



CITY OF SAN JOSE

WELLNESS

Inspire • Support • Achieve

A newsletter for wellness information, events and celebrations!

Volume I

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Got a wellness question or idea?

Send your email to:

WellnessIn-Box
@sanjoseca.gov



A Healthy Tan?



Rajiv Das, M.D., MPH
Employee Health Services

Excessive sunlight exposure is an important risk factor for basal cell carcinoma and melanoma, two different skin cancers. Sunlight contains 2 types of ultraviolet radiation (UVA & UVB) which cause not only cosmetic damage (wrinkles, leathery appearance & mottling) but pre-malignant lesions as well. The best protection against UVA & UVB is wearing dry, dark, loose fitting clothes with a tight weave. There is no such thing as a healthy tan.

Sun Protection Factor (SPF) rating represents protection against UVB but not UVA radiation, and SPF is based on applying amounts of sun protection product that is not typically used in the real world.

Proper application of sun protection is more important than the ingredients. To receive protection from the sun, daily application of ½ teaspoon should be applied to each arm, the head and neck and more than one teaspoon should be applied to each leg, the chest and back. Using ½ of the recommended amount will change an SPF rating of 25 to a SPF rating of 7. Always use the proper amounts of sun protection to receive the labeled protection. The ingredients can also disintegrate and therefore should be reapplied often.

In choosing the best-lasting sun protection products, consider the ingredients included in the formula as well as the SPF rating.

Sunblock products protect the skin by reflecting UVA and UVB ultra violet rays. Effective sunblocks contain **Zinc Oxide** and **Titanium Dioxide**. These agents remain stable in sunlight and probably offer the best protection (besides clothing). The downside is that these products are opaque and need to be thickly applied which may not be aesthetically pleasing to some.

There is no such thing as a healthy tan.

Sunscreens filter UVA and UVB rather than reflect ultraviolet rays like sunblocks. Currently, the best sunscreens contain **Mexoryl SXTM** which is thought to be the most photostable agent (does not break down in light). **Avobenzone** and **octocrylene** when combined are also photostable and add UVA and UVB protection. Please look for **Mexoryl, avobenzone and octocrylene** in the sunscreen products that you choose to purchase.

If you have specific medical questions you would like to discuss with me or my EHS staff of nurse practitioners, please call us at (408) 277-4177

Cruise into Wellness

The 2009 Employee Wellness
Fair *and* Conference
Friday, August 21st

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Public Works Employees Get to Know the Circuit

How much of a workout can a person get in 40 seconds? As it turns out - quite a bit when combining 40-second workouts with a 30-second rest periods followed by another 40-second workout on a different piece of equipment, etc., etc. Exercising at this rapid pace and variety is called Circuit Training and 7 Public Works employees know it's a great method to getting fit. Ask Ray Castro. Ray has lost over 40 pounds since March by participating in Circuit Training classes just three times a week. It's practically a secret weapon!



If you're an employee working in the downtown area, the Roosevelt Community Center (RCC) offers convenient noon-time Circuit Training classes. Public Works employee Susan Lacy discovered this opportunity in January, embraced it, then introduced the concept of Circuit Training to several of her co-workers. Together, they use their lunch break to encourage each other's success. They enjoy the variety of the routine and keep signing-up and coming back for more sessions. Each participant describes the experience as fairly intense, but in such short durations, it seems almost painless.

It helps to have a great coach on-site too. PRNS employee, Matt Bettencourt, leads the noon Circuit class and is an inspiration to all; he's gentle with the beginners and firm with the experienced, and keeps everything running smoothly, which isn't exactly easy. Everybody starts out the day's 1-hour class with 20 minutes of cardio. Here, Matt casually paces back & forth reminding everyone to get to know their heart-rate target-zone number. Three large-screen TVs help participants pass the time while they work toward that number and catch-up on news or sporting events.

After the warm-up, it's off to be assigned a starting position on the various pieces of

Ray has lost over 40 pounds since March...using Circuit Training..!

equipment in the well-outfitted room, then Matt gets his own workout as he begins to run around setting-up equipment, correcting body-positions, checking weights, and shouting the equipment-change warning of "10 seconds!"

Visit the entire class schedule, including Circuit Training classes and more at the RCC, or to view all of the City of San José's Community & Recreation Center classes on the PRNS website: www.sanjoseca.gov/prns

~~~~~ Cruise into Wellness ~~~~~



When employees & leadership work together to inspire and support healthier lifestyles, wellness becomes an integral part of the organization's culture

2009 Employee Wellness Fair and Conference - Friday, August 21st

- **This year's Employee Wellness Fair includes a Conference; attend scheduled seminars and activities.**
- **Conference Kick-off:** Morning session in Council Chambers with leadership and key-note guest speakers.
- **Conference Sessions:** Attend 1-hour conference sessions on various wellness topics throughout the day.
>>>Pre-registration is necessary to attend the kick-off and/or individual **conference sessions**<<<
- **Wellness Fair:** 11 a.m. to 2 p.m. A table-top exhibition highlighting current and future wellness benefits and services, (like FREE flu shots), will be held in the City Hall Rotunda. Pre-registration is not necessary to attend the **Wellness Fair**.

Please visit: www.sanjoseca.gov/wellness to view the conference schedule and learn more about this exciting event.

Employees may use leave or flex time with approval from their supervisors to attend the conference and/or fair during times outside of their lunch.