

COG/GUC Newsletter

May 2018

May is National Physical Fitness and Sports Month

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active.

Get ready to get more active.

You may already be feeling the benefits of getting active, such as sleeping better or getting stronger.

Here are 2 ways to add more activity to your life:

Be active for longer each

time. If you are walking 3 days a week for 30 minutes, try walking for an additional 10 minutes or more each day.

Be active more often. If you are riding your bike to work 2 days a week, try riding your bike to work 4 days a week.

Find time in your schedule.

Look at your schedule for the week. Find a few 30-minute time periods you can use for more physical activity. Put them in your calendar.

Take Action!

Start slowly.

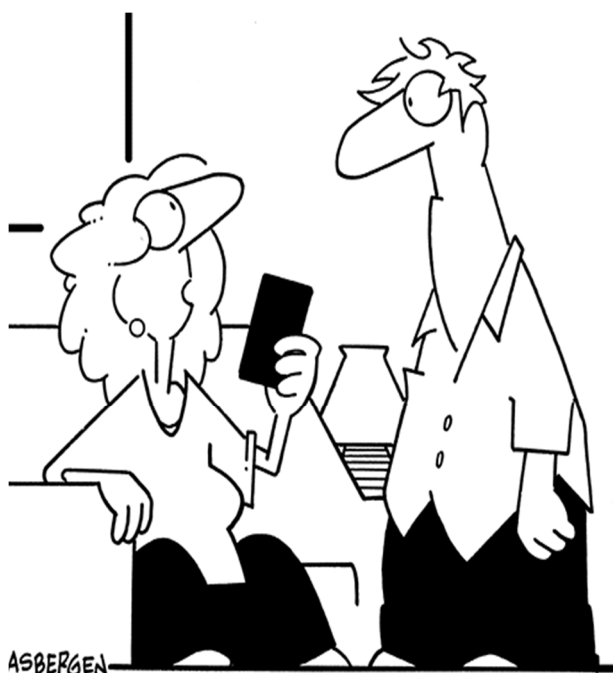
If you haven't been active before, start out slowly and add new physical activities little by little. After a few weeks or months, do them longer and more often.

Be realistic.

Remember, it's not all or nothing. Even 10 minutes of activity is better than none! Find a time that works for you. See if you can fit in 10 minutes of a

Track your progress.

Write down your goals & track your activities each week. As you get more active, you can set higher goals!



**"I guess I should start exercising again.
My treadmill sent me a friend request!"**

Once you've started, keep it up.

If you are already active for 2 hours and 30 minutes each week, you can get even more health benefits by stepping up your routine

Have fun with your family.

If you have children, you can be a role model for making healthy choices. Encourage your whole family to get active outside – go for a hike or organize a family soccer game.

Here are just a few benefits of physical activity:

Children and adolescents – Physical activity can improve muscular fitness, bone health, and heart health.

Adults – Physical activity can lower the risk of heart disease, type 2 diabetes, and some types of cancer.

Older adults – Physical activity can lower the risk of falls & improve cognitive functioning (like learning & judgment skills).

Do more vigorous activities.

In general, 15 minutes of vigorous activity has the same benefits as 30 minutes of moderate activity. Try jogging for 15 minutes instead of walking for 30 minutes.



Mix it up.

Mix vigorous activities with moderate ones. Try joining a fitness group or gym class. Don't forget to do muscle-strengthening activities 2 days a week.

What kinds of activity should I do?

To get all the health benefits of physical activity, do a combination of aerobic and muscle-strengthening activities.

Aerobic (“air-OH-bik”) activities make you breathe harder and cause your heart to beat faster. Walking fast is an example of aerobic activity.

Muscle-strengthening activities make your muscles stronger. Muscle-strengthening activities include lifting weights, using resistance bands, and doing push-ups.

Strengthen your Muscles

Try some of these activities a few days a week:

Crunches (sit-ups)

Heavy gardening, like digging or shoveling

Doing push-ups on the floor or against the wall

Lifting small weights – you can even use bottled water or cans of food as weights

The Basics . . . Health Benefits

What are the benefits of physical activity?

- *Regular physical activity is good for everyone's health!
- *Physical activity increases your chances of living longer.
- *Physical activity can help control your blood pressure, blood sugar, and weight.
- *Physical activity can lower your “bad” cholesterol and raise your “good” cholesterol.
- *Physical activity can help prevent heart disease, colorectal cancer, breast cancer, and type 2 diabetes.

And that’s not all. Being more active can:

- *Be fun
- *Help you sleep better
- *Make your bones, muscles, and joints stronger
- *Lower your chances of becoming depressed
- *Reduce falls and arthritis pain
- *Help you feel better about yourself



Oh,
the THINGS
you can DO
that are GOOD for You.!



Choose activities that you enjoy.

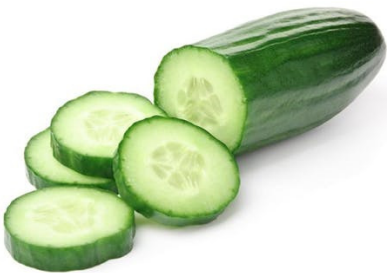
Team up with a friend or join a fitness class. Ask your family and friends to be active with you. Play games like tennis or basketball, or take a class in dance or martial arts.

Everyday activities can add up to an active lifestyle. You can:

- Go for a brisk walk around the neighborhood
- Ride a bicycle to work or just for fun
- Play outdoor games with your children



With summer right around the corner, it can be difficult to drink enough to stay hydrated. Luckily you can get plenty of fluid through your food, especially summer's fresh produce. About how much you're taking in.




Fruit/Vegetable	Ounces of Water
1 watermelon wedge	10
1 medium peach	5
1 cup sliced strawberries	4
1 cup sliced cucumber	3
1 medium tomato	3
1 cup chopped raw zucchini	3
1 ear cooked corn on the cob	2



COG & GUC attendees for
Stress Management Lunch &
Learn workshop series




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Double click on the
image to the left to view
a High Voltage class



Public Works employee, Kelly Wall working
out with his trainer during the Spring 2018 FPL
(Fitness Performance Life) program



Lunch time HIIT (High Voltage class is gaining
in popularity with COG & GUC employees

Toddler and Preschooler Dance Class @ GAFC



Upcoming Events

Spring Wellness Walk

Thursday, May 10

Fruit Campaign: Strawberries

Wednesday, May 16

Red Cross Blood Drive

GUC Operations Center

June 6 & June 7

FPL: Fitness Performance Life

May 28-July 20

(Registration ends May 18)



EMPLOYEE **Spotlight**

Kelly Wall

1. When did you start your Wellness journey?
February 2018
2. Has your COG/GUC Wellness Program impacted your journey? If so, how? The Wellness program significantly impacted my Wellness journey. I was selected as a candidate in the FPL program and began training with a trainer.
3. What benefits have you gained since beginning your journey? I have lost weight, feel better, eat less and exercise more.
4. Have you found any new activities that you enjoy and are beneficial for your health? I have found that I enjoy swimming and I like upper body weight training machines.
5. What is the biggest obstacle you have faced on this journey? The biggest obstacle I have faced is my own in making and taking the time for the gym and exercise and staying on course.

