



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

PAGE 2

EMPLOYEE
HEALTH AND
FITNESS DAY

HOW TO CREATE
A WALKING
TRAIL

FRESH
RESOURCES

PROGRAM NOTES



Inside CommonHealth

VOLUME 8 ISSUE III, MAY 2014



Recipe for a Healthier Heart

CommonHealth's new health campaign provides you with some simple, key ingredients for a healthier heart. Many of us know that eating certain foods can increase your heart disease risk; it's often tough to change our eating habits. This campaign will help employees learn which foods to eat more of and how to include healthy fats in your diet. Tips will be provided for planning ahead and creating daily menus to put your healthy eating plan into action. You will also learn easy ways to increase physical activity. If you are not sure where to get begin, CommonHealth will show you how to get a walking group started at work. Finally, the campaign will take a closer look at relaxation exercises to reduce stress levels and lower heart disease risk. Contact your regional coordinator to schedule an on-site program today!

Great Ideas from the Field...

As an Agency Coordinator, you can use little wellness celebrations to boost morale and awareness! Virginia's Museum of Natural History did just that on February 7 to support the American Heart Association's Go Red for Women Day.



What can you do? There are many opportunities—check out the National Wellness Institute's health observance calendar for upcoming wellness-related days.

Inside CommonHealth

Virginia Employee Health and Fitness Day

This is a great time to celebrate your employees as well as to encourage health and fitness. The Commonwealth of Virginia will declare May 21, 2014 Employee Health and Fitness Day, and encourages all employees to do something related to a healthy lifestyle that day. A great way to start is to offer a group walk that day, but there are plenty of other choices you can try!

- Create and encourage the use of a walking trail at your site.
- Recipe Challenge-Staff bring healthy dishes and all share—everyone wins with yummy, healthy food
- Movement Challenge (encouraging employees to move for at least 15 minutes)
- Fruit and Vegetable Eating Challenge
- Water Drinking Challenge



Many of the challenges can be found on our website, and Regional Coordinators can be helpful in the creation of a walking trail. Very often you can offer something small for participation, like a popsicle or a piece of fruit.

How to Create a Walking Trail at Work



A great way to encourage employees to move more is to create a walking trail, so they can walk on breaks or lunch—you might even hold a walking meeting on it! Making a trail is not as hard as it may seem, in fact technology can make it simple.

- You can use [Map my Run](#) to create a 1 mile loop or out-and-back because most people can do this distance in 15-20 minutes.
- If you can create it all on your campus, without going onto public roads, you could consider marking the trail with signs or marking it in a way that is weather resistant.
- Consider a kick-off event (perhaps team it with a CommonHealth training).
- Be sure to get maps of the trail to your staff electronically and in print formats.

Fresh Resource

It is the time of year for fresh produce, and it is often tastier and more nutritious, if it is grown locally. Where do you go to buy your fruits, vegetables, and other farm raised products? A local farm market can be your best friend during the growing season and VDACS website (<http://www.vdacs.virginia.gov/vagrown/#.shtml>) can point you in the right direction to buy Virginia Grown products! Joining a local co-op can also be very bountiful. Eating 5-10 servings of fruits and vegetables and the “colors of the rainbow” just got easier with fresh, in-season produce!



Like us on Facebook to get more quick tips and great information!

Program Notes

The **Take 10 for You** training campaign ends on April 30, 2014. This great training provided tips to help initiate healthier habits and lifestyle in short bits of time with an emphasis on striving for progress not perfection. The Recipe for a Healthier Heart training campaign begins on May 1, 2014; it is a training designed to help you find quick and easy ways to improve your heart health through nutrition, fitness, and stress management.

*Sincerely,
The CommonHealth Team*

The contents of Inside CommonHealth may be reprinted from an outside resource in the area of health, safety, and wellness and is intended to provide one or more views on a topic. These views do not necessarily represent the views of the Commonwealth of Virginia, CommonHealth, or any particular agency and are offered for educational purposes. If you have questions or concerns about this article, please email us at wellness@dhrm.virginia.gov.