

NOVEMBER 2015 UPDATE



What a 10 Minute Walk Can Do

We're constantly hearing about how **dangerous prolonged bouts of sitting**

down can be, so it's heartening to see some research suggesting that the harmful effects of sitting can be negated with considerable ease.

New research suggests that while vascular functions can be impaired by sitting down for long stretches, a short walk is all that's required to restore vascular health.

"It's easy for all of us to be consumed by work and lose track of time, subjecting ourselves to prolonged periods of inactivity," Jaume Padilla, assistant professor of nutrition and exercise physiology at the University of Missouri in the US, said in a press release.

"However, our study found that when you sit for 6 straight hours, or the majority of an 8-hour work day, blood flow to your legs is greatly reduced. We also found that just 10 minutes of walking after sitting for an extended time reversed the detrimental consequences."

To come to their findings, the researchers compared the vascular functions of a group of volunteers both before and after a 6-hour period of sitting at a desk. They found that the blood flow in an artery in the lower leg (called **the popliteal**) was significantly reduced as a result of the prolonged sedentary position. This isn't something you want to have happen.

"When you have decreased blood flow, the friction of the flowing blood on the artery wall, called shear stress, is also reduced," said Padilla. "Moderate levels of shear stress are good for arterial health, whereas low levels of shear stress appear to be detrimental and reduce the ability of the artery to dilate. Dilation is a sign of vascular health. The more the artery can dilate and respond to stimuli, the healthier it is."

Fortunately, restoring blood flow to healthy levels didn't take much – at least for the volunteers in the study. The researchers found that just 10 minutes of walking – letting the participants set their own, comfortable pace – was enough to bring vascular function back to where it should be.

It's worth noting a couple of things about this research. First off, the researchers conducted their study with a very small sample size: only 11 participants took part in the experiment. Secondly, those volunteers weren't exactly representative of the broad swathe of society, being all healthy young males (quite possible students from the university where the research was conducted).

But while the relatively limited scope of this research means it might not have all the answers, it does nonetheless form part of a growing body of evidence suggesting that we can overcome the harmful effects of prolonged sitting through limited bursts of activity. [Fidgeting](#), [standing](#), [short walks](#) and [mixing it all up together](#) have all been suggested to confer health benefits, so whatever you do, just don't sit still.

Looking for a place to walk during inclement weather? Check out Clay Madsen Recreation Center. There is a 2-lane padded track around the indoor gym. Remember, as a city employee you have a free membership to the rec center.

National Diabetes Awareness Month

Diabetes is one of the leading causes of disability and death in the United States. One in 11 Americans have diabetes – that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

If you are overweight, have high blood pressure, or are age 45 or older, you are at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

- Watch your weight
- Eat healthy
- Get more physical activity

EVENTS

Nov 14 [Hike for Hunger](#)
Round Rock Recruiting Center
2000 S IH-35, Ste M-2 (Skyridge Plaza)

Nov 21 [Vern's No Frills 5K](#)
8 am, Berry Springs Park, Georgetown

Nov 20 [Chair and Table Massages](#)
11:30-3:30, Baca Center
\$15-Chair (15 min); \$30-Table (30 min)
Call 512-736-9131 for appt

Nov 26 [Georgetown Turkey Trot 5 Miler](#)
8am, Downtown Georgetown



NOVEMBER 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](#)

[Employee Net](#)

[Type 2 Diabetes Risk Test](#)

Healthy Bites - check out this month's recipe

[Mediterranean Lentil Soup](#)



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.

***Time has run out for
the Workable Wellness
clock!***



L o g o
Design
Contest

Show off your design talents by creating a one-of-a-kind logo for the Wellness Program!

Winner will receive a prize.

Logo?

Deadline: November 30

Email your designs to

sfriedrich@roundrocktexas.gov