WELLthy are you?

How emotionally WELLthy are you?

Good Health is Priceless...

Ask yourself the following questions and decide which area(s), if any, you think you could improve upon.

- I take time to relax/have fun daily.

- I spend time with family or friends each week.

- I have lots of energy on a typical day.

- I adapt to change in a positive way.

- I am satisfied with my life.

(Add up the numbers next to your answers to get your score)

17-20: Great job! Take the Wellness Profile to assess your overall WELLth.

15-17: Kick it up a notch with a Wellness Profile!


For an in-depth health risk assessment and advice, register online for a WELLNESS PROFILE @ http://securevcweb/wellness.

Good Health is Priceless!

For Regular County Employees & Their Spouses

WELLNESS PROGRAM SCHEDULE SEPT.-DEC., 2013

YOU?

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Good Health is Priceless!
Get Fit While at Work

Having trouble fitting exercise into your busy schedule? Discover easy and effective ways to get the exercise you need right at work. Our exercise physiologist will share the key to burning fat while you work and counter the effects of sitting all day.

(Visit our website for the complete schedule.)

Tuesday 11/19 12-1PM PCR

Four Weeks To Fitness: A Beginner’s Boot Camp

Leave your desk behind and join our exercise physiologist outdoors for an after-work hours that can help you achieve the results you want. Don’t worry if you’re out of shape; 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 loose, comfortable clothing.

4 Mondays 10/7-10/28 5:30-6:30 Fountain

Join the FUN Walk

Whether you’re a beginner or an advanced walker, join us for a one-mile walk test. It’s a FUN way to assess your fitness level. You’ll learn some good stretches and find out how using a pedometer can help you step it up. A drawing for a FREE Tamaji SW2000 pedometer will be held at the end of the walk. You need not be present to win. Don’t forget your walking shoes & your water. Wear loose, comfortable clothing.

Tuesday 10/22 12-1PM Fountain

“Reduced lower back pain. General feeling of reduced stress.”

“It keeps me flexible and I always feel better mentally and physically after the class.”

Yoga/Stretch and Relax

Yoga can do more than help you increase flexibility; it can help relieve stress, depression, 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 loose, comfortable clothing.)

Wednesdays 9/4-12/18 12-1PM Camarillo

Eating During Pregnancy

Whether you’re a beginner or an advanced walker, join us for a one-mile walk test. It’s a FUN way to assess your fitness level. You’ll learn some good stretches and find out how using a pedometer can help you step it up. A drawing for a FREE Tamaji SW2000 pedometer will be held at the end of the walk. You need not be present to win. Don’t forget your walking shoes & your water. Wear loose, comfortable clothing.

Wednesday 9/25 & 10/30 12-1PM

Looking to Join a Gym?

Check out the ‘Health Club Discount List’ for Regular County Employees and their dependents @ http://ceo.countyofventura.org/benefits/wellness.

Offered by the UC Cooperative Extension’s Master Gardener Program

Learn from an expert everything you need to know to grow your own vegetables. From selecting the best container or spot for your garden, to tool selection, soil preparation and composting. This class is just what you need to go green and get lean!

Thursday 10/10 12-1PM MPR