



# WORKSITE WELLNESS NEWS

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## SPECIAL POINTS OF INTEREST:

- Health Assessment Schedule
- Tips for Healthy Aging!

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## Health Assessments Coming Up!

The City of Bryan’s Risk Management Department has been busy meeting with each department to discuss the upcoming health assessments and to distribute packets. With open enrollment approaching, all assessments must be completed by November 3rd. If you are interested in participating in the program which allows participants to receive a discount on their health premiums and have not received your packet, check with your supervisor to see when Risk Management will be meeting with your department or contact Lesley Becker at 209-5050 or by email at lbecker@bryantx.gov. Screenings may be done at one of the various on-site clinics or through your personal physician.

*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)

## September is Healthy Aging Month

### Try these Healthy Aging Tips:

#### **Physical Fitness:**

- Choose an exercise that you enjoy and stick with it!
- Engage in 30 minutes of aerobic exercise and weight-bearing exercise each day.

#### **Social Well Being:**

- Contribute time to your community through local volunteer groups or religious organizations.
- Stay in close contact with family and friends. Write, email or call someone daily.

#### **Mental Wellness:**

- Keep your mind exercised too, by reading or learning a new skill that interests you.
- Develop a new hobby.



Source: [www.healthyaging.net](http://www.healthyaging.net)

## Shed a Few Pounds for a Great Cause!

### **“We CAN” Weight Loss Challenge** **Benefiting the KBTX Food For Families Food Drive**

#### **September 8th-December 1st**

For every pound lost by City of Bryan employees, HEB (Tejas Center) will donate one pound of food to the food drive held on December 8th at the Brazos Center.

#### **Kick-off Event**

#### **September 8th from 11am-1pm in the MOB Basement**

Come by to weigh and enjoy light snacks provided by HEB!

You may also weigh at the following times and locations:

September 9th from 8-11:30am in Risk Management or

September 10th from 7:30-9:30am at the MSC.

Please contact Lesley Becker at [lbecker@bryantx.gov](mailto:lbecker@bryantx.gov) or 979-209-5050 if you are interested in participating.



## Couch Potatoes Welcome.



Are you interested in training with a marathon and half marathon training group? Here is your chance to get involved with a local group training for the Austin Marathon set to take place on February 20, 2011. USA FIT Bryan/ College Station welcomes all levels of running experience. This is a great

way to exercise, make new friends, increase body strength and stamina, look and feel better! The fee to participate is \$100 and includes: Saturday morning group workouts and coaching, weekly seminars and training schedules, technical t-shirt, online discussion board, and more!

Register online or in-person:

Saturday, September 4th  
7:00am

Austin's Colony Park

Online Registration is open until September 10th

[www.usafitbcs.com](http://www.usafitbcs.com)

You may also contact Dale Picha at 979-209-5131 if you have questions.



### *Power Pedal 2010 Scheduled for October 2, 2010*

Bryan Texas Utilities will host Power Pedal 2010 on Saturday, October 2nd at Lake Bryan. This event includes a men's and women's 5k and 10k trail run and also a trail duathlon (8.25 mile trail bike to 5k trail run). For more information, please log on to [www.powerpedal.com](http://www.powerpedal.com). Register by September 20, 2010 to be guaranteed a shirt! Cash prizes for overall men and women finishers.

# Know Your Benefits

## TaxSaver Plan 2011

### Changes to FSA Over-The-Counter items will affect you in 2011.

Due to the Patient Protection and Affordable Care Act and the Health Care Reconciliation Act of 2010, some over-the-counter drugs and medicines once considered eligible for reimbursement under a Health Flexible Spending Account (FSA) will now require a prescription from a licensed physician. Only items purchased on or after January 1, 2011 will be subject to the new regulations. Items purchased in 2010 but not yet submitted for 2010 reimbursement will not be affected by the new regulations.

To check out what will still be considered eligible, please click [here](#).

**TAXSAVER**  
**PLAN**  
*"Your Satisfaction Is Our Success"*

**Questions?** Now is the time to plan ahead. Do not wait to contact TaxSaver Plan with questions about these changes. Call 800-328-4337 for more information about over-the-counter changes in 2011.

## Try this yummy recipe at your Labor Day BBQ!

### Ingredients:

- 1 1/2 Tbsp fresh lime juice
- 1 tsp lime zest
- 1 tsp chili powder
- 1 tsp table salt
- 4 pieces corn on the cob (husked)

### Instructions:

- Preheat grill to medium
- In a cup, stir together lime juice and zest, chili powder and salt. Brush over husked corn.
- Grill corn until tender and slightly charred, turning once or twice, about 10 minutes.



## Upcoming CPR Classes:



**Sept. 14th (first time)**  
**8am-5pm**  
**MSC Training Room**

**Sept. 16th (renewal)**  
**3-5pm**  
**MSC Training Room**

Contact Howard Hart  
 at 209-5056  
 to register for a class.

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.