



IMPORTANT NUMBERS

Know someone who wants to quit smoking, dipping, or chewing tobacco? Is having a baby? Is stressed over family and job demands?

Here are resources that can help:

Healthy Lifestyles

Quit Tobacco
Diet/Nutrition

Healthy Beginnings
Pregnancy

866-938-0349

Employee Assistance:
www.dhrm.virginia.gov
Employee Programs
Anthem: 800-346-5484
855-223-9277

Aetna: 888-238-6232
Kaiser: 866-517-7042

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30 FOR THE 30TH

YOU CAN HELP-
YOUR IDEAS
COUNT!

IS YOUR
WORKSITE
CERTIFIED?

PROGRAM
NOTES



Inside CommonHealth

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Metabolism Makeover

Ever wondered why it seems one person can eat anything they want and not gain a pound, while another person's every indulgence shows up on the scale? It's because of differences in metabolism, muscle mass and physical activity.

Metabolism is the body's process of converting food into energy that we need to survive and function on a day to day basis. This energy is used to stay warm, move around and keep vital organs functioning. A faster metabolism uses energy (calories) quickly, while a slower metabolism uses less energy to keep the body running.

Knowing that, it's tempting to throw up our hands and blame weight issues on a slow metabolism. But that's not the end of the story. There are many factors that we can control. Join CommonHealth to learn more about boosting metabolism and maintaining a healthy weight.

Join CommonHealth and **Metabolism Makeover** starting on January 2, 2017. We will present this campaign to your employees in a fun and knowledgeable way. From just a few minutes to a full-length presentation at the start of a staff meeting, as part of a conference or even with small groups, we are here to help. Contact your CommonHealth Regional Coordinator or visit our website at www.CommonHealth.virginia.gov for additional information.

Go Ahead, We Challenge You

We have some great news: regular, statewide CommonHealth challenges will begin in 2018! In addition to the health campaigns we've become known for, we will offer statewide challenges to put a fresh twist on the 4 pillars of health (movement, nutrition, stress and sleep).

We plan for these challenges to become annual events, occurring at the same time each year, to help employees reach their wellness goals. Employees will be free to try one or try them all—and they'll be better for it! Stay tuned for more details coming soon...



Inside CommonHealth

30 for the 30th Challenge



It takes a lot to complete a 30-step, year-long challenge. The challenge included trying new foods and activities as well as moving more, staying hydrated, encouraging healthy habits like hand-washing, brushing teeth, and putting on sunscreen as well as being more grateful, trying breathing techniques, and participating in CommonHealth!

Congrats to these exceptional employees, who completed the challenge that celebrated 30 years of CommonHealth!

Sonya Ryan, VT
Sharon Williams, VT
Deborah Ginger, VSP Salem
Renee Roberts, DBVI, Bristol
Cynthia Govan – VEC Norfolk
Diane Murray – VEC Norfolk
Mandy Ward – VEC Norfolk
Vanessa Golson – VEC Norfolk
Debby Arnold – DEQ Virginia Beach
Charles McLaughlin, VFHY Richmond
Eloise Burke, VFHY Richmond
Jenny Martin, VFHY Richmond
Terri-Ann Brown Watts, VFHY Richmond
Myrna Lassiter, VDOT Coleman Bridge Toll Facility Gloucester Point



Beth Jimenez, VT
Stacey Caldwell, VSP Salem
Gwen Million, DMV Christiansburg
Hosey Burgess – VEC Norfolk
Aleshya Byrd – VEC Norfolk
Allison Griffin – VEC Norfolk
Susan Burke – VEC Norfolk
Nicole Taylor – DJJ Chesapeake
Pamela Derk, DEQ Roanoke
Danny Saggese, VFHY Richmond
Judy Link, VFHY Richmond
Lisa Brown, VFHY Richmond
Wilma Jordan, VFHY Richmond

You Can Help—Your Ideas Count!

Let us know what you (and your staff) would like to learn more about, and we can use the suggestions for Wellnotes or even upcoming campaigns. If you have an area of expertise, we'd love to hear from you. If your agency would like to partner with CommonHealth, let's collaborate.



Is Your Worksite Certified?

We spend the majority of our waking hours on the job, and that means that the culture in our worksites has a big impact on our wellbeing. By integrating wellness practices into workplace culture and infrastructure we can **improve the health and wellbeing of our workforce AND boost employee productivity, creativity, and retention.** CommonHealth's certification program recognizes excellence in workplace wellness. To qualify as CommonHealth Worksite Certified, agency locations create cultures that are conducive to a healthy workforce through policies and programs, managerial support, and innovative ideas that further the mission of employee wellness in the Commonwealth. Take this [short evaluation](#) to determine if your Agency is CommonHealth Certified Worksite ready.

Program Notes

The **Think About It** campaign ends on December 31, 2017. **Think About It** included suggestions to help you find ways to maintain and improve brain health. For the first half of 2018, we look forward to seeing you for **Metabolism Makeover**, which may help you find ways to jumpstart your metabolism.

Sincerely,
The CommonHealth Team



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