



WELLNESS

Inspire • Support • Achieve

A newsletter for wellness information, events and celebrations!

Volume I

June 2009

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**Got a wellness
question or idea?**

Send your email
to:

**WellnessIn-Box
@sanjoseca.gov**



The Heart of Aerobics



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Employee Health Services

The American College of Sports Medicine (ACSM) defines aerobic exercise as “any activity that uses large muscle groups, can be maintained continuously, and is rhythmic in nature.” Walking, running, swimming, biking, hiking and dancing are all great forms of aerobic exercise.

Muscles need oxygen to create energy and move. Aerobic exercise trains the muscles to use oxygen more efficiently and trains the heart to pump more blood to the muscles. An aerobically fit heart pumps more blood per heartbeat which means more oxygen gets to the muscles. Muscles then learn to pull even more oxygen from the blood, improving exercise endurance. And, since the heart is a muscle too, the heart also benefits by becoming stronger, more efficient, and resistant to disease. Participating in aerobic exercise is like upgrading to a new engine for your body; an engine that functions smoother and goes faster and gets better gas mileage!

When incorporating aerobic exercise into your day, start slow and exercise as long and often as you can while remaining comfortable. Attempting to

exercise at least 3 times a week for 30 minutes is a great start. The key is to trust your body and how it feels. (Of course, if you haven’t exercised for a long time, have health problems or are overweight, it is important to get a medical check-up to make sure that you

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won’t strain your heart by starting an exercise routine.) Before you know it, you’ll be enjoying the benefits of aerobic exercise!

The American College of Sports Medicine and the American Heart Association currently recommend moderately intense aerobic exercise for 5 days a week for 30 minutes or vigorous aerobic exercise for 3 days a week for 20 minutes for healthy adults under age 65. Moderately intense aerobic exercise is defined as breaking a sweat and raising your heart rate while still being able to carry on a conversation.

The CSJ Employee/Retiree
Wellness Web pages can be
accessed from both the
IntraNet or the InterNet
www.csj.gov

OR

www.sanjoseca.gov/wellness/

Report from Human Resources: Employees Lose Better Together

Using a scale that weighs in *tenths of a pound*; 18 Human Resources employees banded together in a weight-loss challenge last January. In order to join the group, each participant had to agree to a few shrewd rules: no diet pills and no surgeries, and each participant's weekly weigh-in results would be shared within the group. Actual pounds lost (or gained) were not discussed, only the % of weight lost from their previous weigh-ins.

Yes, it's true, two participants gained and one dropped out from the challenge early on, but the majority stuck with it for the full 12 week period. Checking in with each other became an important part of their work week. The employees said they enjoyed the camaraderie and support and they especially liked seeing their co-workers succeed. In many cases, these were co-workers who wouldn't normally get a chance to interact during the regular course of a work week since individuals from several different divisions participated.

But don't think it was *all* warm and fuzzy. A bit of foul-play may have been going on too,

as the competition grew quite serious. Suspicion arose about a continual presence of tempting sweets in the breakroom. Complaints of sabotage efforts were heard as it seemed *everything* was suddenly being celebrated with cake! Portion control became a popular method for enjoying the celebration-of-the-day, as was substituting fruits and veggies for empty calories and water for soda.

Adding regular exercise seemed to be key; the biggest losers significantly added or increased their physical activity. The 2nd place contender; Mike Sung began riding his bike to work whenever possible and gave up using elevators. Mike also traded T.V. for more Oreo. That's *Oreo*, his Jack Russell Terrier.

Portion control became a popular method for enjoying the celebration-of-the-day...

And Oreo loves to run! H.R.'s biggest loser was Dave Wong; a former track & field competitor in the Asian Olympics. Self-admittedly, he'd *'put on a few'* since his more disciplined days. Dave began by adding 50-90 minute sessions on his treadmill, and in combination with improving his diet, it really paid off. Dave adds: "The 2nd challenge now begins; keeping it off!" ***Congratulations to all the H.R. employees who participated!***

Worksite Walking Challenge UPDATE

Have you started Walking?

Are you recording your steps / miles or other activity?

The American Heart Association's website has everything you need!

→Which Department Will Be Our 2nd Session Winner??←

- Challenge session #2 for the **Start!** Walking Worksite Walking challenge is about to come to an end on June 30, 2009. Log your activity at <http://www.mystartonline.org>
- All activity will be added to your department's total step walk score and count toward steps taken or and overall participation by each department.
- Session #1 winners: The Housing Dept for overall participation and PW for the most miles.
- The Worksite Walking Challenge is intended to raise awareness of the potential health benefits of physical activity and to encourage employees to increase their physical activity during the day. The challenge is an on-going part of our Employee Wellness initiative.
- More information about the challenge is posted on our *intranet* site at: www.csj.gov and on the *internet* at: www.sanjoseca.gov/wellness.