

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



Copies available at tpm.scgov.net or from Angela Deem at adeem@scgov.net

Top 10 Summer Fitness Activities for Families

If we can take pleasure in physical activities with those we love, it is much more likely we will have fun and stick to it on a regular basis. The key is to choose activities that everyone will enjoy so the whole family spends time together.

1. **Walking** – Take the whole family on a walk around the neighborhood or a local destination. Try walking to the park or your community pool if it's not too far away instead of driving.
2. **Swimming** – An effective workout for the entire body, swimming is an appropriate activity for a variety of fitness levels.
3. **Bicycling** – On the street or on the trails, bicycling is a terrific activity for all ages. Don't forget that everyone needs to wear a helmet.
4. **Canoeing or Kayaking** – If you have access to water, canoeing or kayaking can be a blast and a great upper-body workout. Of course, life jackets are a must for all ages.
5. **In-line Skating** – Shoes on wheels may keep your family moving at the same speed and make getting places a bit more fun. Don't forget to wear protective gear like wrist guards and helmets to prevent injuries.
6. **Beach Games** – Build a sandcastle or play in the surf. Running around in the sand all day lets you get in your exercise while you're having fun.
7. **Team Sports** – Games such as doubles tennis or two-on-two basketball are great for smaller groups while touch football, softball and volleyball are fun family activities that can accommodate a larger group.
8. **Park Games** – Toss around a football or Frisbee in a safe and wide-open space or take advantage of the park's facilities such as playgrounds and obstacle courses.
9. **Hiking** – Pack a healthy lunch and head out into the great outdoors for a hike. Hiking is a great workout and you can take advantage of the beauty of nature.
10. **Lawn Games** – Set up croquet or badminton in your backyard or turn on the sprinklers for an instant water park on a hot summer day.

Take a Refreshment Break During the Summer Heat

Mermaid Milk Shake

- 1 cup skim milk
- 1/2 cup fresh or frozen strawberries
- 1/2 cup orange juice
- 1 cup of ice cubes

Combine in blender until slushy. 88 calories, 4 g protein, 17 g Carbohydrates, 1g of fat

Fitness Centers Access for Spouses

As a reminder, spouses can use the Fitness Centers at 2817 Cattlemen Road and 1660 Ringling Blvd. Applications can be found at <http://tpm.scgov.net>.

Contact Natalie Rotella at 650-5294 or nrotella@scgov.net for more information.

H.A.B.I.T. Fitness Class Continues (Hips, Arms/Abs, Back/Butt, Incredible Thighs)



Burn hundreds of calories during your lunch hour! This is a well rounded workout that will target all of the major muscle groups and sculpt the body. This class will also incorporate fun resistance band exercises, a great alternative to free weights. Let's stay fit and healthy by making this our new habit.

Tuesdays noon-1pm
August 21st – October 9th
BOB, Large Training Room

Thursdays noon-1pm
August 23rd – October 11th
Terrace Bldg, 10th floor Conference Room

Register on TRAC 1FIT3069 or contact Sarah Stinson at sstinson@scgov.net or at 861-5299.