

**Living Well**  
EMPLOYEE HEALTH & BENEFITS  
*Stall Talk*



Copies available at [tpm.scgov.net](http://tpm.scgov.net) or from Angela Deem at [adeem@scgov.net](mailto:adeem@scgov.net)

**New Boot Camp Class!**

**FITPLANET BOOT CAMP**

Continue working on your 2008 fitness goals with Fit Planet Boot Camp! Designed to improve your fitness level, this class is sure to help you burn calories and improve your strength! Amy Whittington is the Instructor for this dynamic and functional fitness class. Please visit TRAC to register (1FIT3103). There is a \$20 fee for the 10 week class series made payable to SCG due at the first class.

**1660 Ringling Blvd, 5th floor Fitness Center  
Mondays & Thursdays April 7- June 16  
5:30-6:30pm**

Take yourself to a new level of fitness while having so much fun you forget about the time!

Please contact Natalie Rotella for more information at 650-5294 or [nrotella@scgov.net](mailto:nrotella@scgov.net)

**Equipment Demonstration in Venice**

Learn how to make the most of the exercise equipment at the Venice Fitness Center. Sign up for one of the sessions in TRAC 1FIT4003.

**Wednesday April 23, 2008  
2:30-3:30pm**

**Venice Fitness Center  
Public Safety Bldg.  
4531 SR 776**



Contact Natalie Rotella at [nrotella@scgov.net](mailto:nrotella@scgov.net) or 650-5294 for more information.

**Chair Massage is now offered at the R.L. Andersen Bldg. in Venice with Brian Love, Licensed Massage Therapist!**

Tuesdays 1-5pm (Beginning April 8)  
RL Andersen Bldg, 4000 S. Tamiami Trail  
Room 122

Sign up sheet located outside the door

**Additional locations offering chair massage:**

**2817 Cattlemen Road, Room C**

Mondays 10-12pm

Sign up sheet located in front of Dara Hunter's desk  
(Administrative Services)

**BOB, Eagle Room**

Mondays 1-3pm

Call Donna Garrison at 724-0411 to sign up

**Administration Bldg. Fitness Center  
5<sup>th</sup> floor, 2<sup>nd</sup> office**

Fridays 11-1pm

Call Donna Garrison at 724-0411 to sign up

The cost is \$1 per minute, minimum of 15 minutes.  
Questions: [nrotella@scgov.net](mailto:nrotella@scgov.net) or 650-5294

**Nutritional Counseling Benefit**

Need assistance with eating a more healthful diet and do you have a chronic condition such as diabetes, elevated cholesterol, hypertension, a gastrointestinal disorder or any other condition in which nutritional counseling would assist?

**Contact: Heidi-Jo Kaplan, MS, LD, RD, CDE  
Phone: (941) 379-8053  
Fax: (941) 379-8560  
[heidijosar@comcast.net](mailto:heidijosar@comcast.net)**

Heidi-Jo is a registered dietician whose nutritional counseling is covered 100% under both the HMO & PPO medical plans for qualifying conditions. Questions about this benefit, contact [adeem@scgov.net](mailto:adeem@scgov.net) or 650-9908