



MAY 2021 WELLNESS PROGRAM OPTIONS FOR \$75 HEALTHY BUCKS (HB Values have increased due to Covid-19. Attend HB Programs on NON-WORK Time)

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.



**BIKE TO WORK DAY
MAY 21st**

HB CATEGORIES		May Dates	Day	Time	Location
Nutrition	Undo It with Lifestyle Changes	4th	Tuesday	12-1pm	Fleet Management-2901 County Barn Rd. Training Rm
	The Hype and Hypertension La Hipertension - Cuidese	5th	Wednesday	12-1pm	Veterans Com. Park - 1895 Veterans Pk Dr. Rooms A & B
	The Heart of the Matter	10th	Monday	12-1pm	Main Campus - Risk Management Training Room
	Ways to Reduce Body Fats & Blood Fats	13th	Thursday	12-1pm	Domestic Animal Services, 7610 Davis Blvd.
	The Heart of the Matter	13th	Thursday	5:15-6:15pm	Immokalee Library - 417 N. First Street; Meeting Rm
	Test Your Food & Health Smarts	17th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
	The Heart of the Matter	18th	Tuesday	12-1pm	Golden Gate Comm. Ctr - 4701 GG Parkway, Rm C
	Undo It with Lifestyle Changes	18th	Tuesday	5:15-6:15pm	Drivers License Bldg - 725 Airport Rd S, Lobby Area
	Easy Meals in a Bowl	24th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Test Your Food & Health Smarts Cuanto Sabe Sobre la Nutrición?	25th	Tuesday	12-1pm	Pelican Bay Services, 6200 Watergate Way, Conference Room & Dining Area
	Ways to Reduce Body Fats & Blood Fats	26th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Training Room
HOT TOPIC <i>Margaret DeSear, APRN will be the co-presenter with Wellness</i>	Thyroid Health: Function, Medicine & Food	6th	Thursday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Thyroid Health: Function, Medicine & Food	11th	Tuesday	12-1pm	Growth Mang't Plan/Reg Bldg-2800 No. Horseshoe Dr. Rooms 609 & 610
	Thyroid Health: Function, Medicine & Food	26th	Wednesday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr., Towne Hall Meeting Rm
Money	Mortgage Modification	10th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
Matters	Making Budgets Work	12th	Wednesday	5:15-6:15pm	North Collier Government Center - 2335 Orange Blossom Dr., Towne Hall Meeting Rm
Emotional Wellness	Anxiety: Signs, Symptoms, and Coping Strategies presented by Berta Garcia, LMSW. Anxiety interferes with your daily life activities. Learn ways to manage this condition.	20th	Thursday	12-1pm	Growth Mang't Plan/Reg Bldg-2800 No. Horseshoe Dr. Rooms 609 & 610
Stress Reduction	Meditation & Relaxation	12th	Wednesday	12-1pm	Main Campus - Risk Management Training Room
	Exercise Your Stress	19th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Training Room
The Great Outdoors	Circuit Walk with Bump-out Exercise Stations at Paradise Coast Sports Complex Walk around the lake and have fun doing exercises at the 3 different exercise bump-out stations along the track.	8TH	SATURDAY	8:30-9:30AM	Paradise Coast Sports Complex, 3940 City Gate Blvd., North. Turn onto City Gate Blvd., turn left at stop sign. Travel on road; bear to the right. Follow the road all the way down (Pass Brennan Dr.) Turn right at the first entrance (Factory & Cove). Meet under the covered pavillion area prior to walk. Wear comfortable work-out clothes & tennis shoes. Bring water and sunscreen/sunglasses.

ADDITIONAL PROGRAMS ON THE NEXT PAGE: FITNESS & RESULT-BASED HB PROGRAMS - Register for all programs on <http://colliergov.GoSignMeUp.com>

HB CATEGORIES		May Dates	Day	Time	Location
Fitness	Movement for Flexibility	4th	Tuesday	6-7PM	North Collier Government Center - 2335 Orange Blossom Dr., Towne Hall Meeting Rm
YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Core & More	11th	Tuesday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Yoga for Everybody - <i>Introduction to simple yoga moves to tone & increase flexibility.</i>	Starts May 17	Every Mon & Wed	12-1pm (no class 5/31,7/5)	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.</i>	Starts May 17	Every Mon & Wed	5:30-6:30pm (no class 5/31,7/5)	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session
	Intro to Different Exercise Tools - <i>Each week you'll be introduced to stretch band, steps, stability ball and light weigh exercises. Come have some fun!</i>	Starts May 18	Every Tues & Thurs	12:05-12:55pm	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session
	Strength Conditioning - <i>An intro exercise regimen to build muscle, tone your body and burn calories.</i>	Starts May 18	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
	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 <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)
	Tropicool 5K Run, Run/Walk or Walking Virtual Race sponsored by Gulf Coast Runners	8th	Saturday	Flexible	Register on Gulf Coast Runners Club-Naples website; Registration Fees Apply. Must supply proof of race completion for HB credit.
	Snip Collier 5K Run/Walk sponsored by Gulf Coast Runners	31st	Monday	7:00AM	Register on Gulf Coast Runners Club-Naples website; Registration Fees Apply. Must supply proof of race completion for HB credit.

You MUST register for the below 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



August thru September Wellness
BP & Weight Clinics TBA