



# MARCH 2015 UPDATE

## KUDOS FOR

*"I want to thank you for putting this program together for City employees. I use Rock Care so often and not because I'm always feeling sick, but because I want to take care of issues that will hurt me in the future. Maria has helped me so much, when I first started seeing Maria I was 190 pounds (169 now) and battling with high blood pressure and fatigue. Now I can say I've almost conquered all of them, no more pills and feeling much better. Took years for all these doctors to figure out what was wrong with me, but it only took a couple of visits with Maria for her to listen and figure out what was wrong with me. Such a blessing!"*

## NATIONAL SLEEP AWARENESS MONTH

Sleep is anything but a waste of time. While many people think of catching Zzs as the body "shutting off" until morning, nodding off actually activates a complicated process that helps you feel rested and healthy the next day. With sleep divided into four stages - each full sleep cycle takes about 90 minutes to complete.

Here's a closer look at some of the amazingly complex things your body does every night.



Photo: Getty

## March for Babies

If you have been trying to find a purpose to walk/run, now's your chance. Form your teams to participate in the upcoming March for Babies, May 9 at Old Settlers Park.

Established in 1970, the March for Babies is the largest fundraiser for the March of Dimes, as well as the oldest nationwide charitable walking event. In the decades since, many other organizations have used the "walk-a-thon" format to help raise money. Funds raised by the event support March of Dimes-sponsored research and other programs to prevent premature birth, birth defects and infant mortality.

[www.marchforbabies.org](http://www.marchforbabies.org)  
[www.runforbabies.org](http://www.runforbabies.org)

## EVENTS

- Mar 6** [Baking Gluten and Casein Free](#)  
7-8:30 pm, Natural Grocers, Cedar Park
- Mar 7** [r-AQUA-thon Multi-Sport Series](#)  
7:30 – 11:30 am, Clay Madsen Rec
- Mar 14** [Easy Recipes to Dress up Your Veggies](#)  
1-2:00 pm, Natural Grocers, Cedar Park

- Mar 21** [Youth Fishing Derby](#)  
6:45-11:00 am, Old Settlers Park
- [Vern's No Frills 5K](#)  
8 am, Berry Springs Park, Georgetown
- Mar 28** [Raiderfest – 5K Paint Run](#)  
10-11 am, Old Settlers Park

**MARCH 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****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