

MARCH 2020 - WELLNESS PROGRAM OPTIONS FOR HEALTH SMART GOALS & HEALTHY BUCKS (Attend HB Programs on NON-WORK Time)



COMPLETE THE MIDLAND HEALTH LAB DRAW BY MARCH 31, 2020
and the HEALTH ADVOCATE/WELLNESS APPOINTMENTS BY JUNE 30, 2020
TO AVOID BEING PLACED IN THE BASIC GROUP HEALTH PLAN - TAKE ACTION TODAY!



MARCH IS NATIONAL NUTRITION MONTH

"Eat Right - Bite By Bite"

Visit & Tour the Main Campus Employee Fitness Center Mar. 2-12 and receive a Salad Jar

	BP	TRIGS	LDL	Waist	A1C	Health Smart Risk Factor OR Healthy Bucks Program Options:	March Dates	Day	Time	Location
Nutrition Programs	✓	✓	✓	✓	✓	Sheet-pan Meals for Better Health	2nd	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
	✓	✓	✓	✓	✓	Alternative Grains for Your Plate	4th	Wednesday	7-8am	Wastewater Collections - 6027 Shirley St
	✓	✓	✓	✓	✓	Meatless Monday Meals	9th	Monday	12-1pm	Fleet Management - 2901 County Barn Road
	✓	✓	✓	✓	✓	Alternative Grains for Your Plate	10th	Tuesday	8-9am	GreenTree Tax Coll. Office 2348 Immokalee Rd
	✓	✓	✓	✓	✓	No Lonely Carbs	10th	Tuesday	12-1pm	Growth Mang't Plan/Reg Bldg-2800 No. Horseshoe Dr. Conference Rooms 609 & 610
	✓	✓	✓	✓	✓	Meatless Monday Meals	11th	Wednesday	12-1pm	Property Appraiser's Office - 3950 Radio Rd.
	✓	✓	✓	✓	✓	Healthy Snacks to Enjoy	12th	Thursday	5:10-6:00pm	Immokalee Library - 417 N. First Street; Study Rm
	✓	✓	✓	✓	✓	No Lonely Carbs	16th	Monday	12-1pm	Main Campus - Risk Management Training Room
For A1C Risk Factor or HB Credit Only						✓ Carb Control--Is It New for You?	16th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
	✓	✓	✓	✓	✓	Sheet-pan Meals for Better Health	17th	Tuesday	5:15-6:15pm	North Collier Government Center - 2335 Orange Blossom Dr., Towne Hall Meeting Rm
	✓	✓	✓	✓	✓	Meatless Monday Meals	18th	Wednesday	6-7pm	Golden Gate Library-2432 Lucerne Rd.,Conference Rm
	✓	✓	✓	✓	✓	Alternative Grains for Your Plate	19th	Thursday	12-1pm	South Regional Library-8065 Lely Cultural Pkwy, Group Study Room
	✓	✓	✓	✓	✓	Healthy Snacks to Enjoy	23rd	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
For A1C Risk Factor or HB Credit Only						✓ Carb Control--Is It New for You?	24th	Tuesday	12-1pm	Main Campus - Risk Management Training Room
	✓	✓	✓	✓	✓	Meatless Monday Meals Comidas de Lunes sin Carne	25th	Wednesday	7-8am	N. Collier Regional Park - 15000 Livingston Rd/Rm A&C
	✓	✓	✓	✓	✓	Alternative Grains for Your Plate	30th	Monday	5:15-6:15pm	Marco Island Tax Collector Office-1040 Winterberry Dr
Money	✓	✓	✓	✓	✓	Saving Food Dollars	5th	Thursday	1-2pm	North Collier Government Center - 2335 Orange Blossom Dr., Towne Hall Meeting Rm
Mindfulness	HB Credit Only					Saving Money & Successful Budgeting	24th	Tuesday	5:15-6:15pm	Main Campus - Risk Management Training Room
Hot Topics	HB Only					End Everyday Pain w/Easy Movement give yourself 10mins a day to relieve pain through stretching & flexibility movements. Wear pants/shorts	3rd	Tuesday	5:15-6:15pm	Main Campus - Risk Management Training Room
							23rd	Monday	12-1pm	Main Campus - Risk Management Training Room
							31st	Tuesday	12-1pm	Growth Mang't Plan/Reg Bldg-2800 No. Horseshoe Dr. Conference Rooms 609 & 610
EMOTIONAL WELLNESS	HB Only					Effective Communication, Anabel Satham, LMHC will discuss tools to improve communication styles.	2nd	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room

MORE STRESS REDUCTION & FITNESS PROGRAMS ON 2ND PAGE.

