



DECEMBER UPDATE



1. Get active in the morning.

During the fall and winter, days are shorter, and by the time you get home from work or school, it's likely dark out. Take advantage of the morning sunlight by getting your workout done early. When nighttime hits, you won't have to worry about forcing yourself to the gym. Plus the endorphins will keep you going throughout the day.

2. Hunger VS Cravings.

Animals and humans alike were predisposed to gain weight come fall so that they could survive the winter. To prevent this natural inclination, take extra caution to pay attention to your hunger and fullness levels while you're eating. Make sure that you're eating out of genuine hunger and not simply out of craving. Eating slowly, mindfully, and without distractions is the best way to make this happen.

3. Enjoy comforting filling meals.

We tend to crave heartier, warmer meals in the fall, but this doesn't have to mean less healthy or more fattening. Things like broth based soups and stews, sautéed greens and squashes, are all great seasonal options that will also feel comforting and filling. Fill up on seasonal items like apples, squash, potatoes, greens, broccoli, cauliflower and beets. These are all great options and are plentiful at local farmer's markets and your grocery store! They'll taste best, be freshest, and have their highest nutritional value throughout the season. Pair them with lean protein and whole grains for hearty meals. Swap out your iced beverages with a cup of hot tea to warm you and reduce appetite.

4. Go for an afternoon walk.

There is a correlation between depression and sunlight, which is why some people get the seasonal blues, so make sure you are getting enough sunlight and vitamin D in your days. Make it a priority to get outside in the afternoon for at least 15 to 20 minutes to soak up some sunlight before it gets dark.

5. Get your rest.

The holidays can be a stressful time for many. Chronic stress can lower your immunity and lead to sickness and much bigger health problems. Try to keep a regular sleep schedule and get 7 to 8 hours of sleep a night. Find a few minutes each day to relax, do something you enjoy, and just breathe.

EVENTS

Dec 6 [Free Workout at Defiant CrossFit](#)
9 – 10 am, Round Rock
[Secrets of a Healty Mom](#) (free)
10:30-11:30 am, Babyearth, Round Rock

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



DECEMBER 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 transit center located at 305 W. Bagdad, across from the McConico building. **Remember to bring your own bag or box.**

Don't like an item included for the week? The grower provides a few items that you can switch out, share it with a friend or donate it to the Serving Center. No long term commitment, order every week, once a month or once a season.

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**Recipes for Healthy Living**

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