

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



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

New Group Fitness Classes!

Beginning the week of January 7, 2008

Pilates 1FIT3043

2817 Cattlemen Road, Room B
Tuesdays noon-1:00pm
&
BOB, Large Training Room
Wednesdays noon -1:00pm

Debbie's Boot Camp 1FIT3060

Twin Lakes Park, Green Bldg.
Mondays & Wednesdays
5:45 – 6:45pm

Cardio Combo Sculpt 1FIT3046

Jacaranda Library
Tuesdays 5:30 – 6:30pm



Zumba 1FIT3087

Administration Bldg (1660 Ringling)
Fitness Center, 5th Floor
Wednesdays beginning January 16, 2008
5:30-6:30pm

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

New Incentive Programs for 2008

Visit the TPM website at <http://tpm.scgov.net>
(Employee Health & Benefits, Living Well
Program, Incentive Program) for more
information on the following programs:

Safety Program

Purchase of Safety Equipment

Diabetes Classes at Sarasota Memorial Hospital

The Gift of Health

This holiday season, keep life simple. Health is the best gift you can give -- to yourself and the ones you love!

This is the season for lists: groceries and presents to buy, things to get done. Health should be at the top of your list.



Be active in small ways.

- Park farther away and take the stairs when shopping or doing errands. Walk the mall or grocery store before you shop.
- Take a walk or plan a physical activity to catch up with family members or friends.
- Have fun with exercise. Walk to view holiday lights and decorations, do a charity walk/run to support a cause that you care about, or play active games with kids.

Eat healthy most of the time.

- Keep tempting goodies out of sight. Freeze or give away extra portions.
- Practice portion control. Eat smaller amounts of your favorite holiday treats.
- At parties, use small plates, stand as much as possible, and keep a low-calorie beverage in your hand at all times.
- Chew gum or mints while cooking or when you feel tempted to eat when you are not hungry.

Plan ahead for events.

- Think about healthy choices before events and busy days.
- Pack healthy snacks for on the go.

Remember, just one simple choice can help you stay on track!
--Cooper Institute