REGISTER FOR ALL PROGRAMS ON <http://colliergov.GoSignMeUp.com> SELECT THE STUDENT 'BUBBLE' WHEN LOGGING IN

	BP	TRIGS	LDL	Waist	A1C	Health Smart Risk Factor OR Healthy Bucks Program Options:	March Dates	Day	Time	Location
Stress	✓	BP Risk Factor or HB Only				Quiet Your Mind	18th	Wednesday	12-1pm	Main Campus - Risk Management Training Room
Reduction	✓	BP Risk Factor or HB Only				Humor & Play to Relieve Stress	25th	Wednesday	5:15-6:15pm	Growth Mang't Plan/Reg Bldg-2800 No. Horseshoe Dr. Conference Rooms 609 & 610
Fitness	✓	✓	✓	✓	✓	Chair Yoga	4th	Wednesday	12-1pm	Main Campus - Risk Management Training Room
Suitable exercise atttire & tennis shoes required for class entry.	✓	✓	✓	✓	✓	Floor Core Fitness	19th	Thursday	12-1pm	Main Campus - Risk Management Training Room
	✓	✓	✓	✓	✓	Chair Stretching Exercises	30th	Monday	12-1pm	Main Campus - Risk Management Training Room
	✓	✓	✓	✓	✓	Yoga for Men & Women - \$30 Program Fee (must have 16 enrolled)	Starts 16th	Every Mon. & Wed. Mar 16 - May 6	12-1pm	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session. FREE w/fitness membership
	✓	✓	✓	✓	✓	Zumba - Easy & Fun! \$30 Program Fee (must have 16 enrolled)	Starts 16th	Every Mon. & Wed. Mar 16 - May 6	5:30-6:30pm	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session. FREE w/fitness membership
	✓	✓	✓	✓	✓	Strength Conditioning \$30 Prgm Fee (must have 16 enrolled)	Starts 17th	Every Tues. & Thurs. Mar 17 - May 7	5:30-6:30pm	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session. FREE w/fitness membership
	✓	✓	✓	✓	✓	Basic Pilates - \$30 Program Fee (must have 16 enrolled)	Starts 17th	Every Tues. & Thurs. Mar 17 - May 7	12-1pm	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session. FREE w/fitness membership
	✓	✓	✓	✓	✓	Fitness Center Program - CCG Park & Recreation Membership <u>Required</u> REPEAT SESSIONS ALLOWED	Register on July 31 date in GSMU	work-out 30 mins. at least 6x/month for 3 <u>consecutive</u> months	payroll deduct for 1 year membership	Any of the 5 CCG Park & Recreation Fitness Facilities PLUS the Employee Wellness Fitness /Center Employee Memberships \$4.65 per paycheck
	HB Credit Only					Baker Park 5K Run sponsored by Gulf Coast Runners	7th	Saturday	Race starts 7:30AM	Register on Gulf Coast Runner website; Registration Fees Apply
	HB Credit Only					Paws in the Park 3-mile Walk at North Collier Regional Park. YOU MUST SIGN ROSTER AT START OF WALK AND AT WALK COMPLETION FOR HB CREDIT.	21st	Saturday	Walk starts 8:30AM	Register on BOTH: https://collierdas-pawsinthepark.eventbrite.com AND http://colliergov.GoSignMeUp.com . Registration Fees Apply

Result-based Healthy Bucks Programs - \$150 HB earned by participating in these programs:

1.) *Re-shape Your Frame* - Body Composition Program - \$50HB (The Midland Health initial weight and BMI will be used as your baseline data).

• **Maintain a BMI less than 25** OR if **BMI is 25-29.9** then lose 5% of initial weight as recorded on your Midland Health Lab form at the Wellness Weight - Waist Circumference Clinic • if **BMI is greater or equal to 30**, then lose 10% of initial weight as recorded on your Midland Health Lab form at the Wellness Weight - Waist Circumference Clinic

OR YOU CAN SELECT:

• **Waist Circumference** Women less than 35 inches Men less than 40 inches

2.) *Off the Cuff* - Blood Pressure Program - \$50HB

• **Blood Pressure less than 130/90**

3.) *Sugar Busters* - A1C Management Program - \$50HB

• **A1C less than 5.7% OR** for those with **Type 1 or Type 2 Diabetes A1C less than or equal to 7%**

Weigh-outs and Blood Pressure taken in August or September 2020 at the Wellness Clinics conducted at different locations. No appointment necessary. **Repeat A1C starts July 17-September 30th thru the MedCenters by appointment.**