



JANUARY 2020

WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter



CAMP GLADIATOR FITNESS CHALLENGE AVAILABLE!

New Year's resolutions are upon us! If fitness goals or community are somewhere on your list for 2020, this one's for you! For those looking to re-ignite the momentum of their fitness journey, or if you are just getting started, the City of Bryan has been chosen by Camp Gladiator to take part in a Corporate CG Fitness Challenge. With this challenge you'll get:

- **Unlimited Workouts**-enjoy four weeks of unlimited access to CG's 4000+ locations nationwide to find the time, trainer and location that fits your lifestyle.
- **Trainer Accountability**- Certified Personal CG Trainers will be there every step of the way to motivate you and ensure your long-term fitness goals become a reality.
- **InBody Testing**- Access to two body composition tests on the revolutionary InBody machine to measure your baseline, set realistic goals and track your success.

All of this is available for employees currently not registered with CG....for FREE. Already a CG Camper? They've got a special offer just for you! All current CG BOLD Campers automatically receive a \$20 (40%) discount on CG FIT.

- **New Campers** -Click **HERE** and use code CGBRYAN2020 at the end of the registration process.
- **Current BOLD Campers**- Click **HERE** to automatically get \$20 (40%) off during registration.

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HEALTHY PREGNANCIES EVERY STEP OF THE WAY.

The City of Bryan is happy to announce the availability of Cigna's Healthy Pregnancies, Healthy Babies Program to all employees and covered dependents. If you are expecting a new little bundle of joy, take an important first step toward a healthy future for you and your baby by enrolling in this program. The program can help you stay healthy before and during your pregnancy and in the days and weeks following your baby's birth. Learn as much as you want and get live support 24 hours a day, seven days a week. Various tools and trackers will be made available to you in addition to access to a case manager with nursing experience. And, for enrolling and completing the program, the City of Bryan will offer a reward for making smart choices. A \$100 incentive will be awarded if you enroll by the end of your first trimester and complete the postpartum assessment. A \$50 incentive will be awarded if you enroll by the end of your second trimester and complete the postpartum assessment.



**Call 1-800-615-2906
to enroll today!**

January is Cervical Health Awareness Month

There is a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the U.S. get cervical cancer. HPV (human papillomavirus) is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many with HPV don't know they are infected. The good news is, the HPV vaccine can prevent HPV and cervical cancer can often be prevented with regular screening tests and follow-up care. Women up to age 26 and men up to age 21 can get the vaccine. Talk to your medical provider about the vaccine and when you should get cervical cancer screenings.

Employee Lunchtime Yoga Classes

Join us for a basic yoga class to strengthen and relax during your lunch break!



12:10-12:50 PM

MOB Basement Training Room

Classes will be held on the following dates:

January 16, 23, 30

Cost: FREE

Taught by: OM Grown Yoga

Equipment needed: Yoga mat or towel

Click [here](#) to register.

SOUTHERN BLACK-EYED PEA SALAD

Black-eyed peas boost the fiber in this quick vegetable side salad. This salad goes excellent with grilled meats!

Ingredients

- 2 tablespoons cooking oil
- 4 small yellow squash, quartered lengthwise and thinly sliced (about 4 cups)
- 2 to 4 fresh jalapeno peppers, seeded, if desired, and chopped
- 4 cloves garlic, minced
- 1 teaspoon cumin seeds, crushed
- 2 (15 ounce) cans black-eyed peas, rinsed and drained
- 1/4 cup sliced green onions
- 2 tablespoons snipped fresh cilantro or parsley
- 1/2 teaspoon salt
- 2 cups chopped tomatoes



Directions:

- In a large skillet, heat oil over medium heat. Add squash, peppers, garlic, and cumin; cook for 5 to 6 minutes or until squash is crisp-tender, stirring occasionally. Remove from heat; cool.
- In a large bowl, combine squash mixture, black-eyed peas, green onions, cilantro, and salt. Cover and chill until serving time.
- To serve, toss pea mixture with tomato.

Source: Eatingwell.com

GET FIT AT ANY AGE AND ABILITY

Whether you're in your 20s or 60s, you can benefit by doing exercise that matches your age and abilities. The U.S. Physical Activity Guidelines for Americans has goals for adults exercising at different stages in life. Here's what you need to know:

Active adults

Adults should get at least 150 minutes of moderate-intensity aerobic exercise a week. That's about 22 minutes per day or 30 minutes, five days a week. If you're doing vigorous-intensity workouts, go for at least 75 minutes per week. You should do muscle-strengthening activities on two or more days a week.

Feeling overwhelmed? Try breaking it down into even smaller bursts of exercise. Even something as short as a five-minute power walk counts. Need a challenge? Ramp up to 300 minutes of moderate-intensity physical activity a week for additional health benefits.

Moderate-intensity exercise ideas: Running, lap swimming, kickboxing class

Older adults age 65+

Older adults should add balance training activities to their exercise routine. The amount of exercise recommended is the same: At least 150 minutes per week of moderate-intensity exercise. But it's important to note that any amount of exercise is

better than none. Talk with your doctor and create an exercise plan that works for you.

Exercise ideas: Walking, yoga, gardening

Pregnant and/or just had a baby

If you're pregnant or recently had a baby, talk with your doctor about an exercise routine that's right for you. A goal of 150 minutes of light-to moderate-intensity aerobic activity a week may be suggested for a healthy pregnancy.

Exercise ideas: Walking, lifting hand weights, swimming or water aerobics, yoga (some poses)

Adults with health challenges

If a chronic condition or disability limits your physical activity, try to increase movement in a way that feels comfortable. Work closely with your doctor to create an exercise plan. This can help you improve physical function and manage your health.

Exercise ideas: Walking, balance exercises, chair exercises, stationary bicycling

Source: Cigna, VitaMin, This general health information and not medical advice or services.

Upcoming CPR, First Aid & Defensive Driving Classes



CPR & First Aid-Full Class
February 12th
8 am-3 pm at the MSC

CPR & First Aid-Renewal
February 12th
3 pm- 5 pm at the MSC

Defensive Driving
January 16th
8 am- 4 pm at the MSC

Click **here** to register for a class.



Open Monday-Thursday 7:30 am-5:30 pm (closed Noon-1 pm)
Friday 7:30 am-3:00pm (open Noon-1pm)
Saturday 8 am-Noon (minor acute illnesses only-call for appt.)
Limited walk-ins accepted from 7:30-8:30 am during the week
(acute illnesses only)
Call 979-821-7690 for an appointment!
Questions or concerns?
Email CityofBryanHealthest-joseph.org

If you have wellness related news to share with other City of Bryan employees and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

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