

What's Under Your Hood?



Wellness Program Schedule
May - August, 2014

Tune-Up Manual
For Good Health

For Regular County Employees
and Their Spouses

Is What's Under Your Hood Putting Your Health At Risk?

Find out with the **Wellness Profile.**

It's Quick, Easy & Confidential--and now it is better than ever!

Get answers to questions in blue triangles via your Wellness Profile!



STEP 1:

Check Your Levels!

Register TODAY for the **WELLNESS PROFILE**, and find out your body fat, blood pressure, cholesterol, triglyceride & glucose levels. Whether you want to improve your performance, continue to run smoothly for longer distances or fit in a compact space, this is the perfect place to start.

Upcoming Dates & Locations: Gov't Center--May 7, June 4, July 2 and Aug. 6

~Outlying Locations--Knoll Dr, May 6; Cam Fire, June 11; Williams, July 16 and Moorpark, Aug. 14

(LOCATION KEY on 2nd page)

Sign up for a Wellness Profile Today: <http://securevc-web/wellness>

STEP 2:

Stay "Tuned" or Get "Tuned Up" With **FREE** Wellness Program Tools 

Is your Body Fat High ?

High % of body fat can lead to high blood pressure & diabetes. Good nutrition & exercise can positively affect your Body Fat %.

Nutrition in the FAST Lane

Whether you are racing between work and errands, or on the road to vacation, learn the secret to healthy eating on the go. Discover the best brand name convenience foods, quick tasty recipes, how to order better take-out meals and the healthiest fare at the drive thru. You'll come away with a plan to assure you and your family eat right.

THURSDAY 7/17 12-1PM ACR

CSA Information Seminar

Enrich your body's fuel (with more fruits & veggies), by participating in the County's CSA program. Learn more about the County's Community-Supported Agriculture (CSA) program and how you can receive a weekly delivery of fresh, locally-grown seasonal produce. Come see what's in the weekly produce box--maybe you'll win one!!

WEDNESDAY 5/28 12-1PM ACR

Great Grilling

Our culinary expert will introduce you to the art of healthy grilling with tips on tools, techniques and more. You'll get surefire recipes for delicious, healthy meals on the grill that make feeding family and friends a breeze. Samples and recipes will be provided.

WEDNESDAY 6/25 12-1PM PCR

Lite Summer Faire

Discover simple, light and carefree cuisine just right for the summer season. From picnics at the park to refreshing meals at home, this demonstration will help you keep it easy, healthy and delicious. Samples and recipes will be provided.

WEDNESDAY 7/9 12-1PM PCR

Health Track: One-On-One Health Coaching

A personal health-coaching program designed to help decrease risk of illness and improve health.

Wellness Program Health Track coaches are health professionals such as Registered Dietitians, Exercise Physiologists, Nurse Educators or Certified Diabetes Educators. Schedule your Wellness Profile to find out if Health Track is for you. If so, your Health Track coach will set up a program to fit your particular needs and your busy schedule.

Regular County employees and their spouses are invited to contact us about Health Track at wellness.program@ventura.org.

Four Weeks To Fitness: A Beginner's Boot Camp

Leave your desk behind and join our exercise physiologist for an outdoor workout that can help you achieve the results you want. Don't worry if you're out of shape or cannot attend all four sessions. This beginner's boot camp is just what you need to slim down and shape up. (Bring your water and don't forget to wear exercise shoes and comfortable, loose clothing.)

4 MONDAYS 7/28-8/18 5:30-6:30PM FOUNTAIN

Join The Fun Walk

Whether you're a beginner or an advanced walker, come take the one-mile walk test for a fun way to assess your fitness level. You'll also learn some good stretches and find out how using a pedometer can help you stay fit. A drawing for a free pedometer will be held at the end of the walk. You need not be present to win.

TUESDAY 6/3 12-1PM FOUNTAIN

START A NEW FITNESS ROUTINE!

Stay in top performance by joining a gym. Check out the Health Club Discount List for Regular County Employees and their dependents

@ <http://www.ventura.org/benefits/wellness-program>.

Check with your physician before starting an aerobic exercise program.

Saving Muscle--Looking Younger

One of the main things that makes us look older is losing muscle and gaining body fat. We begin to do just that in our 30's. Come and learn from an exercise physiologist what you can do to increase your lean muscle, rev up your metabolism and stay strong and healthy as you age.

WEDNESDAY 6/11 12-1PM MPR

ZUMBA®!

Stalled out in your fitness routine?? Give yourself a "jump" with ZUMBA! Founded in 2001, Zumba® Fitness exercise classes are "fitness-parties" that blend upbeat rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

4 THURSDAYS 6/5-6/26 5:30-6:30PM FOUNTAIN

REGULAR COUNTY EMPLOYEES:

Register yourself and/or your spouse for the Wellness Profile and/or classes @ <http://securevcweb/wellness>

Wellness Profile Dates & Locations

GOVERNMENT CENTER		OUTLYING LOCATIONS	
Wed. 5/07	EHS	Tues 5/06	Knoll Dr Vta
Wed. 6/04	EHS	Wed. 6/11	Cam Fire
Wed. 7/02	EHS	Wed. 7/16	Williams
Wed. 8/06	EHS	Thurs 8/14	Moorpark

