

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



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

New Exercise Class at Jacaranda Library!

Experience the benefits of an hour packed with cardio and strength training. This class combines cardiovascular conditioning and muscle toning intervals for a total body workout.

Cardio Combo/Sculpt
Tuesdays, Sept. 25th - Nov. 27th
5:30-6:30pm

Jacaranda Library, Youth Activity Room
Register through TRAC 1FIT3046

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

Stress Management: Boosting Your Health Potential and Reducing Stress

Identify the differences between *physical, emotional and chemical stress*, gain a better understanding of how stress affects your health, and open your mind to learning natural and effective ways to combat stress.

Tuesday, October 2nd, 12-1
Jacaranda Library
Register through TRAC 1FIT3084

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

Metabolic Weight Loss & Balancing Hormones

From adolescence to maturity, through menopause, and on to the senior years - women's needs and concerns evolve. Dr. Watts has diligently explored and proven many exciting and effective treatments for women navigating the various seasons of life, including natural hormone balancing. Join Dr. Watt's to learn about the link between hormones, health and weight loss.

Thursday, September 20th
11:30-1:00pm
Administration Bldg
1660 Ringling Blvd, 1st Floor, Press Room
Register through TRAC 1FIT3074

It's Time for the Annual Health & Fitness Screenings

Reserve your appointment on TRAC. Screenings begin Oct 9th & go until Dec 6th. Get a free cholesterol and diabetes screening, as well as, \$25 for the 2008 Incentive Program.



New this year, the specimens for the cholesterol & diabetes tests are collected via a finger stick.

If you don't have access to TRAC, call or email adeem@scgov.net or 650-9908

To learn more, log onto <http://tpm.scgov.net/BenefitsHealthyLiving.aspx>

Exercise Fusion with Deniese

Fusion is just as the names states; a fusion or blend of all the exciting aspects of many different forms of exercise such as: Pilates, isometric strengthening, yoga, resistance training, stretching, core training (abs and mid-section) and ending with a calming meditation.

Come join the group for a rejuvenating experience and leave feeling invigorated. All levels welcome.

Mondays, Sept. 10th – Nov. 26th noon-1
2817 Cattlemen Rd, Conference Room B
Sign up in TRAC 1FIT 3036

This class is for all SCG employees who are serious about making lifestyle changes and are motivated to begin or continue to exercise.

Contact Natalie Rotella at nrotella@scgov.net or at 650-5294 with any questions.