

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



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

GET PUMPED

Want to try something new and different?
What about Kettlebells?

- Dynamic and total body movements
- Strengthens the back, hip, shoulder, and wrist muscles (decrease risk of injury on the job)
- Increases flexibility, agility, coordination, and balance
- The effects of a cardio workout, without the cardio

Get all of the benefits in a short workout with the great people at **Gulf Coast CrossFit**.

They train people of all sorts during their most popular, fun, and unique Kettlebell class

Tuesdays and Thursday, 6:30-7:00 AM

Right now they are offering a **20% summer discount** on the monthly fee (now only \$60) and they will let you **get an overview for free!**

What can you lose? You can only improve.

Contact Sara Eddison, The Living Well Intern

seddison@scgov.net or

Frank DiMeo

CrossFit Gulf Coast

501 N. Beneva Rd. #600

Sarasota, FL 34232

(941) 228-8341

www.crossfitgulfcoast.com

Annual Employee Health & Benefits Golf Tournament

When: Saturday June 23rd

Registration: 7:30am **Shotgun Start:** 8:30am

Where: Meadows Golf & Country Club

Fee: \$37.00 per person (green fees, cart & prizes)

Registration deadline: June 15th

For a registration form, email adeem@scgov.net. Sign-up as an individual and we will pair you up or submit your own foursome. All County employees, family members and close friends are welcome!

New Fitness Classes!

H.A.B.I.T

(Hips, Arms/Abs, Back/Butt, Incredible Thighs)
This is a well rounded workout that will target all of the major muscle groups and sculpt the body. Let's stay fit and healthy together by making this our new habit.

Tuesdays, 6/19 - 8/7 12-1 pm

BOB, Large Training Room

Wednesdays, 6/20 - 8/8 12-1 pm

2817 Cattlemen, Conference Room B

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

Move It and Use It

This functional circuit training class will get your heart rate up and your muscles working. Energize your body with variety of ball, band, free weight, and mat movements...don't worry about boredom!

Thursdays, 6/21 - 8/9 12-1pm,

Terrace Bldg, 10th floor Conference Room

Register on TRAC 1FIT3070 or contact Sara Eddison at seddison@scgov.net or 861-5299.

Cardio & Strength

Burn calories and tone up in this functional fitness class. Get a total body workout with a focus on the CORE.

Jacaranda Library

Tuesdays, 6/26 - 8/28 5:30 - 6:30pm

Register on TRAC 1FIT3046 or contact Natalie Rotella at 650-5295 or nrotella@scgov.net for more information.