

# “Stall Talk”

Copies can be obtained by logging onto eHR or by contacting Angela Deem, [adeem@scgov.net](mailto:adeem@scgov.net) or 650-9908

## Debbie's Boot Camp is back!

The **Exercise & Fitness Boot Camp** will offer employees an opportunity to get fit with the motivation of a personal trainer.

This class meets 2 days a week for 6 weeks  
Employees & Spouses are welcome to attend.

### Class Schedule:

**BOB Bldg: Mon. & Wed. 5:45p-6:45p**  
**Terrace Bldg: Tues. & Thurs. 5:30p-6:30p**

The class entails 45 minutes of calisthenics (push-ups; sit-ups; leg lifts, etc.) with a one-mile walk/jog/run. Free fitness assessment at the beginning of the class series, mid-way & a final assessment.

The \$10 fee per person for the entire 6 weeks is payable upon the first class. We believe in this class so much that the fee is refundable if you find yourself unmotivated to get fit after the first week.

Register for classes on TRAC

For more information contact: [adeem@scgov.net](mailto:adeem@scgov.net)

## Are You Ready for Red?

Put your hand on your own heart and make a promise to be heart healthy! Join **Go Red For Women**, a movement that gives women the power to significantly reduce their risks of heart disease and live a long, healthy life.

### Quick Facts...

- American women are 6 times more likely to die of heart disease than of breast cancer
- Heart disease kills 1 of every 3 American women
- Heart disease can permanently damage your heart – and your life

### Here's how you can support this cause:

- **Wear Red on Friday, Feb. 3<sup>rd</sup>**
- Get educated by attending one of the upcoming "Improve Your Heart Health" classes and then share the information with the women in your life.

## Are You An Apple or a Pear Shape & Why You Should Care?

Nationally known internist & women's health expert M.Savard,MD will be presenting on **Sat., Feb 4<sup>th</sup> from 10-11:15am at Sarasota Memorial Hospital**, Waldemere Auditorium, on how body shape is connected to differences in physical chemistry, hormone production & metabolism, & how it directly affects the likelihood for heart disease, obesity, osteoporosis & other medical conditions. *9-10am Free Body Type Analyses. Please register for screening & presentation by calling 917-7777*

## Go Red for Women: Improve Your Heart Health – Upcoming Classes

Learn about the risk factors of heart disease & preventative measures you can take to fight the #1 killer of women. This brief and intimate class will leave you with the knowledge to take charge of your heart health and how to share the facts with other women in your life.

**Monday, 02/13 at 1301 Cattlemen Rd. from 12-12:30**

**Wednesday, 02/15 at the Administration Bldg. from 12-12:30**

**Wednesday, 02/22 at the BOB Bldg. from 12-12:30**

**Thursday, 02/23 at 2817 Cattlemen from 10:30-11:00**

**Go Red For Women** has it's own dress code; leave this class with your own signature little red dress pin! *"The Dress is to Die for, the cause is to Live for."*