



Tulare County Employee Wellness Program

FITNESS “GET MOVING”



APRIL 2015 Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Healthy Tulare County Week: April 6–10			1	2	3	4
5	6 “Step Ahead” Challenge SIGN-UPS BEGIN www.SJVIAWellnessWorks.com See Page 3 for details	7 Fitness Classes <i>“Types of Stretching” & “Bailoterapia”</i> See Page 2 for Location, Time & Registration Information	8	9 Online Seminar <i>“Tips for Smoking Cessation”</i> 12 PM–1 PM Tips for Smoking Cessation	10	11
12	13	14	15 New Series WEIGHT WATCHERS <i>“Information Meeting”</i> See Page 2 for details.	16 New Series WEIGHT WATCHERS <i>“Information Meeting”</i> See Page 2 for details.	17	18
19	20 “Step Ahead” Challenge Begins www.SJVIAWellnessWorks.com See Page 3 for details.	21	22	23	24	25
26	27	28	29	30 Walking Works! Challenge May 11–May 15 To Participate and Receive a FREE Pedometer, click on the link to register: Walking Works! Challenge		

TULARE COUNTY HEALTHY WEEK

****Available to all Tulare County Employees.**

FITNESS CLASSES

TYPES OF STRETCHING



DATE: April 7, 2015
TIME: 12:00—1:00 PM



LOCATIONS:

-**HR&D**, 2900 W Burrel, Visalia, Testing Rm
-**Government Plaza South**, 1055 W Henderson, Porterville, Orange/Tangerine Rm

This class, provided by Body Effect Wellness Studio, is a total-body stretch class and will consist of the three main types of stretching; dynamic (stretching while moving), myofascia release (foam roller stretching) and static (stretching while the body is at rest). This class is considered a low impact fitness class that consists of techniques that are great for relaxing, stretching and lengthening tight muscles. Stretching is important for people of all ages and fitness levels and increases your range of motion, which means your limbs and joints can move through a greater range, helping to ward off injury.

To register, click on the link below:
[Stretching Class Registration](#)

BAILOTERAPIA

DATE: April 7, 2015
TIME: 12:00—1:00 PM



LOCATION: Mooney Grove Park, Visalia, Between Arbors 14-18

Bailoterapia is a new way of reaching wellness and finding balance through dance. It is practiced in groups and it is a mix of aerobic exercises and dance steps to Latin style music such as salsa, cumbia, merengue, and others. It is a great anti-stress therapy that helps to improve physical fitness by toning the legs and increasing cardio in a progressive manner. It is estimated that 1 hour of this class burns close to 900 calories. It is recommended that participants check with their doctor before starting any type of physical activity program.

To register, click on the link below:
[Registration Bailoterapia](#)

LIVE WEBINAR

TIPS FOR SMOKING CESSATION



DATE: April 9, 2015

TIME: 12:00—1:00 PM

Facilitated by: Christine Walchuk

Whether the occasion is your next birthday, or The Great American Smoke Out, this class will provide information, facts and strategies for smokers who would like to become non-smokers. Participants will develop a Personal Action Plan to reach their goal.

To register, click on the link below:
[Tips for Smoking Cessation](#)

WALKING WORKS! CHALLENGE

May 11th — 15th

Get Ready for the 4th Annual Walking Works! Challenge!



Walking Works!



- All employees are eligible to participate!
- This is a friendly competition between Departments, the County of Tulare and County of Fresno.
- The Challenge has two categories of competition:
 1. The highest # of average steps walked
 2. The highest # of *participation*
- It's easy and fun!
- Wear your pedometer all day.
- Remember to stay hydrated and drink plenty of water!

Click on the link below to participate:
<https://www.surveymonkey.com/r/walkingworks2015>

Pedometers will be provided. More information to come.

WEIGHT WATCHERS AT WORK

Program: \$156 for 12-Week Program Onsite

100% of cost paid by participant, No Incentive

To register for the program:

1. Select the link: [Weight Watchers Registration](#) or
2. Contact Kelli Barker: kbarker@co.tulare.ca.us

****Available to all Tulare County Employees.**

weightwatchers

STEP AHEAD CHALLENGE

Sign-up: **4/6/15—5/4/15** Challenge Starts: **4/20/15** Challenge Ends: **5/17/15**

15 Wellness Points Earned If Completed
(SJVIA Primary Subscribers Only)



The Step Ahead Challenge is a four-week personal challenge that increases the number of steps taken each day.

Research proves simple exercises, like walking, lowers your risk of heart disease, diabetes, and some forms of cancer.

Here's how the challenge works:

Use a pedometer to track your steps each day of the challenge. Log your steps on the Wellness Works website. You can make up for a small number of steps one day by walking more steps the next.

Your goal: log a total of 100,000 steps (a max of 12,000 in one day) by the end of the challenge to earn 15 wellness points towards your 200 point goal.

Program Goal:

Reach 200 points by 12/31/2015 to earn a \$50 incentive.

Challenge Sign-up:

- * Log on to www.SJVIAWellnessWorks.com homepage
- * Scroll down to the **Challenges** section
- * Click **View All** to display details around dates, challenge goals, disclaimers, and tracking current, future, and past challenges
- * Click **Sign Me Up** to progress to the sign-up screen
- * Create a screen name and select an avatar

Challenge Tracking:

- * Log on to www.SJVIAWellnessWorks.com
- * Select the **View** link under **Challenges**

Questions about this challenge or your wellness program?

Call **Health Center** at **1-888-VIVERAE (848-3723)**.

A physician should be consulted prior to beginning a new program of physical activity, especially for men over age 40, women over age 50, and those individuals with chronic health problems, such as heart disease, diabetes, or obesity.



:: Viverae Health Center

:: 1-888-VIVERAE (848-3723)

:: www.SJVIAWellnessWorks.com