



IMPORTANT NUMBERS

Know someone who wants to quit smoking? Is having a baby? Is stressed over family and job demands?

Here are some phone numbers to resources that can help:

Quit Smoking:

Quit For Life
1-800-456-2345

Pregnancy

COVA Care Future
Moms:
1-800-345-1234

COVA Connect Partners
in Pregnancy:
1-866-239-0618

Employee Assistance
www.dhrm.virginia.gov
Employee Programs

PAGE 2

GREAT PARTICIPATION,
GREAT SAVINGS

STATE EMPLOYEES RISE
TO THE CHALLENGE

PROGRAM NOTES



Inside CommonHealth

VOLUME 4 ISSUE 3, MARCH 2010



Every Calorie Counts

April 1 – June 30

Who's on a diet? We all are. Some have low calorie diets others eat high calorie diets. More and more Americans are dieting, yet the obesity rate keeps rising! Even childhood obesity is at its highest point. CommonHealth's Every Calorie Counts will help

you and your family on the right track to nutrition success. Make the calories you consume count by eating nutrient dense foods that provide vitamins, minerals and fiber and help you feel full longer. You will explore the following topics:

- Learn why 95% of weight lost by dieting is eventually regained
- Discover correct portion sizes
- Find out how to correctly read food labels
- Be able to make healthy food choices even when dining out
- Learn about some super foods that will provide you with even more health benefits.

This information will help you lose weight and keep it off! All participants who provide their Employee ID # will be entered in a drawing to win up to \$500! Plan to attend CommonHealth's *Every Calorie Counts* program to get started on your healthy eating lifestyle.

Contact your Regional Coordinator today to schedule the program or go to www.commonhealth.virginia.gov

2 Bobs and a Challenge!

Governor Bob McDonnell had the opportunity to introduce Bob Harper as he addressed Commonwealth employees on February 8, 2010. Before he did, Governor McDonnell kicked off the 2010 Governor's Challenge by "asking everyone to lose a measly 10 pounds." The Governor plans to spend more time on the basketball court to meet his goals for this challenge! He and the First Lady are making health and disease prevention a priority—she is even working with Michelle Obama on an initiative against childhood obesity. Governor McDonnell states, "The time for excuses is over." Are you ready to join him?



Bob Harper hit the stage as a big winner that day with employees tuning in via teleconference and driving in from across the state to hear him speak! He admitted that the first time he went into the gym when he lived in Nashville was "the hardest thing I'd ever done. It was intimidating...but it got me to where I am today." This may be why relating to Trainer Bob is so easy. He ignored red flags and persevered through auditions that led him to *The Biggest Loser*. He inspired lifestyle change over diet by explaining that weight is "a part of your life for the rest of your life . This is not something that you overcome. It isn't going to be something that you have cured. This is going to be something that you manage."

Join the 2010 Governor's Challenge to lose 10 pounds (40 pounds as a 4-person team)! As Bob Harper says, "You can achieve anything that you want, so why not YOU!?"

Inside CommonHealth

Great Participation Means Great Rewards

When your staff participates in CommonHealth, there are many rewards for both the employee and the workplace! Some outcomes are more visible and immediate than others; some may take time to develop but all are positive.

CommonHealth programs can have a team building effect on your staff as the topics are very real and affect most people. Employees come together regarding the issue and areas which they have in common. CommonHealth programming can be a way for staff to meet one another and to develop bonds between employees.

When employees are encouraged to participate in CommonHealth, they feel appreciated and as if the team cares about them individually. This often leads to a morale boost.

When you consider scheduling your next program, please keep in mind that a CommonHealth program can be incorporated into a staff meeting, which often means you will reach more employees--and the positive energy it creates seems to lighten things up a bit!

Greater participation of your staff can even reduce absenteeism and increase productivity. As participation increases, health costs decrease. As an Agency Coordinator, you get the opportunity to meet and see more staff than you would; this creates a better rapport with them overall. You may even get acknowledgement from management for the efforts you make to increase involvement at your agency.

As you can see, while participating in a program lately has offered the opportunity to win cash gift cards, it truly provides many more benefits.



State Employees Rise to the Challenge

Governor Mc Donnell extended the weight loss challenge on February 8, and teams were signing up as soon as registration went live! The support of your co-workers is key to your weight loss success. To date we have **786 teams** of 4 registered for the Governor's Weight Loss Challenge 2010. Last week, 455 teams reported a total of **4,900** pounds lost in the first 3 weeks! Entering weekly weights helps you lose the weight and keeps you from giving into food temptations. From the No Fudging Four to Waist Management, the team names show the creativity and determination of state employees. It isn't too late to join the fun! You can click on the following links to participate in the challenge:

- to register your team of 4 <http://registration.dhrm.virginia.gov/WeightChallenge/Start.aspx>
- to enter your weekly team weight <http://registration.dhrm.virginia.gov/weightchallenge/weeklyweighin.aspx>
- to see weekly summary results <http://registration.dhrm.virginia.gov/WeightChallenge/weeklysummary.aspx>
- for support to help you reach your goals: <http://www.commonhealth.virginia.gov/support.htm>

Program Manager Notes

Your ideas and input are essential to the success of our program. With that in mind, we are developing a survey so we can assess our strengths, weaknesses and determine future programming to suit your needs. Do we need more options, incentives or handouts? What health topics would benefit your agency?

The survey link will be sent through your Regional Coordinator so please be looking for it next month and take the time to let us know your thoughts.

We value you and the job you do for CommonHealth

Rose O'Toole

