




FEBRUARY 2021- WELLNESS HEALTHY BUCK PROGRAMS ATTENDED ON NON-WORK TIME. EACH HB PROGRAM NOW WORTH \$75HB DUE TO COVID-19.

**HAS YOUR SPOUSE SCHEDULED THEIR MIDLAND HEALTH QUALIFYING LABS?
IF NO...Go to www.chpha.com to schedule TODAY. DEADLINE FOR LAB DRAWS IS 3/31/2021**

	\$75 Healthy Bucks Program Options:	Date	Day	Time	Location
Nutrition	Easy Meals in a Bowl	1st	Monday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
	The Heart of the Matter Consejos Sanos Para Tu Corazon	2nd	Tuesday	12-1pm	Veterans Comm. Park - 1895 Veterans Park Dr., Room A&B
	Ways to Reduce Body Fat & Blood Fats	4th	Thursday	5:15-6:15pm	No. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room
	Test Your Food & Health Smarts	8th	Monday	5:15-6:15pm	Marco Island Tax Collector - 1040Winterberry Drive
	Undo It with Lifestyle Changes	9th	Tuesday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
	Ways to Reduce Body Fat & Blood Fats	11th	Thursday	12-1pm	Supervisors of Elections - 3750 Enterprise Ave, Train Rm 1
	The Heart of the Matter	11th	Thursday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	Test Your Food & Health Smarts	18th	Thursday	12-1pm	Golden Gate Comm. Ctr. - 4701 Golden Gate Pkw-Room C
	Undo It with Lifestyle Changes	18th	Thursday	5:15-6:15pm	Growth Management/Planning Bldg.- 2800 No. Horseshoe Dr, Rm 609 & 610
	The Hype & Hypertension	22nd	Monday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
	Test Your Food & Health Smarts	23rd	Tuesday	12-pm	Everglades City Hall, 102 SW Copeland St., Counsel Chamber
	The Hype & Hypertension	23rd	Tuesday	5:15-6:15pm	Immokalee Road & Bridge-425 Sgt. Joe Jones Rd
	Easy Meals in a Bowl	24th	Wednesday	12-1pm	Growth Management/Planning Bldg.- 2800 No. Horseshoe Dr, Rm 609 & 610
	Ways to Reduce Body Fat & Blood Fats	25th	Thursday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	HOT TOPIC	Intermittent Fasting	2nd	Tuesday	5:15-6:15pm
Intermittent Fasting		4th	Thursday	12-1pm	Growth Management/Planning Bldg.- 2800 No. Horseshoe Dr, Rm 609 & 610
Intermittent Fasting		17th	Wednesday	12-1pm	No. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room
Money Matters	Mortgage Modification--Is It Time?	1st	Monday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	Debt Management	10th	Wednesday	12-1pm	No. Collier Gov't Center - 2335 Orange Blossom Dr. Towne Hall Meeting Room
Emotional Wellness	Healthy Co-Parenting, presented by Jaime Crossan-DeBres, LCSW. Co-parenting is rarely easy, but Jaime will help you navigate this relationship with your children. Attend to learn some strategies!	9th	Wednesday	5:15-6:15pm	Growth Management/Planning Bldg.- 2800 No. Horseshoe Dr, Rm 609 & 610

THE STRESS REDUCTION CLASSES FOR JANUARY & FEBRUARY HAVE BEEN CANCELLED DUE TO THE INSTRUCTOR NOT BEING AVAILABLE.

