

CUGWell Connection

December 2017

Upcoming Events

Red Cross Blood Drive

GUC Operations Center—

Wednesday, December 6, 2017 (11-4)

Live Healthy America Challenge

starts in January 2018 Dates TBA

On-site 10-n-10 Club

Weigh Ins: January 22-January 24

Red Cross Blood Drive

Public Works—Wednesday, January 31

FPL (Fitness Performance Life)

January 22-March 30

(Registration ends January 12)



With our Fall Wellness Walk completed, a little walking humor is in order. . .

- My grandpa started walking 5 miles a day when he was 60. Now he's 97 years old and we don't know where he is.
- I like long walks, especially when they are taken by people who annoy me.
- I joined a health club last year, spent about \$400. Haven't lost a pound. Apparently you have to go there!
- The only reason I would take up walking is so that I could hear heavy breathing again.
- I know I got a lot of exercise the last few years,. . . just getting over the hill.
- If you are going to try cross-country skiing, start with a small country.



Wellness Works Where We Work

Stay up to date with Wellness events; check us out and like us on Facebook!! Link:

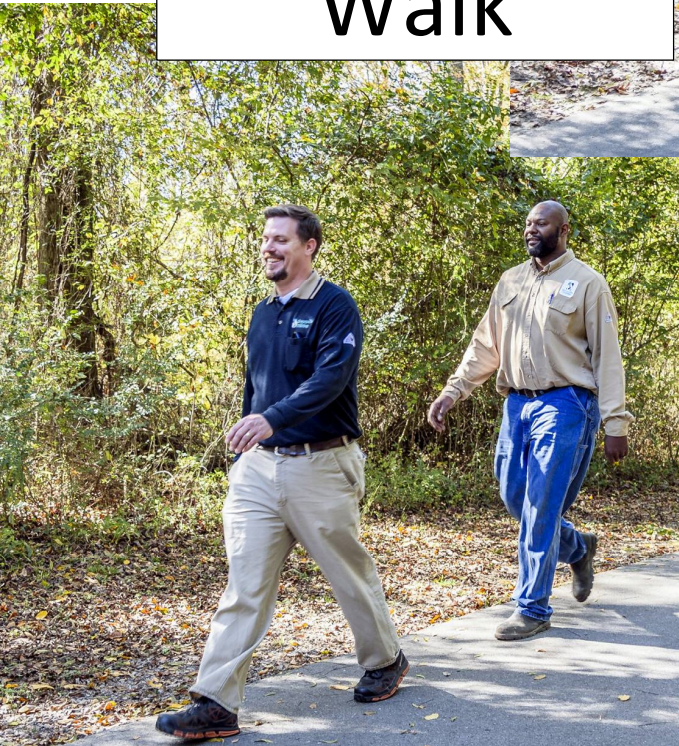
www.facebook.com/wellnessworkswherewework/

"Year's end is neither an end
nor a beginning but a going on,
with all the wisdom that experience
can instil in us."

Hal Borland

Fall
2017

Wellness Walk



Walk Committee Members

Victor Long—Public Works

Amanda Braddy—Public Works

Brooke Norton—Water Resources

Jenni Pitchford—Police

A huge thank-you to these Wellness
Champions who organized this event and
were instrumental in its success!





Fall
2017



Wellness
Walk

Tips for Healthy Holiday Eating.

1. Portion Control

- use a smaller plate

2. Don't starve yourself beforehand

- the hungrier you are, the less self control you will have

3. Eat slowly

4. Skip liquid calories

- drink water



The Holiday Hustle

10 Burpees

15 Side lunges (each leg)

15 Standing knee to elbow

10 Push ups

15 Mountain climbers

15 High knees

10 Squat jumps

15 Skaters

30 Second plank

(Repeat 3 Times)



Koko. A Digital Gym.

HOLIDAY SURVIVAL GUIDE

HOLIDAY PARTY SURVIVAL

Mangia Prima! (Eat First)

Eat before the party so you won't arrive famished and over-indulge on apps.



Drink first...but make it water.

8 oz. before you eat will keep you feeling full and hydrated.



Slow down. It's not a race.

Eat slowly, enjoying the conversation. You'll eat less!



Step away from the buffet

Don't graze. Take a reasonable plateful and mooove away.



Beware of liquid calories

Alcohol packs calories and increases appetite. (Eggnog = 340 calories!)



HOLIDAY SHOPPING

Know your food options

Plan where to shop and choose where you'll eat in advance.



Pack provisions

Avoid salty cravings. Bring along your own stash of healthy snacks... and bottled water!



Stay hydrated

Running through stores can leave you parched and de-hydrated. Carry bottled water and avoid soda.



Roll with the punches

If you fall for a food court temptation, it's okay. Dust yourself off and try again.



Don't skip your workouts

Exercise is the best way to maintain the strength and stamina needed to get everything done and enjoy the holidays. With so much going on, short, efficient workouts are a must. For best results with less time in the gym, treat yourself to high intensity interval cardio training and circuit-based strength training.



DON'T FORGET TO MOVE

Hoof it!

Park far away from store entrances and walk the extra distance to burn additional calories



Take a lap

Map out your shopping route with a lap around the mall. An energizing warm-up before you shop.



Stairway to health

Climbing stairs as you shop burns twice the calories as walking. Be sure to skip the escalator!



Play with kids

Take a break from online shopping to enjoy the season through the eyes (and energy) of children.

