



AURORA WORKFORCE HEALTH PROGRAM • MARCH 2016

NEWSLETTER



AT A GLANCE

March 14

Start of Health Trails Challenge

March 21

Health Trails Challenge registration closes

DID YOU KNOW?

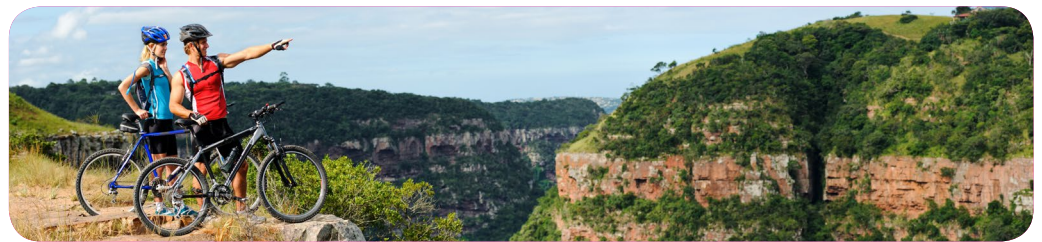
Do you want to start biking to work? Thanks to the Walk and Wheel Grant awarded to the city by Kaiser Permanente, we now have 30 bike lockers available in the AMC parking garage for employee use! There are currently 7 bike lockers available for free rental. To request a locker, employees must complete a Bike Locker Program application. For questions or to request an application, please email parking@auroragov.org.

MARK YOUR CALENDARS...

The Aurora Workforce Health Incentive Program Begins May 1!

The Aurora Workforce Health Incentive Program was a great success last year with 631 employees completing the program! We are excited to offer the Incentive Program again in 2016 and hope for even greater employee participation! Get involved and earn a \$200 Visa gift card for completing designated wellness activities. By knowing your key health numbers and taking part in no cost preventive care screenings, you can take important steps in reducing your unique health risks and improving your overall quality of life.

The Aurora Workforce Health Incentive Program begins on May 1, 2016 and is open to all benefits-eligible employees, both Kaiser and non-Kaiser members. In order to earn the \$200 Visa gift card, employees must complete all of their wellness activities by September 30, 2016. Look for more Incentive Program details coming soon!



REGISTER A CITY TEAM FOR THE COLFAX MARATHON GOVERNMENT CUP RELAY...

And Get a 50% Discount!

Gather a team of 5 coworkers and run the Colfax Marathon Government Cup Relay – the ultimate team building experience! To add to the excitement, the Aurora Workforce Health Program will pay half of the registration fees for the first 20 teams to register for the Government Cup Relay! Register a team of 5 coworkers (male, female or coed) and compete for more than \$75,000 in awards for charity partners.

The Colfax Marathon is on Sunday, May 15 and registration is open! Hurry - prices increase on March 16! To register your city team and get a 50% discount on your registration fees, contact Tim Erickson in PROS at 303.739.7163 or tiericks@auroragov.org. For more information about the Colfax Marathon, visit www.runcolfax.org.

March Well-Being Tip

STRIVE TO REACH 10,000 STEPS A DAY

The current physical activity guidelines put forth by the CDC recommends that adults perform at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise (or a combination) every week. In addition, health experts also recommended walking at least 10,000 steps a day. In order to meet these recommendations, it is necessary to reduce your overall time spent sitting and add more physical activity throughout the day. Try wearing a fitness tracker or accelerometer, such as a Fitbit, to increase your awareness of how much activity you are getting throughout the day and aim to gradually increase your daily activity levels to reach 10,000 steps.

Try these tips to increase your daily step count:

- Walk a mile before or after work. One mile is roughly equal to 2,000 steps.
- Stand up and walk around for 3 minutes for every hour you spend sitting.
- Take the stairs throughout the day.
- Walk during breaks or at lunch.
- Stand- up and move while talking on the phone.
- Take a lap around your work building before you enter in the morning or at the end of the day when you leave.
- Park at the back of the parking lot (if well-lit and safe).

Ready to get moving? Join the up-coming Health Trails Challenge and start tracking your steps on March 14!

HIGH-FIVE FOR HEALTH!

This month's High-Five for Health features the inspiring well-being accomplishments of **Darlene Mitchell**, Customer Service Representative in Aurora Water.



“I decided to make lifestyle changes because I am diabetic and on very high doses of insulin. I was always able to be at work but I knew I could feel better. Because of my weight I needed higher doses of insulin and that in turn increased my weight. It was a downhill spiral. It was a cycle only I could change, so I'm doing it!! I am going thru a program called SlimDown4Life. I am eating foods that are high in protein, low in carbs, no fats, no sugars and drinking all the water I can. I have also been able to get off the diet sodas. With these changes, I have been able to reduce my insulin by more than half and some other medicines I have been able to reduce or stop. By reducing my insulin and weight, I feel wonderful. I have been able to lose 24 pounds in 7 weeks. It is great to buy clothes a few sizes smaller. I appreciate Stan Cooper (our fitness trainer) inspiring me and wanting me to exceed. Others in the Peak Wellness Center are always supportive also. My goal is to get off the insulin or at least greatly reduce the amount I am taking. Weight loss is an extra benefit but getting off the insulin is my goal. The healthier I am the longer I can work. I enjoy working for the City and I'm proud of my job. My coworkers are positive and have been very encouraging every work day. Not with weight loss but just being there every day. We have a great management team and they have made our Department a place to want to be. We expect good things to come and we each work to make that happen.”

Darlene's supervisor, Michael Valdiris, is proud of Darlene and recommended her to be recognized in the High-Five for Health. **Congratulations, Darlene!**

Please submit employee stories to Jennifer Hickey at jhickey@auroragov.org

SPRING CLEAN YOUR HEALTH WITH THE FOUR WEEK CHALLENGE



Have you been hibernating all winter? Indulging in comfort food and couch time? Join the four week 'Spring Clean your Health' challenge and head into summer healthier.

- **Week 1 – Eat Nine.** Eat the full nine daily servings of fruits and vegetables every day this week. Seem daunting? It's only 2 cups of fruit and 2 1/2 cups of vegetables.
- **Week 2 – Refresh Your Workout.** Try a different exercise class or add more weight or reps when lifting this week. Doing the same routine day after day can lead to mental boredom.
- **Week 3 – Get Outside.** Spend at least 20 minutes outside every day this week. Time spent in nature is good for your physical and mental well-being!
- **Week 4 – Whole Health Focus.** Schedule any preventive appointments you've been putting off. Visit your doctor and dentist regularly. Don't forget about your mental health, too!

Weigh and Win is a free program that encourages you to eat better and move more – and will reward you for doing so! Sign-up at the kiosk on the 1st floor of the Aurora Central Library and receive daily, personalized health coaching, track your progress with quarterly weigh-ins and earn cash for weight improvement. For more information or to join this **FREE** program, visit www.WeighandWin.com or call 303.694.8007.