Fitness & The Great Outdoors Programs offered on 2nd Page
REGISTER FOR ALL PROGRAMS ON <http://colliergov.GoSignMeUp.com>
Park n'Rec Kick Start Your Heart 3K Run/Walk - Saturday Feb. 20th - \$75HB (details on 2nd page)

 \$75HB		Date	Day	Time	Location
Fitness	Self Care Exercises	3rd	Wednesday	12-1pm	Main Campus - Risk Management-Bldg. D- Train Rm
Suitable exercise attire & tennis shoes required for class entry.	Body Weight Workout	22nd	Monday	5:15-6:15pm	Main Campus - Risk Management-Bldg. D- Train Rm
	Yoga at Growth Management	Starts 1st	Every Mon. Feb 1 - May 17	12-1pm (no class 2/15)	Growth Management-2800 N. Horseshoe Dr. Rm 609 PAYMENT OF \$30 DUE 1ST SESSION. NO DISCOUNT W/FITNESS MEMBERSHIP
	Fitness Center Program	Sign up anytime	work-out 30 mins. at least 6x/month for 3 consecutive	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
	CCG Park n' Rec KICK Start Your Heart 3K Run/Walk (\$10 Registration Fee).	20th	Saturday	Race Starts 8:00AM	Register on GoSignMeUp AND at any county park or at collierparks.com. Search: Heart Run or #20519 This race will be conducted at Vineyards Community Park, 6231 Arbor Blvd. W. <u>YOU WILL BE REQUIRED TO SIGN HB ATTENDANCE SHEET AT START OF RACE AND UPON CROSSING FINISH LINE.</u>
	Naples Golden Eagle 5K Run (\$30 Registration Fee). Benefits Track & Field and Band Boosters	13th	Saturday	Race Starts 7:30AM	Register on Gulf Coast Runners Club-Naples website; Registration Fees Apply. Must have a CHIP/timed finish for HB credit.
STRESS REDUCTION	Mindfulness for Peace & Calm Humor & Play for Relaxation	STRESS REDUCTION SESSIONS HAVE BEEN CANCELLED FOR JANUARY & FEBRUARY DUE TO THE INSTRUCTOR NOT BEING ABLE TO LEAD THE GROUP. WE APOLOGIZE FOR THE INCONVENIENCE. WELLNESS			
The Great Outdoors	Canoe Trip at Barefoot Beach Preserve Join us on a 1.5 hour canoe trip. Experience the inland waterways at Wiggins Pass in a 2-man canoe. All equipment will be provided. Space is limited. A Beach Parking Sticker is	27th	SATURDAY	9:30-11:00am	Barefoot Beach Preserve at Wiggins Pass, 505 Barefoot Beach Blvd. Meet at launch area. A BEACH PARKING STICKER IS NECESSARY. PLEASE CONTACT BEN EUSTACHE IF YOU DO NOT HAVE ONE AT 252-8915.
CO-ED Softball Team - \$75 Healthy Bucks. STARTS MARCH 3RD - MAY 26TH. \$100 REGISTRATION FEE FOR LEAGUE DUES/SHIRT. REGISTRATION ON GSMU (THE GREAT OUTDOORS CATEGORY) & PAYMENT DUE BY <u>MONDAY FEBRUARY 15TH.</u> GAMES CONDUCTED AT NORTH COLLIER REGIONAL PARK ON WED. NIGHTS AT 6:30, 7:30, OR 8:30. <u>ALL PLAYER LEVELS WELCOME---COME OUT AND HAVE SOME FUN!</u>					

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

- 1.) *Re-shape Your Frame* - Body Composition Program - \$75HB. (Initial Weights recorded at January 2021 Wellness Weigh-in Clinics.)
 - **Maintain a BMI less than 25** OR if **BMI is 25-29.9** then lose 5% of initial January weight at the Aug/Sept 2021 Wellness Weigh-out Waist Circumference Clinic.
 - if **BMI is greater or equal to 30**, then lose 10% of initial Jan. weight at the Aug/Sept 2021 Wellness Weigh-out 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 - \$75HB

- **Blood Pressure less than 130/90** (BP taken at Aug/Sept 2021 Wellness Clinic)

- 3.) *Sugar Busters* - A1C Management Program - \$75HB

- **A1C less than 5.7% OR** for those with **Type 1 or Type 2 Diabetes A1C less than or equal to 7%** (Blood draws start July 23 thru the MedCenters by appointment)

Weigh-outs and Blood Pressure taken in August or September 2021 at the Wellness Clinics conducted at different locations. No appointment necessary.
Repeat A1C starts July 23-September 30th thru the MedCenters by appointment.