



MAY 2015 UPDATE

Million Mile Month

Congratulations to all participants in April's MMM challenge. So how did the City of Round Rock employees do in the rankings? Numbers below are as of the afternoon of 4/30/2015.



40th in Top Organizations – 2,155 miles (11th in Top Cities – 12,461)
 Total calories burned – 138,160
 Total minutes – 26,533

Library	792.17 miles	Municipal Court	623 miles	CVB	31.5 miles
Police	599.88 miles	Utilities	110 miles	Sports Center	11 miles

Stress Awareness Month

Stress happens. Sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is a necessity.



Stress does not merely afflict your mind; it can also affect you on a cellular level. In fact, long-term stress can lead to a wide range of illnesses – from headaches to stomach disorders to depression – and can even increase the risk of serious conditions like stroke and heart disease. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being.

- Develop a vision for healthy living, wellness, and personal- professional growth and set realistic goals to help you realize your vision.

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to choose your response to stressors, and you may have to try various options.

Be sure to make time for fun and relaxation so you'll be better able to handle life's stressors. Carve some time out of your day – even 10 to 15 minutes – to take care of yourself. Also, remember that exercise is an excellent stress reliever.

- Recognize when you don't have control, and let it go.
- Don't get anxious about situations that you cannot change.
- Take control of your own reactions, and focus on what makes you feel calm and in control. This may take some practice, but it pays off in peace of mind.

Everyone has different ways they like to relax and unwind. Here are a few ideas to get you started:

Take a walk	Play a sport
Read a book	Spend time with friends/loved ones
Go for a run	Meditate
Have a cup of tea	Do yoga

While you can't avoid stress, you can minimize it by changing how you choose to respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and fun.

EVENTS

May 2	Muddy Miler 8:00-10:30, Old Settlers Park	May 16	Vern's No Frills 5K 8 am, Berry Springs Park, Georgetown
May 9	Yoga on the Plaza 8-9 am, Prete Main Street Plaza	May 17	I'm OK 5K 8:30-11 am, Old Settlers Park

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

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