

AUGUST 2015 UPDATE

WHICH EXERCISE IS BEST FOR WEIGHT LOSS?

Any kind – and any amount – of exercise is better than no exercise. Some studies suggest that as long as you burn 1,000 calories a week, you'll lower your risk for disease.

But if you want to know which exercise is best for weight loss, the information below shows how many calories a 150-pound person burns by doing any of these common physical activities for an hour. (If you weigh more, you'll burn more calories; if you weigh less, you'll burn fewer calories)

ACTIVITY	Calories Burned
Brisk walking	270
Slow walking	170
Yoga	170
Dancing	305
Aerobic dance	475
Gardening	240
Lawn mowing	305
Tennis	475
Stair climbing	610
Basketball	545
Canoeing/rowing	815
Fast-paced cycling	680



ACTIVITY	Calories Burned
Leisurely cycling	375
Racquetball	475
Jumping Rope moderate to hard	680
Running at brisk pace	920
Running at moderate pace	680
Shoveling and digging	580
Cross country skiing	610
Casual game of soccer	475
Swimming vigorously	680
Swimming moderately	545
Competitive volleyball	270
Weight training	205

SUMMER *STRESS MANAGEMENT* PROGRAMS

Plan now to attend one or both of these exciting topics: All **classes will be held at City Hall in the Council Chambers from 4-5pm on the following dates.**

August 11 – Relaxation Techniques at the Workplace: Take a break from the hustle and bustle of work to regroup and refocus. This seminar will cover stress busters, breath awareness, safe stretching to relieve tension, and correct posture for sitting and standing. During this session you will experience relaxation techniques and come away feeling refreshed, with a new focus on relaxation. Presented by Peter Harrell, Harrell Communications, Austin, TX.

August 25 - Making a Life While Making a Living: Work-Life Balance: Ever feel torn between work and fun time with the family? Do you have enough “me” time? Identify various ways to achieve balance with your personal, family and work responsibilities. The conflicting demands of work and home can create stress and zap the time and energy needed to get everything done. In this seminar you will find answers that will allow you to be more effective and satisfied with both your home and work life. Presented by Erika Gonzalez-Lima, PhD, NCC, LPC, Counseling and Behavioral Health, Austin, TX.

EVENTS

Aug 1 [Seton Women Health Education Fair](#)
9am – 1pm, Seton Medical Center,
1st floor west tower, Austin

Aug 6 [Concussion Prevention, Treatment & Recovery](#)
7pm, Dell Children's Medical Center
4900 Mueller Blvd, Austin

Aug 8 [5k for Clay](#)
8-11 am, Clay Madsen Rec Center

[Yoga on the Plaza](#)
8am, Prete Main Street Plaza

Aug 15 [Vern's No Frills 5K](#)
8 am, Berry Springs Park, Georgetown

Aug 28 **Chair and Table Massages**
11:30-3:30, Baca Center
\$15-Chair (15 min); \$30-Table (30 min)
Call 512-736-9131 for appt



AUGUST 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 **Baca Center loading dock** located at 301 W. Bagdad, next door to the McConico building. **Remember to bring your own bag or box.** Any orders not picked up within 24 hours will be forfeited without a refund.



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](#)

[Are You an Active Couch Potato?](#)

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