

# JULY 2015 UPDATE

## SUN SAFETY



Skin cancer is DNA damage that causes cell mutation which leads to uncontrolled cell division. Skin cancer may develop when carcinogens (UVA and UVB radiation) cause damage to DNA. See a dermatologist every year for a professional skin exam – and sooner if you find a suspicious mole. You are your best detective! Be on the lookout for monthly changes and new moles that may show up on your skin.

**Seek Shade.** Play it safe in the shade whenever possible to avoid midday sun. UV rays are especially strong between 10 am and 4 pm.

**Cover Up.** Make your own shade with a wide-brimmed hat, long sleeved shirts and long pants. Baseball caps and visors shade the face but leave the neck, lower face and ears exposed.

**Learn not to burn!** Just one blistering sunburn when you're a child or a teen more than doubles your risk for developing melanoma (the deadliest form of skin cancer) later in life.

**Wear sunglasses.** Protect your eyes with UV blocking sunglasses. Look for a tag that says the lenses block 99% or more UV rays.

**Use sunscreen every day.** UV rays are strongest during the summer but can cause damage year-round. Use 2 tablespoons of a broad-spectrum sunscreen with an SPF of 15 or higher **everyday** no matter what your skin color. For extended outdoor activity, use a water-resistant broad-spectrum sunscreen with an SPF of 30 or higher. Be sure to reapply every 2 hours after swimming or sweating.

**Don't use tanning beds.** Indoor tanning poses an equally greater or even greater risk of causing cancer than sun exposure.

**Get Checked!** Free screening will take place on **July 15<sup>th</sup> and 16<sup>th</sup> at Rockcare.** To schedule an appointment, call **512-324-3375.**

See you soon at **ROCK CARE** Powered by **Healthstat!**

## SUMMER **STRESS** MANAGEMENT PROGRAM

Plan now to attend one or all of these exciting topics offered by Deer Oaks, our employee assistance provider: All **classes will be held at City Hall in the Council Chambers from 4-5pm on the following dates.**

**July 14 - Emotional Support: Staying Balanced in a Changing World:** Change impacts all aspects of life. It is neither good nor bad, though every change brings a chance to self-improve or self-destruct. This seminar focuses on the concept that people who know how to manage change have more successful lives. Focus on successful change management in the workplace. You'll learn how to take a more positive approach as you learn to embrace change and manage the elements that are within your control. Presented by Carrie Pietig, MA, LPC, Life in Motion Counseling, Round Rock, TX

**July 28 - Let's Sleep On It: Developing a Healthy Sleep Pattern:** Did you know that 70 million Americans experience sleep-associated problems? Sleep is very important for everyone, regardless of age. Some people can get by on less sleep than others, but that does not mean that sleep is any less important for them. There are many factors that can impact our sleep. This session will discuss the types of sleep, steps to help you have better quality sleep and sleep disorders, as well as myths about sleep. Presented by Peter Harrell, BA, Harrell Communications, Austin, TX

**August 11 – Relaxation Techniques at the Workplace:** Take a break from the hustle and bustle of work to regroup and refocus. This seminar will cover stress busters, breath awareness, safe stretching to relieve tension, and correct posture for sitting and standing. During this session you will experience relaxation techniques and come away feeling refreshed, with a new focus on relaxation. Presented by Peter Harrell.

**August 25 - Making a Life While Making a Living: Work-Life Balance:** Ever feel torn between work and fun time with the family? Do you have enough "me" time? Identify various ways to achieve balance with your personal, family and work responsibilities. The conflicting demands of work and home can create stress and zap the time and energy needed to get everything done. In this seminar you will find answers that will allow you to be more effective and satisfied with both your home and work life. Presented by Erika Gonzalez-Lima, PhD, NCC, LPC, Counseling and Behavioral Health, Austin, TX.

## PERSONAL SAFETY and AWARENESS CLASS



Safety awareness is like almost everything else we do..it is learned, not instinctive. Being aware of both our surroundings and potential dangers can help us take proactive steps to ensure that we are safe and secure.

**Sign up for one of the sessions offered at Round Rock Police Dept** and led by Officers Lynn Carmichael and Blake Bearden on:

July 13, 4-5 pm

July 14, 4-5 pm

July 20, 4-5 pm

July 21, 4-5 pm

Class size is limited to 20 per session. Please **RSVP to [sfriedrich@roundrocktexas.gov](mailto:sfriedrich@roundrocktexas.gov).**

## EVENTS

**July 11** [Yoga on the Plaza](#)  
8-9 am, Prete Main Street Plaza

**July 18** [Vern's No Frills 5K](#)  
8 am, Berry Springs Park, Georgetown

**July 26** **Chair and Table Massages**  
11:30-3:30, Baca Center  
\$15-Chair (15 min); \$30-Table (30 min)  
Call 512-736-9131 for appt

**JULY 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**

[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 3<sup>rd</sup> 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](mailto:wellnesscommittee@roundrocktexas.gov) or call 512-218-5410



## Movement and Health

Want to feel better, have more energy and perhaps even live longer? Look no further than exercise. The health benefits of regular physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability. Need more convincing to exercise? Check out these seven ways moving more can improve your life!

### **No. 1: Activity controls weight**

Movement can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. You don't need to set aside large chunks of time for exercise to reap weight-loss benefits. If you can't do an actual workout, get more active throughout the day in simple ways – by taking the stairs instead of the elevator or revving up your household chores.

### **No. 3: Movement improves mood**

Need an emotional lift? Or need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

### **No. 2: Movement combats health conditions and diseases**

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight, being active boosts high-density lipoprotein (HDL), or "good," cholesterol and decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. In fact, regular physical activity can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.

### **No. 4: Movement promotes better sleep**

Struggling to fall asleep? Or to stay asleep? Regular physical activity can help you fall asleep faster and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to fall asleep.

### **No. 5: Exercise boosts energy**

Winded by grocery shopping or household chores? Movement delivers oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy to go about your daily chores.

#### **Be active:**

- Set a goal to be more active most days of the week. Start slow by taking 10 minute walks, 3 times a day.
- Twice a week, work to increase your muscle strength. Use stretch bands, do yoga, heavy gardening (digging and planting with tools), or try push-ups.

Source: The Mayo Clinic. [mayoclinic.org/healthyliving/fitness](http://mayoclinic.org/healthyliving/fitness), 2014. HS Health & Wellness Information



## WALK IT OFF!

| Food Choice                  | Calories |
|------------------------------|----------|
| Egg White McMuffin           | 250      |
| *Chick-fil-A Grilled Chicken | 355      |
| **Whopper Jr.                | 390      |
| Sausage Biscuit              | 510      |
| Popeye's Chicken Biscuit     | 515      |
| Big Mac                      | 540      |
| Wendy's Apple Pecan Chicken  | 570      |

| Food Choice                         | Calories |
|-------------------------------------|----------|
| Whopper w/ Cheese                   | 760      |
| Wendy's Caesar Salad                | 780      |
| Big Mac w/ Fries                    | 920      |
| ***Chick-fil-A Sandwich             | 970      |
| Popeye's Chicken Dinner, Fries, Tea | 1120     |
| ****Double Whopper                  | 1620     |

