



JUNE 2015 UPDATE

JUNE IS MEN'S HEALTH MONTH!!!



The purpose of [Men's Health Month](#) is to heighten the awareness of *preventable* health problems and encourage *early detection and treatment of disease among men and boys*. This month gives health care providers and individuals (wives, family members, coworkers) an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

To quote Congressman Bill Richardson (Congressional Record, H3905-H3906, May 24, 1994):

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."

Focus on Heart Healthy Eating and Know Your Cholesterol Numbers

Poor diet and the lack of physical activity are the most common risk factors for cardiovascular disease because they often lead to being overweight or obese. By choosing a heart-healthy diet, you can reduce your chance of developing atherosclerosis, which is the arterial blockage that eventually leads to heart disease. Small healthy choices make a big difference! **Here are some diet tips that will help you maintain a healthy heart:**

•**Eat more home prepared meals** and have fewer packaged foods. Home-cooked meals tend to be lower in calories, salt and fat than restaurant-cooked or packaged foods.

•**Drink less alcohol.** Drinking more than two drinks per day can raise blood pressure and increases your calorie intake, which in turn, may increase your risk of developing heart disease.

•**Take time to eat breakfast.** People who eat a healthy breakfast tend to eat less during the rest of the day, have lower cholesterol, and are able to concentrate better at work and at home.

EVENTS

June 6 National Trails Day
8-10 am, Rabb Park

June 7 [SafePlace 5K](#)
8am -12 noon, Old Settlers Park

June 12-14 [The Fit Foodie 5K Race Weekend](#)
Mueller Browning Hanger, Austin

June 13 [Yoga on the Plaza](#)
8-9 am, Prete Main Street Plaza

June 13 [Night Rider Family Bike Ride](#)
7-11pm, Rabb House

June 20 [Vern's No Frills 5K](#)
8 am, Berry Springs Park, Georgetown

June 21 [Lake Pflugerville Triathlon](#)
5-11 am, 18216 Weiss Ln, Pflugerville

•**Read food labels.** Avoid high-calorie, high-fat, high-sodium snack foods or fast foods. **Lower your salt intake.**

•**Eat plenty of fresh fruits and vegetables.** Choose dark leafy green and bright colored veggies (examples: spinach, broccoli and red bell peppers). As they are high in vitamins and minerals.

•**Eat slowly.** Pay attention to how you feel, don't have seconds unless you're hungry and stop when you're full. Despite what your mother may have said, you do not always need to finish everything on your plate.

•**Avoid any food that contains hydrogenated or partially hydrogenated oils.** These are called "trans fat" and are extremely unhealthy. These are mainly found in pastries, piecrusts, biscuits, pizza dough, cookies, crackers, stick margarines and shortening.

•**Enjoy a limited amount of saturated fat and sugar.** This will help reduce total and LDL* ("bad") cholesterol, increase HDL* ("good") cholesterol. This can lower blood pressure, decrease your risk of developing diabetes and help you maintain an appropriate weight.

•**Choose non-fat or fat-free options whenever possible.** For example, have baked potatoes instead of French fries, choose low-fat dressings, and skip the cheese on your burger

*If you are not sure what your current cholesterol levels are, please be sure to request your fasting cholesterol screen at [Rock Care Clinic](#). You do have the option to have your cholesterol and glucose levels checked with your annual **Health Risk Assessment (HRA)**. Call to schedule a fasting appointment 1-866-959-9355.

See you soon at [ROCK CARE](#) Powered by [Healthstat!](#)

JUNE 2015 UPDATE**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**

Farm to Work: Pre-order by close of business **no later than 5 pm Friday** each week by clicking [here](#). The cost per box is \$20. **Pick up** your order the following Tuesday **between 7:45 and 8:15 am** at the **Baca Center loading dock** located at 301 W. Bagdad, next door to the McConico building. **Remember to bring your own bag or box.** Any orders not picked up within 24 hours will be forfeited without a refund.



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

Walk This Way in 30 Days: Walk your way to health this June. Get daily encouragement to boost your step count.

[One-Stop Guide for Living with Diabetes](#)

Cop Fit: Check it out on [Employee Net](#) videos

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