 8-week 5K training program for all levels. Training sessions conducted every Mon. until Aug. 30th.	12TH	July 12th (eight Monday sessions)	5:30-6:30PM (NO CLASS 7/5 & 9/6)	Participants must complete a Participation Agreement/Waiver of Liability & a Participant Questionnaire PRIOR to the July 12th session. Scan and send forms to Tcollins@healthpartners.com. Contact Tina at 239-252-5584 for questions or more program details.

YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS

***** Register for all programs on <http://colliergov.gosignmeup.com> *****

Earn \$150 Healthy Bucks by participating in these programs for your yearly maximum of \$300 Healthy Bucks:

- 1.) Off the Cuff - Blood Pressure Program - \$75HB** **Blood Pressure < 130/90**
 - Maintain or lower your initial Midland Health Lab Blood Pressure by August - September 30, 2021
 - Attend a Wellness Blood Pressure - Weight Clinic in August or by September 30, 2021 to repeat your BP
- 2.) Sugar Busters - A1C Management Program - \$75HB** **A1C < 5.7% OR for those with Type 1 or Type 2 Diabetes A1C ≤ 7%**
 - Maintain or lower your initial Midland Health Lab A1C value by September 30, 2021
 - You will be required to repeat your non-fasting A1c lab test by appointment at the Main Campus MedCenter 239-252-4257 or North MedCenter 239-315-7111 **starting July 23rd - September 30, 2021.**
- 3.) Re-shape Your Frame - Body Composition Program - \$75HB** **Maintain a BMI < 25 OR**
 - if **BMI is 25-29.9** then lose 5% of initial Midland Health weight recorded;
 - if **BMI is ≥ 30**, then lose 10% of initial Midland Health weight recorded.
 - 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
 - ALL FINAL BMI & Waist measurements will be repeated in August or by September 30, 2021 by attending a Wellness Weight - BP Clinic.

Remember, you might have already received \$75HB for meeting this years' Holiday Weight Challenge or Holiday Fitness Challenge goal as a result-based HB program.

August & September Wellness Clinic Calendars for Blood Pressure & Weight Measurements will be available mid July on the Wellness SharePoint wellnessweb.colliergov.net Select "Calendar" icon and scroll down page.

2022 HOLIDAY WEIGHT CHALLENGE - \$75 RESULT-BASED HEALTHY BUCKS

WEIGH-IN SESSIONS FOR THE 2022 HOLIDAY WEIGHT CHALLENGE WILL BE CONDUCTED DURING THE 2021 AUG/SEPT WELLNESS CLINICS. WEIGH-OUTS WILL BE CONDUCTED JANUARY 3-11, 2022. MAINTAIN A BMI LESS THAN 25 AT WEIGH-OUT OR LOSE 1 POUND AT WEIGH-OUT IF BMI WAS 25 AND ABOVE AT WEIGH-IN FOR \$75HB.