



SEPTEMBER 2015 UPDATE

Rethinking Exercise as a Source of Immediate Rewards

Source – NY Times Wellness blogs

Research has shown that even people who say they hate to exercise or have repeatedly fallen off the exercise wagon can learn to enjoy it and stick with it. Health is not an optimal way to make physical activity relevant and compelling enough for most people to prioritize in their hectic lives.

Though it seems counterintuitive, studies have shown that people whose goals are weight loss and better health tend to spend the least amount of time exercising.

Rather, immediate rewards that enhance daily life – more energy, a better mood, less stress and more opportunity to connect with friends and family – offer far more motivation.

Instead of the recommended half hour a day or 10-minute doses of moderate exercise three times a day on most days focus on the idea that “everything counts” – taking the stairs instead of the elevator, weeding the garden, dancing, even walking to the water cooler.

Adopt a food marketer’s approach to workouts: Enjoy “snacks” of exercise that can entice gradual increases in how much is “consumed.” And like the calories in food snacks, it all adds up.

Also important is giving oneself permission to make self-care through physical activity a priority. When you do not prioritize your own self-care because you are busy serving others, your energy is not replenished. Instead, you are exhausted, and your ability to be there for anyone or anything else is compromised.

People who make physical activity a priority don’t necessarily have more time than others. Rather, they make sure to schedule time for it because they know it enhances their performance and the quality of their daily lives. It has been shown that schoolchildren who are given exercise breaks are better able to pay attention and learn.

To those who feel they are neglecting family to fit in exercise, consider taking them along. The routine can help foster a culture of physical activity at an early age.

Even those with the best intentions often set themselves up for failure by establishing rigid exercise goals. They try to do too much, and when they can’t keep it up they give up and chalk it up as another exercise failure. In place of a performance goal, set a “learning goal” – learning to be flexible and cutting yourself some slack when needed.

Consistency trumps quantity when trying to establish a lifetime of fitness. When a last-minute task cuts into a planned workout, you should not skip the session altogether. Even 10 or 20 minutes of activity is better than none.

It also helps to anticipate challenges to your exercise routine, using an “if then” exercise tool. If, for example you are too tired after work to go to the gym, think about a replacement activity you might enjoy, like taking a sunset walk alone or with a partner, friend, child, dog or even a neighbor’s dog. Or, in the future, go to sleep and get up a half hour earlier to fit in physical activity before life’s demands get in the way.

Farm To Work Program

Unfortunately the program has been struggling with low order numbers this summer, making the small deliveries unsustainable for Lightsey Farms. As such, the program has been put on hold for the rest of this growing season. If you previously participated, we need to hear from you regarding your wants and needs for fresh, local produce delivery.

We want to thank everyone who participated in 2014 and 2015 and hope to bring back a strong program for 2016.

EVENTS

Sept 12 [Yoga on the Plaza](#)

8am, Prete Main Street Plaza

Sept 13 [Brain Power 5k](#)

8:30 am, Cedar Park Center

Sept 19 [Vern's No Frills 5K](#)

8 am, Berry Springs Park, Georgetown

[Intro to Geocaching](#)

9-11, Clay Madsen Rec Center

Sept 25-26 [Family Campout/Ntl Hunting & Fishing Day](#)

5pm on 9-25, 11 am on 9-26, Old Settlers Park

Sept 25 [Chair and Table Massages](#)

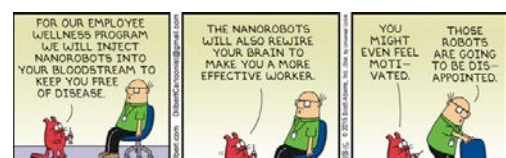
11:30-3:30, Baca Center

\$15-Chair (15 min); \$30-Table (30 min)

Call 512-736-9131 for appt

Sept 28 [Run Free Texas 80's 8K](#)

7:30 am, J. Gupton Stadium, Cedar Park



SEPTEMBER 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**

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](#)

Healthy Bites - check out this months recipe

[Employee Net](#)

[Tarragon Chicken](#)

[5-Minute Morning Workout](#)

Find it on [My Recipes.com](#)



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

Know Your Numbers

Cholesterol and blood pressure are two risk factors that can lead to heart disease if left uncontrolled. Monitoring your levels regularly can help you stay healthy and avoid the need for medication.



Did you know?

The American Heart Association recommends limiting your cholesterol intake to no more than 300 mg/day.

Globally, nearly 1 billion people have high blood pressure

Fill Up on Fiber

Fiber can help lower your cholesterol and keep it low. Add one or more of these fiber rich foods into your diet to help keep your cholesterol in check!

