

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



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

Coaching Healthy Behaviors

Looking to start exercising or start eating healthier? Or maybe you just need help being more consistent with your exercise program and diet. Deniese Kragel will be offering a 6 week health coaching series to help individuals with their exercise and nutrition related goals. The course will incorporate goal setting, readiness to change, overcoming barriers, and developing an action plan to help you live a healthier lifestyle.

BOB (1001 Sarasota Center Bldg.), Room 4
Feb. 25 - March 31
12-1pm
Register on TRAC

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 the TPM website at <http://tpm.scgov.net/BenefitsHealthyLiving.aspx> and click on Pedometer Program.

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



Women &
Heart Disease

Friday, February 1, 2008, is National Wear Red Day

A day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. *The Heart Truth* is: "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women."

Handling Conflict & Managing Anger Class

Calculate the heavy cost of unmanaged anger and conflict... Be honest – has anger, uncontrolled conflict or unchecked emotions cost you too much? Spoiled relationships? Created anxiety and stress? Decreased productivity? Resulted in lack of cooperation and teamwork? Created tension at home? Diminished your self-respect? Conflict, strife and opposing viewpoints are part of the workplace and part of life; you can't change that. But you can change the way you react and manage conflict when it does occur.

BOB Bldg, Falcon Room
Feb 13th
3:00 - 4:30pm
Register on TRAC 1FIT3061

Step Up, Florida!

Step Up, Florida is a statewide annual recognition of the importance of physical activity celebrated throughout the month of February. In 2008, Step Up, Florida is scheduled for February 1, the first Friday in February. Please visit www.sarasotahealth.org and www.stepupflorida.org for a list of events that are available in Sarasota County.

The Living Well Program will be kicking off Step Up, Florida and the 2008 Pedometer Program with a Group Walk at Bay Front Park, One Marina Plaza.

Step Up Florida SCG Employee Walk
Friday February 8, 2008
12:15-1:00pm

Employees will meet at the park entrance in front of the fountain at 12:15 pm on the event day. Choose to walk around Bay Front Park once, twice or three times at your own pace (1/2 mile each). The walk will finish with a cool down/stretching. Contact nrotella@scgov.net with questions.

Bottled water available at Studels & Cream (Admin Bldg, 2nd floor) for only 50 cents!