



WORKSITE WELLNESS NEWS

VOLUME 1, ISSUE 8

APRIL 9, 2009

SPECIAL POINTS OF INTEREST:

- **Stress Management Tips**
- **2nd COB Fitness Camp Begins**
- **Walk Across Texas Information**

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Take Five and Take Charge of Your Stress

Stress is what you feel when you react to pressure. Many things can contribute to stress including work, family or friends, health issues, a death, divorce or moving. Stress is a normal reaction and is caused by your body's instinct to protect itself from emotional or physical pressure, or in extreme situations, from danger.

Stress becomes unhealthy when we react to these events in a negative way or try to control them too much. Feeling depressed, laughing or crying for no reason, blaming others for bad things that happen to you, headaches and trouble sleeping are all signs of stress. When this happens there are some things you can do to make positive changes.



Five steps to healthier stress management

1. Make a list of the things that are causing your stress. Accept that you can't control everything on your list.
2. Take control of what you can. For example, if you have too many personal commitments, eliminate ones that may be taking too much of your time.
3. Give yourself a break. Remember that you can't make everyone in your life happy all the time. And it's okay to make mistakes now and then.
4. Don't commit yourself to things you can't do or don't want to do. If you're already too busy, don't take on more responsibilities than you have to, whether at work or at home.
5. Find someone to talk to. Talking to supportive family members and friends can help because it gives you a chance to express your feelings. If you feel you can't talk with a friend or someone in your family, seek outside help.

Source: American Academy of Family Physicians, Blue Cross Blue Shield of Texas

Second COB Fitness Camp Underway!

A group of City of Bryan Employees recently started a Fitness Camp. The camp is offered by SNAP Fitness and meets on Tuesday and Thursday afternoons at the Municipal Service Center. For many in the group, this is their second fitness camp. The class attendance has grown from 9 to

16. Campers not only enjoy the health benefits of the 6-week long camp but also the company of co-workers and the chance to build morale and camaraderie. Work-outs vary from circuit training to abs and back exercises, walking and group relays. If you are interested in

participating in a future camp, please contact Lesley Becker in Risk Management.



Fitness Fanatic Named!!

And the winner is....Margot Avila



Margot Avila is this month's Fitness Fanatic. Margot, who works in the Criminal Investigation Division, was nominated for her dedication to making several lifestyle changes within the recent months. Approximately 3 months ago Margot took charge of her life and has encouraged her co-workers to do the same. Not only has she been exercising six

days per week, but she has also incorporated more fruits and vegetables into her diet. These changes have resulted in over a 30 pound weight loss, improved attitude and more energy overall.

Not only has Margot done something for herself, but she has also organized healthy lunches for her

co-workers, cheered them on as they take the stairs in place of the elevator and offered low calorie suggestions to those who participated in a department weight loss competition.

Give Margot a pat on the back when you see her for her efforts in adopting a healthier lifestyle. Congrats Margot!



WAT Participants compete in the Three-legged race at the Recharge Event!

Walk Across Texas Update!

Our City of Bryan Walk Across Texas! Teams are doing very well in the 6th week of the event. Two teams have completed the 830 mile trek from El Paso to Orange and are headed back across Texas! Come by and check out the map in Risk Management showing the progress that our teams have made!

Celebration Event: Saturday, April 25th @ 10am
John Crompton Park, College Station

Come out for fun & prizes!



Bryan Fire Department to Host Golf Tournament

The 2009 Leatherhead Scramble
Traditions Emergency Medicine Annual
Golf Scramble

When: April 27, 2009 @ 9am
Where: Briarcrest Country Club



\$200 entry fee per team
Includes: Breakfast, carts, green fees, unlimited range balls, lunch
Payouts— 1st \$400, 2nd \$300, 3rd \$200
Registration deadline: April 23, 2009
For more information or to register, call 979-209-5975



Know Your Benefits

BlueExtras provides you and your covered dependents access to discounted health-related services typically not covered by your health benefits plan. Blue Cross and Blue Shield of Texas (BCBSTX) is continually enhancing this program, and is excited to announce the addition of **Complementary Alternative Medicine (CAM)**!

What is **CAM**? Complementary Alternative Medicine includes a variety of therapies that may help to promote wellness, prevent illness and address existing symptoms and conditions.

As a BCBSTX member, **you are eligible to receive discounts of up to 30 percent off** certain **CAM** services such as yoga, Pilates, massage therapy, acupuncture, Tai Chi, nutritional counseling, spas, fitness club memberships and more. Discounts are also available for vitamins and herbal supplements, as well as health and wellness magazines.

For additional information, log into Blue Access[®] for Members at www.bcbstx.com/member. Click on the **My Coverage** tab at the top, and then the **BlueExtras Discount Program** link.

Black Bean and Corn Relish Recipe

Serves 8

Ingredients:

- 1 can (15.5 ounces) black beans, rinsed and drained (about 2 cups)
- 1 cup frozen corn kernels, thawed to room temperature
- 4 tomatoes, seeded and diced
- 2 garlic cloves, chopped
- 1/2 medium red onion, diced
- 1/2 cup chopped parsley
- 1 green, yellow or red bell pepper, seeded and diced
- Sweetener, equivalent to 2 tablespoons sugar

Dietitian's Tip:

Use this black bean relish on top of mixed greens for a light salad or use it as a dip with baked tortilla chips. For a spicier version, use chili powder or cilantro instead of parsley.



Directions:

In a large bowl, combine all of the ingredients. Toss gently to mix. Cover and refrigerate for at least 30 minutes to allow flavors to blend.

Source: www.mayoclinic.com

Save the Date!

2009 Health & Safety Expo

Thursday, June 11th

10am-3pm

@ the Brazos Center

Attend for a FREE t-shirt and a chance to win the grand prize valued at \$150.00!

If you would like to volunteer, please contact Risk Mgmt.

If you have 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

Copies of this newsletter are available in Risk Management.