- Oatmeal
- Whole grain bread and cereal
- Raspberries
- Bananas
- Nuts
- Brown Rice
- Artichokes
- Green Peas

Total Cholesterol Levels

- Desirable: <200 mg/dl
- Borderline High: 200 - 239 mg/dl
- High: >240 mg/dl

What do the NUMBERS mean?

Blood Pressure

Blood pressure is measure in two numbers; one on top and one on bottom.

Systolic Blood Pressure

Systolic pressure is the top number in a blood pressure reading and also the higher of the two numbers. This number is a measure of the pressure in your arteries when the heart contracts (beats).

Diastolic Blood Pressure

Diastolic pressure , the bottom lower number, measures the pressure between heartbeats.

Low Risk	119 or less / 79 or less
Moderate Risk	120 - 139 / 80 - 89
High Risk	140 - 159 / 90 - 99

Cholesterol

Your cholesterol is measured in milligrams per deciliter of blood. There is a healthy amount of cholesterol needed for your body to function properly, but too much can lead to health problems such as a heart attack.

CHOLESTEROL

High Cholesterol is a major risk factor for heart attack and stroke. Know about the risks:

1. Men 45 years and older
2. Women 55 years and older
3. Family history or heart disease within the last 2 generations
4. High total cholesterol above 240 mg/dl
5. Smoking
6. High blood pressure
7. Low HDL (below 40mg/dl)
8. High LDL cholesterol (above 160mg/dl)
9. Diabetes
10. Overweight/Obese
11. Physical Inactivity

What is cholesterol?

Cholesterol is a waxy, fat-like substance which is found in the bloodstream. Cholesterol is produced by your body in the liver. It is needed for most hormones, vitamin D, and bile. Our bodies are capable of making all the cholesterol we need.

What is high cholesterol?

Too much cholesterol in the bloodstream can cause a build up in your arteries called plaque. Plaque builds up in your arteries, which supply blood to your brain and heart. Too much build up can cause you to have a heart attack or stroke. This can result in disability or even death.

What is “good” and “bad” cholesterol?

HDL (high-density lipoprotein) is referred to as “good” cholesterol. HDL cholesterol carries the “bad” cholesterol to the liver to be broken down and eliminated from the body.

LDL (low-density lipoproteins) is referred to as “bad” cholesterol. The “bad” cholesterol can cause build up in the arteries and blood vessels resulting in atherosclerosis.

What causes high cholesterol?

Eating a lot of foods high in cholesterol and fat can cause elevated levels. The body can also produce too much cholesterol naturally which is a hereditary factor.

Where does cholesterol come from?

Cholesterol comes from animal products or animal byproducts such as beef, chicken, eggs, milk, etc. Your body naturally produces some cholesterol.

Total Cholesterol Levels:

Desirable: <200 mg/dl
Borderline High: 200-239 mg/dl
High: > 240 mg/dl

Source:
www.hearthishighway.org



Tips for eating **SMART**:

- Choose foods high in fiber, like Beans and peas, oatmeal, barley, whole Wheat bread, wild and brown rice, apples, Oranges, carrots, dried fruit, raisin bran, and All bran.
- Any whole grain foods such as Multigrain bread and/or muffins, black Bean soup and brown rice pilaf.
- Eat more fruits and vegetables.
- Try to eat at least two servings of fish per Week. Choose low-fat meats such as poultry, fish, and dairy products.
- Avoid fried foods. grill, bake, broil, or lightly stir-fry instead.
- Eat smaller portions. Use smaller plates so they look fuller. Immediately put leftovers away.
- Limit high cholesterol foods like egg yolks, organ meats (such as liver), and shellfish.

How to add fiber to your diet:

- Put fruits and nuts on top of a bowl of whole grain cereal.
- Reach for a snack high in fiber such as: popcorn, Fresh fruit, raw veggies, and/or nuts for an energy boost.
- Substitute one-third of flour when baking with old-fashioned oats.
- Add extra veggies to casseroles, soups, salads, and pasta dishes.
- Use brown rice instead of white rice.

Lower your cholesterol level:

STOP tobacco use!

- Smokers' risk of heart attack is more than twice that of nonsmokers
- Second hand smoke increases risk of heart disease.
- If you smoke, QUIT NOW!
- If you don't smoke, DON'T START

Make healthy food choices

- Choose foods from all food groups
- Eat at least five servings of fruits and vegetables per day
- Choose low-fat or fat-free dairy products
- Choose lean meats, fish, legumes, and poultry
- Whole grain foods

Be physically active

- Brisk walking, hiking, jogging, bicycling, and swimming four to five times a week.
- Walk for pleasure, garden, or do yard work
- Try recreational activities such as; tennis, racquetball, soccer, or even dancing and housework

Achieve a healthy body weight

- Avoid excess calorie intake
- Exercise regularly
- Do not overeat
- Limit foods that are high in sugar

