

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



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

Summer Group Fitness Classes Beginning the week of July 7th!



BOB (Large Training Room)
FitPlanet Boot Camp 1FIT3103
Tuesdays & Thursdays 5:30-6:30pm
&
Pilates 1FIT3043
Wednesdays, 12 -1:00pm

2817 Cattlemen Road (Maximo Room)
Pilates 1FIT3043
Mondays noon-1:00pm

Jacaranda Library
Cardio & Strength 1FIT3087
Tuesdays, 5:30-6:30pm

Administration Bldg Fitness Center, 5th Floor
Zumba 1FIT3087
Wednesdays, 5:30-6:30
&
FitPlanet Boot Camp 1FIT3103
Mondays & Thursdays 5:30-6:30pm

Register for all classes on TRAC. Contact Natalie Rotella at 650-5294 or nrotella@scgov.net for more information.

GET FIT With The WORK IT CIRCUIT Class!

Tired of the same exercise routine? Mix things up! The 6 week WORK IT CIRCUIT class incorporates the perfect mix of cardio and strength training. The best part is, after the class is over you can do many of the exercises at home.

Tuesdays
June 24th- July 29th
noon- 1
Sign up today on TRAC 1FIT3108

2008 Kids Summer Beach Runs June 3rd – Aug 13 \$1 one-time registration fee Ages: Up to 18

An 11-week series of one-mile fun runs for kids of all ages. The beach runs are offered at two locations to provide families with a great way to get some exercise and have fun at the same time. Register on site. Participants receive a ribbon and free ice-pop with every run and a free T-shirt after four runs.

Weekly registration: 5:30pm
Race time: 6:30pm every Tuesday at
Siesta Key Beach Pavilion and every
Wednesday at Venice Pier

New Fertilizer Regulation

The Sarasota County Commission unanimously approved an ordinance regulating the use of fertilizers within Sarasota County to help further protect our natural and water resources. A Restricted Season (June 1st - September 30th) was established prohibiting the application of fertilizer containing nitrogen and/or phosphorous to turf and/or landscape plants during this time period. For more information, visit www.scgov.net under County News.

Health Screenings for SCAT Employees!

Blood Pressure & Body Composition
Testing will be available on the New Mobile
Health Clinic!

June 17th 10am-1pm
5303 Pinkney Avenue (SCAT)

Sleep Apnea screenings will also be
available!

No appointments necessary. Please stop by and hear about the all the great programs to help you live a healthy lifestyle! Contact nrotella@scgov.net or 650-5294 for more