



WORKSITE WELLNESS NEWS

VOLUME 2, ISSUE 12

AUGUST 2, 2010

SPECIAL POINTS OF INTEREST:

- **Healthy Lifestyle Assessments Coming Up!**
- **Benefits of Strength Training for Women**

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Healthy Lifestyles Assessments Coming Up!

The City of Bryan's Healthy Lifestyles Program offers employees discounted health premiums for participating in an annual Health Risk Assessment and Biometric Screening. Risk Management is currently conducting meetings with each department to discuss the program and to distribute packets. If you have not received a packet, check with your supervisor to see when your departmental meeting will be held. Screenings may also be done through your doctor.

On-Site Screenings will be held on the following dates:

- October 14th: BTU Distribution
- October 19th: BTU Administration (MOB)
- October 20th-22nd: MOB
- October 26th & 27th: MSC
- October 28th & 29th: Justice Center
- November 2nd & 3rd: St. Joseph Occ Health



What tests will be done?

Blood Pressure, Total Cholesterol, HDL, LDL, Triglycerides, Glucose, Height & Weight
(Labs completed between July 1, 2010-November 3, 2010 will be accepted)

Benefits of Strength Training for Women

Author: Peggy Hammond, Aerofit

Exercise is good for us, but did you know that strength training is particularly beneficial for women? Here are a few good reasons to include weights into your workout routine:

Restores bone density against osteoporosis. Bone density loss can occur at any age. Strength training builds and restores bone density safely and naturally.

Lower risk of heart problem. Using weights when exercising reduces your blood pressure, cholesterol levels and coronary disease.

Better balance: When you strengthen your muscles in the core, legs and thighs every task becomes easier and you have less chance of injury.

Higher metabolic rate: Strength training with weights helps build lean muscle which consumes more calories and burns fat.

Youthfulness and longevity: Any exercise can be your fountain of youth. Feel your best inside and out!



COB Employee Golf Tournament Wrap-Up



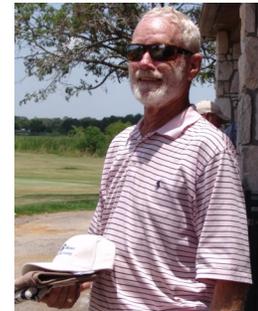
On July 17, 2010 the City of Bryan hosted its 2nd Annual Employee Golf Tournament at Travis B. Bryan Municipal Golf Course. Nine teams competed for the top place trophy and bragging rights. Participants braved the heat but enjoyed the camaraderie, food and prizes that the day's event offered. One highlight of the event was a friendly wager between the Bryan Fire Department team made up of Eric Wallace, Jason Nored, Justin Cook and DJ Capener and the Bryan Police Department team made up of Ryan Bona, J.P. Ingram, Chris Gray and Ben Smith. The police department team came up short and will be washing the Fire Engine No. 1 in the near future. Stay tuned for details about next year's tournament-we hope you will join us!



1st Place Team: Chris Crawford, David Hernandez, Joe LaPaglia, and Edward Ramirez



Closest to the hole: Eric Wallace



Longest Drive: Billy Bob Lane

August is Cataract Awareness Month

Did You Know?

- Cataracts are very common. Approximately 20.5 million Americans age 40 and older have cataracts.
- A cataract is a clouding of the eye's clear lens. This prevents the passage of light needed for vision.
- Cataract surgery is the most frequently performed surgical procedure in the United States, with more than 1.6 procedures performed each year.
- There are no medications or exercises that will prevent the formation or progression of cataracts.

Talk to your eye doctor if you or a loved one has cataracts that are interfering with your lifestyle.

Source: www.ao.org



Know Your Benefits

Have you viewed your Tax Saver Plan balance recently?

Log on to www.taxsaverplan.com to view your account balance.

Account Balance: This is dollars remaining in your Health FSA account.

Use-It-Or-Lose-It: This is a term used to explain the forfeiture procedure at the year end. Any unclaimed dollars will be forfeited to the employer.

2 1/2 Month Extension: This is a provision of the Plan that will be allowed an additional 2 1/2 months after the Plan Year ends to incur expenses.

If you have questions about TaxSaver, please contact Flo Garcia at 209-5050.

**TAXSAVER
PLAN**

"Your Satisfaction Is Our Success"

Healthy Rainbow Fruit Salad Recipe

Ingredients:

For Fruit Salad:

- 1 large mango, peeled, diced
- 2 cups fresh blueberries
- 2 bananas, peeled
- 2 cups fresh strawberries, halved
- 2 cups seedless grapes
- 2 nectarines, unpeeled, sliced
- 1 kiwi fruit, peeled, sliced

For Honey-Orange Sauce:

- 1/3 cup unsweetened orange juice
- 2 Tablespoons lemon juice
- 1 1/2 Tablespoons honey
- 1/4 teaspoon ground ginger
- dash nutmeg



Calories: 96
Total fat: 1 g
Saturated fat: less than 1 g
Cholesterol: 0 mg
Total fiber: 3 g

Protein: 1 g
Carbohydrates: 24 g
Potassium: 302 mg
Sodium: 4 mg

Directions:

1. Prepare the fruit.
2. Combine all ingredients for sauce and mix.
3. Just before serving, pour honey-orange sauce over fruit.

Source: www.eatingwell.com

City of Bryan Blood Drive

August 20, 2010

10am-2pm

Municipal Service Center

1111 Waco St.

Contact Lesley Becker to schedule an appointment. Walk-ins are also welcomed!

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:

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lbecker@bryantx.gov

Copies of this newsletter are available in Risk Management.