

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



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

It's Time for the Annual Health & Fitness Screening!

Free cholesterol, diabetes, blood pressure, body fat, waist circumference and waist-hip ratio assessments will be done as well as optional fitness assessments. The screening qualifies for a \$50 incentive for the 2009 Incentive Program. Screenings begin Sept. 9th through Nov. 13th. Visit TRAC for available times, dates and locations.



New this year, in addition to the 3-minute step test and sit & reach test, we will offer the curl-up & push up test to assess muscular endurance.

Reserve your appointment on TRAC. If you don't have access to TRAC, contact Eileen Bray at ebray@scgov.net or call 861-6833.

Food for Thought

Would you like to voice your opinion about the products you would like in the County vending machines? Participate in the Vending Machine Survey! Stay tuned...the survey will be posted on E-net Tuesday, August 12th. This is your chance to tell us what you would like to have in the machines at your work place.



New Yoga Classes for Relaxation

Yoga is the perfect practice for relaxation as it calms the mind by bringing participants more in tune with their breath and body. In this class, we will learn how to become conscious of and control our breath while engaging in very low-impact movement. Once you have awareness of your breath, you can relax--no matter your physical environment!

**Administration Bldg. Fitness Center
(1660 Ringling Blvd. 5th floor)
Tuesdays beginning August 19th
12-1pm**

**Clerk of the Court
Thursdays beginning August 21st
12-1pm**

Register On TRAC 1FIT3018

(Classes are introductory 4 week series)

Step up to a New Level of Fitness!

Tired of waiting on an elevator? Don't sweat it! Did you know that using the stairs at work counts toward your recommended 30 minutes of moderate-intensity physical activity 5 days per week? Other activities include: brisk walking, dancing, gardening, house work and chores, active involvement in games and sports with children and walking pets. See you in the stairwell!

Mancini Diners Opens New Café at the Administration Bldg. (1660 Ringling Blvd.)

And the Winning Name Is...Café 1660!

They offer fresh & healthy selections including:

- Sandwiches
- Salads
- Soups & more!

Café improvements are in progress and they hope to be fully up and running with an expanded menu soon!