



Health e-Links

Health Education & Lifestyle Management Newsletter (HELM)



DCPS Employees are Fitting in Fitness at Work

DCPS employees are serious about taking control of their health. Employees located in the Central Administration Building meet several days a week in the Cline Auditorium to exercise during their lunch break. An exercise video is provided by Tonya Hill, the onsite wellness ambassador, and the employees sweat it out for 30-45 minutes straight.

Many employees look forward to meeting and are noticing a major difference such as weight loss, loss of inches, and changes in their medical conditions.

HR Secretary, Phyllis Jenkins, shared the following testimony regarding her decision to take control of her health:

"My doctor told me several months ago my blood results showed where my glucose level was in the pre-diabetic stage. He told me I needed to exercise and lose weight so I can prevent becoming diabetic. On several occasions I would pass by the board room and peep in and watch the ladies exercise. Needless to say it took me a while but eventually I joined them. I couldn't wait until the next day to exercise again. On my next doctor's visit I got a very good report. My glucose is currently 100, HDL (good cholesterol) is in the high 30's and my weight is down by several pounds. I still have a ways to go, but it's a start. Thanks once again DCPS and Ms. Hill for helping me to maintain excellent health and remain diabetic free. It is truly a blessing."

National Health Observances for August
Visit the links below for more information

Cataract Awareness Month
www.aao.org/aaosite/eyemd/cataract.cfm

Children's Eye Health and Safety Month
www.preventblindness.org

National Immunization Awareness Month
www.cdc.gov/vaccines

Psoriasis Awareness Month
www.psoriasis.org

National Minority Donor Awareness Day
August 1
www.nationalmottep.org

DCPS Participates in 2008 First Coast Games

The 2008 FCG kicked-off on Saturday, July 19 at Oakleaf Athletic Center where DCPS employees joined 19 other companies to compete in the soccer games. DCPS took 4th place in the soccer event earning 10 points.

Nicolas Olivares-Reitze, Gisell Bacerra, and Petika Tave earned DCPS another 5 points when they participated in the indoor rock climbing competition on July 24.

The following events will take place during the month of August. Be sure to show your support by attending the events to cheer on your fellow co-workers!

August Competitions

August 4-12	Tennis	Williams Family YMCA
August 9	Field Day	Jessie Ball DuPont Campus
August 15-16	Volleyball	Dye-Clay Family YMCA
August 18	Golf	The Golf Club at Fleming Island
August 22-23	Softball	Ringhaver Park



Nicolas, Gisell, and Petika preparing to take on the "Great Wall!"

For more information, please go to the website:

<http://www.firstcoastymca.org/games/competitiveevents.htm>

Come out and cheer on DCPS!

EMPLOYEE SUMMER HEALTH FAIR

In July, DCPS Employee Wellness organized a health fair for employees working during the summer months.

Through the health fair, attendees gained a better understanding of their health status and received information on ways to reduce health risks and adopt healthy eating and exercise habits.

Thanks to First Student/Laidlaw and Durham, school buses were provided to transport employees to and from the fair.

Several employees expressed their appreciation for the free healthful information and stated they look forward to the next one.

Here's what employees had to say:

...I was very impressed. This was a very thorough screening. The vendor fair was really cool AND the follow-up with prizes were awesome too (even though I didn't win anything)!

...Better than last year because there were vendors that gave health insights. Hope to have a little more time next year to give allowance for the bus transportation in case there is a delay.

...The drawing is a great idea! The massage therapy - well - I LOVE IT! The more we have those folks come out the better. This is a way the district says, "We care about the well being of our employees!"

DCPS Employee Wellness will be providing regional health fairs throughout the 08/09 Plan Year in an effort to give every employee an opportunity to participate.



Paul Soares and John Radcliffe checking out the human spinal cord.



Shannon Shepherd enjoying a much needed massage.

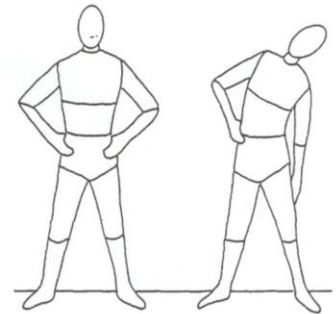


Board Member, Martha Barrett, taking a moment to complete her Health Risk Assessment (HRA).

Healthful Tip: 1 minute of stretching burns 3.2 calories!

Trunk Stretches

1. Stand erect with hands on hips and feet shoulder width apart, and knees slightly bent.
2. Bend trunk to left, letting left arm slide as far down left leg as possible.
3. Repeat on right side.
4. Repeat three to ten times on each side.



Trunk Stretches II

1. Stand erect with feet shoulder width apart and knees lightly bent.
2. Raise right arm above your head.
3. Keep left hand on hip.
4. Lean to the left, and reach as far as possible with right hand.
5. Repeat exercise on right side.
6. Repeat three to ten times on each side.

