



# FEBRUARY 2015 UPDATE

## Get Fit, Get Healthy, Get Movin'

**Get Fit, Get Healthy, Get Movin'!** (G3) is a free program offered by the Williamson County and Cities Health District that helps families with children between the ages of 6 and 13 make healthy lifestyle changes through goal-setting, healthy eating, and physical activity. In this 10-week program, participants meet for two hours per week and receive an hour of nutrition education and an hour of physical activity.

**Now Registering for Winter 2015 Session - call 512-248-7652 or email [healthed@wcchd.org](mailto:healthed@wcchd.org)**  
For more information call 512-248-7652 or email at [healthed@wcchd.org](mailto:healthed@wcchd.org).

**WHEN:** Thursdays - Feb. 5 through Apr. 16, 2015  
(no class Mar. 19 during Spring Break)

**TIME:** 6 - 8 pm

**WHERE:** The Caring Place Annex, 2001 Railroad St, Georgetown



### Why join G3?

- Learn how to make healthy food choices
- Move more with friends
- Try new foods and snacks
- Boost confidence
- Meet new friends
- Celebration party at the end of the series with prizes

## EVENTS

**Feb 5** [Know your Numbers – Heart Health](#)  
7-8 pm, Seton Williamson  
201 Seton Pkwy, Round Rock



**Feb 14** [Health by Chocolate](#)  
1-2pm, Natural Grocers  
1335 E Whitestone Blvd, Cedar Park

**Feb 7** [Free Heart Health Screenings](#)  
8 am – 5pm, Seton Williamson  
201 Seton Pkwy, Round Rock

**Feb 14-15** [Austin Merathon](#)



**Feb 8** [Hooked on Mueller](#)   
10 am-12pm, Mueller Lake Park  
1829 Simond Ave, Austin

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

[Where to Start to Love Your Heart](#)  
1-2:30 pm, Natural Grocers  
1335 E Whitestone Blvd, Cedar Park

**FEBRUARY 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 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****Everyday Health****Recipes for Healthy Living**

**Aetna Resources:** Please visit [aetna.com](http://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