

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



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

New Healthy Choices at Strudels & Cream Salad Bar, Veggie Burgers and more....

Jumpstart your afternoon with a healthy nutritious lunch! The New Salad Bar is available Wednesdays in May and includes an assortment of fresh cut veggies and a choice of both regular and low-fat dressing. The salad bar is only \$4.99!

On Wednesday, May 16th, come try the New Veggie Burgers and meatless Boca Burgers. These items will be a trial for future menu offerings.

Strudels & Cream is located on the 2nd Fl of the Administration Bldg, 1660 Ringling Blvd.

Fit It In at Work!

Employees of SCG can use the following

Onsite Fitness Centers:

Administration Bldg (1660 Ringling)
2817 Cattlemen

BOB Bldg (1001 Sarasota Center Blvd)
Englewood Sports Complex

Applications can be found by going to

<http://tpm.scgov.net/BenefitsFitnesscenters.aspx>

Exercise & Fitness Boot Camp

Twin Lakes Park

Mon & Wed 5:45pm-6:45pm
06/04/07- 07/11/07

Terrace Bldg:

Tues & Thurs 5:30pm-6:30pm
06/05/07- 07/12/07



Register on TRAC, Class code: 1FIT3060

Walk Your Way to Better Health with the Pedometer Program!

America on the Move is a national movement that encourages everyone to take steps towards a healthier way of life. The message is "keep it simple." By making small changes in your daily eating and exercise choices, you can start building proven habits that will positively affect your weight and health. The 6 week walking program will challenge you to increase your daily steps and provides you with daily motivation and support to help you stay on track and reach your goals.

To get started, go to

<http://tpm.scgov.net/BenefitsHealthyLiving.aspx>

and click on Pedometer Program.

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

Oh That Pain In My Head

Although headaches are rarely life threatening, they can make work more difficult or take the enjoyment out of your favorite leisure activity. While painful and sometimes debilitating, the majority of headaches encountered by sufferers do not indicate a more serious problem.

- Fifty-two percent of the people whose headache fit the medical definition of migraine remain undiagnosed. Nearly 6 out of 10 (57%) people with migraines continue to rely solely on general over-the-counter pain relievers or on no medication at all to relieve pain.

The National Headache Foundation (NHF) www.headache.org recommends seeing a healthcare provider as the first step in dealing with persistent and painful headaches. The good news is that help is available and treatment options are increasing.