



APRIL 2015 UPDATE

Million Mile Month



Can individuals and communities in the United States complete one million miles of physical activity during the month of April? That's the goal of the Million Mile Month, a

national coalition of organizations, companies, and churches. Join the City of Round Rock team as we log activities, get active and top the leaderboards.

HOW TO REGISTER:

1) Visit <http://millionmilemonth.org/register> to create your login and choose a registration level.

(Note: The Bronze "Pay What You Can" option allows you to enter any amount \$0 or above. The Silver, Gold and Platinum levels provide great perks (like the Million Mile Month 2015 T-Shirt!), and your payment for this nonprofit event is tax deductible as a charitable donation.

2) After choosing your level, continue registration until you reach the LAST STEP page (where you are asked for, name, city, organization, etc.).

3) On this LAST STEP page, choose "**City of Round Rock**" from the "Select your Organization" pull-down.

4) Then select **Your Department** from the "Select Group/Team" pull-down

5) Complete all other blanks on this page and click "Complete Registration".

Once completed you are registered to participate in Million Mile Month 2015 as a member of the City of Round Rock team!

EVENTS

- Apr 4** [Keyhole Garden Training](#)
1-4 pm, Georgetown Demo Garden
3151 SE Inner Loop, Free registration
- Apr 7** [Dinner Tonight Cooking School](#)
6-8 pm, Georgetown Community Ctr
445 E Morrow Street, \$15 fee
- Apr 11** [Yoga on the Plaza](#)
8-9 am, Prete Main Street Plaza
- [For Women For Life](#)
9-11 am, Scott & White Hospital
300 University, Free, Regis required

HOW TO PARTICIPATE:

From April 1-30, visit www.millionmilemonth.org from any device (phone, tablet, laptop, desktop) and log your physical activities in your profile (walk, run, bike, yoga and more accepted) to track your personal stats, win prizes (like bikes, gift cards and running shoes) and help City of Round Rock stay at the top of the leaderboards. You can even *connect a Fitbit or Map My Fitness account within your profile after registering for automated mile logging* (the manual logging tool will always be available as well in your profile).

Health Risk Assessments

Just a reminder that it is City policy for employees



who desire to use RockCare they must be enrolled in the health care plan and complete an HRA.

On your initial visit to Rockcare **only!**, if coming in during walk-in hours or with an emergency and have not completed an HRA, can receive treatment. You are required then to set an appointment to complete the HRA prior to leaving the clinic. In order to receive future services, a completed HRA must be on file with the clinic. The only exception to this rule is if you are being seen for work related injuries or mandatory physicals.

If it doesn't **challenge** you,
it doesn't **change** you.

- April 11** [Family Fitness Day/Push-up Challenge](#)
10 am-2 pm, RR Police Dept, Tickets \$10
- Apr 18** [Vern's No Frills 5K](#)
8 am, Berry Springs Park, Georgetown
- Apr 26** [Biggest Loser Run/Walk](#)
7:00 am, Old Settlers Park
Pre-Registration required

GROUPS

Basketball: Every Tuesday/Thursday at noon, Clay Madsen Rec Center. Contact Ryan Beardmore for details at rbeardmore@roundrocktexas.gov

Walk Across Texas: a free 8-week program designed to help Texans establish the habit of regular physical activity. For more information, click [here](#).

CLASSES

CoRR Fit: This 1 hour class is designed to optimize muscle building and muscle retention during weight loss. Each class targets maximum weight loss through high intensity intervals in a group setting. This program is customized for all levels of fitness and offered Monday/Wednesday/Friday mornings and Tuesday/Thursday afternoons to accommodate your schedule. Click [here](#) for full details.

PROGRAMS

Healthy Computing, Stretches and Exercises: Most injuries that happen at work are caused by physical stress and strain, such as sitting in the same position for a long time, making repetitive movements, which leads to overuse. Ergonomics can help you be more comfortable at work and help lower stress and injury. It is recommended to incorporate exercise and stretches in your daily routine to prevent injury. To view the CoRR Risk Management plan, click [here](#).

Stretch N'Go Program: This program has the same purpose as Healthy Computing Stretches and Exercises but is designed to target employees performing field work. Click [here](#) for details.

WEB RESOURCES

[Get Fit Without Leaving the House](#)

[Find Healthy Recipes You Can Make Tonight](#)

Aetna Resources: Please visit aetna.com for more information.

Aetna Care Pass: CarePass connects you to health and fitness apps to help you with your goals. Click [here](#) for more details.

LOCAL RESOURCES

The clinic offers employees enrolled in the CORR Health Care Plan a convenient source for healthcare *at no cost*. Now there is no need to go off-site for treatment and no waiting in the doctor's office.. It is equipped to treat everything from minor scrapes to diabetes. The clinic is located at 901 Round Rock Avenue, Suite 300.



To schedule an appointment, contact the *clinic at 512-904-0009*. Or call the *scheduling line at 866-959-9355*, Monday 6am to 4pm, Tuesday through Friday 6am to 7pm and Saturday 7am to 12pm.

Walk-in hours.
Monday - Friday
7 am to 8 am

Clinic hours
Monday 7am to 4pm (closed noon to 1)
Tues - Thurs 7 am to 5pm (closed noon to 1)
Friday 7am to 12pm

Round Rock Parks and Recreation/Clay Madsen Recreation Center – Membership is free for all City employees. Click [here](#) for a detailed listing of available classes or [here](#) for PARD programs

Round Rock Public Library – A wealth of resources available including books, DVDs and magazines. Library cards are **free** to employees.

Lactation Room: This room is solely for the use of nursing mothers, who are City of Round Rock employees, in need of a private place to nurse or pump. It is located on the 3rd floor of City Hall in the Administration office, next to the break room.

Know of an upcoming event or program?

Have an idea for a program?

Suggestions for future newsletters?

PLEASE LET US KNOW

by emailing wellnesscommittee@roundrocktexas.gov or call 512-218-5410