LOCATION KEY

Government Center, 800 S. Victoria Ave, Vta

ACR	Atlantic Conf Rm, Admin Bldg, Main Plaza
EHS	Employee Health Services, Admin Bldg, Lower Plaza
FOUNTAIN	Fountain area--outside between HOJ and HOA
MPR	Multipurpose Rm, Admin Bldg, Rm #344, 3rd Floor
PCR	Pacific Conf Rm #1122 (off cafeteria), Hall of Justice
331	Admin Bldg, 3rd Floor, (top of escalator)

Outlying Locations

CAM ARPRT	Fire Admin Bldg, 165 Durlay Ave, Camarillo
CAM FIRE	Fire Training Ctr, Clsrm 5, 102 E. Durlay Ave, Camarillo
KNOLL DR VTA	2323 Knoll Dr, Ventura
MOORPARK	Watershed Protection Dist. 6767 Spring Rd, Moorpark
No. OXN PH	2240 E. Gonzales Rd. Suite 200--2nd Floor



Promoting Good Health & Helping Manage Health Care Costs

County Executive Office-Human Resources Division
800 S. Victoria Ave. Ventura, CA 93009-1370
Phone: 805.654.2628 Fax: 805.658.4527
wellness.program@ventura.org
<http://www.ventura.org/benefits/wellness-program>

"Being able to take advantage of this program has brought more awareness to taking care of myself. Rather than just once per year at the Dr., I can supplement those annual exams with the Wellness Profile here. I really hate going to the Dr (but I do annually) but being able to have my health checked here at work is a very valuable employee benefit."

~Wellness Program participant

► Is your blood pressure >120/80?

What You Need to Know About High Blood Pressure

Discover what works for lowering high blood pressure. From the best natural approaches to the latest guidelines, you'll get the facts and answers to your questions. Even if you have "normal" blood pressure, learn how to keep your blood pressure from creeping up.

THURSDAY 5/8 12-1PM ACR

► Is your Blood Glucose >99 mg/dl? Glucose over 99 is pre-diabetes

Quick and Easy Meals for People With Diabetes

Attend this cooking demo and learn the secrets to hassle-free, delicious meals the whole family can enjoy. Let our Registered Dietician help you achieve better blood sugar control without sacrificing all your favorite foods. Samples and recipes will be provided.

TUESDAY 7/29 12-1PM PCR

ONE-TO-ONE: A QUIT SMOKING PROGRAM

With no group classes, this personalized program is designed to fit into your busy schedule. With the guidance and support of a professional smoking cessation coach, you'll learn proven behavioral techniques to help you quit smoking and remain smoke-free. Call 805.654.2628 or email wellness.program@ventura.org for more information.

► Is your Stress Score high?

Learning how to cope with stress can help prevent many stress-related illnesses...

Chillax

Chill out and relax as you discover simple techniques for letting go of stress and tension! You'll leave this class rejuvenated and ready to regain your cool even as tensions arise. This revitalizing approach has been proven effective for heart conditions, high blood pressure, chronic pain, insomnia, and more. Don't miss this chance to improve your health and well-being!

TUESDAY 8/19 12-1PM PCR

YOGA/STRETCH AND RELAX

Yoga can do more than help you increase flexibility; it can help relieve stress, depression, anxiety, back pain, arthritis and more. Take a break to relax and revitalize. Attend as often as your schedule allows. (Bring a towel or mat and wear comfortable, loose clothing.)

WEDNESDAYS 5/7-8/27 12-1PM

CAM ARPRT & KNOLL DR VTA

FRIDAYS 5/2-8/29 12-1PM

MPR & N. OXN PH

FRIDAYS 5/2-8/29 1-2PM

MPR

First Aid

Get prepared for life's unexpected emergencies in this basic first aid class. You'll learn what to do for bites, stings, bleeding, shock, burns, fractures, poisoning and more. (If you're taking this class to meet OSHA requirements, you must have a valid CPR card.)

WEDNESDAY 8/27 9-12PM MPR



Heart To Heart (CPR)

By learning Cardiopulmonary Resuscitation (CPR) you could save the life of a family member, coworker or loved one. This CPR class will cover basic life support of adults, infants and children. Participants will receive their Heartsaver card from the American Heart Association upon course completion.

WEDNESDAY 5/28 8:30-11:30AM MPR



Balancing Work & Family

SPONSORED BY COUNTY EMPLOYEE ASSISTANCE, WELLNESS & WORK/LIFE PROGRAMS

What To Do When Your Kids Drive You Crazy

DEBORAH GODFREY, CERTIFIED PARENT EDUCATOR

This presentation is a must for parents with children of all ages. Learn alternatives to nagging, yelling and threatening, how to keep your cool, and other tips for a happier home life.

THURSDAY 8/21 12-1PM ACR

WANT THE WELLNESS PROGRAM AT YOUR LOCATION?

YOU CAN REQUEST WELLNESS PROGRAMS AT YOUR LOCATION.

VISIT OUR WEBSITE:

<http://www.ventura.org/benefits/wellness-program>

CLICK ON THE LINK, "HOW TO REQUEST A WELLNESS PROGRAM AT YOUR SITE".

Elder Care Support Groups

If you are caring for elders, dealing with long term care or critical care issues, join us for support, resources & links to services. Drop in as your schedule allows--registration is not required.

WEDNESDAYS 5/28, 6/25, 7/30 & 8/27 12-1PM 331

Babies and You

Babies and You is a personalized program based on the March of Dimes program to educate prospective parents about lifestyle behaviors and other factors that can affect pregnancy and improve chances for a healthy birth. Meet one-on-one with a Babies and You educator and get answers to your prenatal questions about nutrition, exercise, and more. For more information contact us via email at wellness.program@ventura.org or call 805.654-2628.