



Wellness Wednesday

♥ Health E-News

Have You Checked Your Blood Pressure Today?

Volume1 • Issue 24• July 1, 2009

This Week's HIGHLIGHTS

- ♥ Lighten up for the Fourth
- ♥ Summer Fitness
- ♥ Babies and You
- ♥ Living Healthy Workshop



Lighten up for the Fourth

The 4th of July is a festive time with parades, potlucks and fireworks. Celebrate with lighter versions of your classic American favorites. [Recipes](#)
[Keep it safe..](#)

Couch to 5K and other fitness opportunities this summer



You might be thinking, "Yeah right, me run a 5K?" Across the country, thousands of people are participating in **Couch to 5K** programs, starting off alternating between walking and running small distances. After 8 weeks, they are ready to achieve their goal of completing a 5K. Join the local **Couch to 5K** program led by a certified personal trainer and experienced runner. [Read more...](#)

Are you ready for more? Join **Fit-2-Endure**, a personalized training group with the goal of completing a half marathon or marathon. [Read more...](#)



For other fitness opportunities, including gym membership discounts, click [here](#).

Babies and You

Are you thinking about having a baby, or are you in your first trimester of pregnancy? If so, you need **Babies & You!** This March of Dimes program is offered to all School Board employees at no cost. [Read more...](#)
If you are past your first trimester, then the Healthy Additions program is for you. [Read more...](#)
Both programs offer valuable educations and incentives.

Living Healthy Workshop



Living Healthy Workshop—Enroll today! 15 participants required to hold class! Designed to support employees and caretakers who live with on-going health issues such as diabetes, heart disease, stroke, cancer, arthritis, obesity, sedentary behavior, asthma, smoking and depression. [Read more...](#) [Register now...](#)



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ABCs of Health

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Questions or comments? Contact one of your [Wellness Team members](#).
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