



# WORKSITE WELLNESS NEWS

VOLUME 1, ISSUE 10

JUNE 5, 2009

## SPECIAL POINTS OF INTEREST:

- Upcoming Health & Safety Expo
- Sun Safety Tips
- Jazzercise Discount for COB Employees

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## Health & Safety Expo



Thursday, June 11, 2009  
10am-3pm @ the Brazos Center

The Cities of Bryan, College Station and Brazos County will be hosting the 7th annual Health & Safety Expo this month. This year's event is themed "Don't Gamble with your Health & Safety" and promises casino style fun for all of those who at-

- Blood Drive
- Backhoe Rodeo
- Tricycle Races
- Glucose Testing
- Cholesterol Checks
- Seatbelt safety demonstration
- Test your vertical jump
- Check your stress level
- Free vision screening
- Blood Pressure Checks



Enter for a chance to win the grand prize valued at \$150!



Free t-shirt for attending!

## Are you interested in JAZZERCISE?

Jazzercise classes are now being offered to all City of Bryan employees, dependents and retirees at a discounted price. Classes are held at Saint Anthony's Catholic Church-Gym at the corner of 29th Street and Parker. Jazzercise does not require long term contracts and fees can be electronically transferred from your personal checking account!

### Class Times

Monday @ 5:30pm  
Tuesday @ 9:00am and 5:30pm  
Wednesday @ 5:30pm  
Thursday @ 9:00am and 5:30pm  
Saturday @ 9:00am

\$35.00 per month with one time fee of \$25 for joining Jazzercise being waived.



For more information contact Cathy Lyles at 979-776-6696 or Lesley Becker at 209-5050

# Fitness Fanatic Named!!

## And the winner is....Delores Soto

The Fitness Fanatic winner for the month of June is Delores Soto! Delores was nominated for her help in organizing a "Biggest Loser" competition between Engineering and Development Services. The competition ran from January 5th through May 29th. Not only did she participate in the weight loss competition herself, but also served as a motivator to her co-workers. Delores works out several

times per week at a local gym and also has guidance from a personal trainer. When she is not at the gym, you will find Delores at the softball field playing on multiple teams or serving as an umpire.

Not only has Delores become more physically active, but she has also decreased her sweet and fatty food intake. As a

result of her efforts, she has lost approximately fifteen pounds so far, a goal she was hoping to reach by July!

Give Delores a pat on the back when you see her for all of her hard work to improve her health and the health of her co-workers! Congratulations on being this month's Fitness Fanatic!



"An ounce of prevention is worth a pound of cure"

-Benjamin Franklin

## Practice Sun Safety this Summer!

More than 1.3 million new cases of skin cancer are expected to be diagnosed in the United States this year, including about 60,000 of the most dangerous type, melanoma. Sun exposure will be a key factor in many of these cases. The good news for sun lovers is these risks can be greatly reduced through several strategies. The bad news: the most effective strategy is avoiding the sun altogether.

If you just can't imagine staying in the shade all summer long, there are several other good ways to lower your risk of skin damage and cancer.

1. **Be aware of your genetic risk factors.** A family history of skin cancer can indicate higher risk for you, regardless of how much sun exposure you're getting. Other risk indicators include light hair and fair skin, prominent freckling on the upper back and multiple birthmarks.
2. **Minimize use of tanning beds and sunlamps.** Although some consider the UVA rays emitted by these artificial sources to be safer than the sun's UVB rays because they're less likely to cause sunburn, they pose similar risks for cancer and skin damage.
3. **Use sunscreen with a sun protection factor of 15 or better.** Added protection comes from choosing a brand that is sweat-proof and water resistant. Don't forget to cover your ears, neck and any bald spots on your head. And be sure to re-apply sunscreen every hour or two, even if you haven't gotten wet.
4. **Choose summer clothes made of tightly woven fabric to avoid sun penetration.** And remember to wear a hat or cap to protect your head. (Skin cancers often occur on the head, even in areas covered by hair.)
5. **Time your sun exposure** to avoid being out between 11 a.m. and 3 p.m. when ultraviolet rays are most intense.
6. **Don't go on appearances alone.** Reddening of your skin from sunburn lags behind the actual damage done by the sun. Even damaged skin may not redden for up to six hours, and the full sunburn may not be apparent for 24 hours or more.

Source: <http://www.hhsc.state.tx.us/>

# Know Your Benefits

## Expecting a Baby?



Enroll in Special Beginnings® through Blue Cross Blue Shield. This is a maternity program designed to help expectant mothers understand and manage pregnancy. This service provides highly trained Obstetrical Nurses who will communicate regularly with you and provide support and educational material during this exciting time. Materials provided through the program include:

- Prenatal and postpartum nutrition
- Healthy life choices
- Fetal Development
- Newborn Care

For more information or to enroll call  
1-800-462-3275 or visit [www.bcbstx.com](http://www.bcbstx.com)



## Cool off with a Cranberry Spritzer!

Serves 10

Ingredients:

- 1 quart reduced-calorie cranberry juice
- 1/2 cup fresh lemon juice
- 1 quart carbonated water
- 1/4 cup sugar or Splenda
- 1 cup raspberry sherbet



In a large pitcher, mix together the cranberry juice, lemon juice, carbonated water, sugar and sherbet. Pour into tall chilled glasses and garnish with fresh fruit.

Source: MayoClinic.com



### At-Work Program

The City of Bryan Risk Management Department would like to know if YOU are interested in participating in this 17-week program? It provides at work meetings and support to help shed those unwanted pounds! The program is available for \$186.00 and is able to be payroll deducted. If you are interested in participating, please visit the Weight Watchers booth at the Health & Safety Expo or email [lbecker@bryantx.gov](mailto:lbecker@bryantx.gov). We must have 20 participants to be eligible to host at-work meetings.



### Texas Style Retiree Luncheon

June 9, 2009 at 11 am

Representatives from the Area Agency on Aging will speak about healthy aging and volunteer opportunities in our community!

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Becker  
Wellness Coordinator  
(979) 209-5050

[lbecker@bryantx.gov](mailto:lbecker@bryantx.gov)

Copies of this newsletter are available in Risk Management.