

# CCS WELLNESS INITIATIVE

October 2019 Newsletter

## WELLNESS UPDATES



### FITNESS CLASSES

Kick off the season with a healthy start!

We are excited to partner with eight CCS locations around the district to host fitness classes. Consider trying a new fitness class this month. Check out our [October - December fitness class schedule](#). Click here for instructions to [sign up](#) for classes.



### DIABETES SUPPORT GROUP

CCS has partnered with Lifecare Alliance to offer a Diabetes Support Group for staff. These meetings will be "drop-in" groups, which means you can attend when you wish. Sessions will have a topic but, just as important, we hope the meetings will provide connection and support.

Please join Lifecare Alliance for a monthly support group to help you stay focused, motivated, and empowered.

[Click here](#) to view flyer for Diabetes Support Group dates, times and locations.



### WALK & ROLL TO SCHOOL DAY

Join the movement that inspires the entire community to come together and promote health and safer routes for students to walk and bike to school. While October 2 was the official focus day in 2019, communities are welcome to celebrate any day in October that best fits their schedule.

For more information on National Walk & Roll to School Day, [click here](#).

## UPCOMING WELLNESS PROGRAMMING



### FLU SHOT CLINICS

Say Boo To The Flu! Receiving a flu shot not only helps you to stay healthy but it also protects those around you, especially our most vulnerable, from getting the flu. This flu season season, protect yourself, your loved ones and your CCS community.

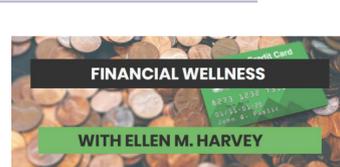
Clinic dates and locations can be found on the Wellness website [here](#). The schedule is continually being updated so check it frequently.



### FINANCIAL WELLNESS WITH ELLEN M. HARVEY

Financial Wellness is an important part of everyone's health and wellbeing. Wellness is hosting financial programming with Ellen M. Harvey at Central Enrollment. Take a class to become more savvy with your hard earned cash! Staff are welcome to sign up for just one session, or all three sessions!

Click to [view flyer and instructions](#) to sign up.



## MONTHLY OBSERVATION



### BREAST CANCER AWARENESS MONTH

This October, the CCS Wellness Initiative is proud to support [National Breast Cancer Awareness Month](#). Breast cancer is one of the most common kinds of cancer in women after skin cancer. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and [treated early](#).

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.



**To show support for those that are fighting breast cancer, to celebrate the survivors of breast cancer, and to honor those that have lost the battle with breast cancer, let's wear PINK every THURSDAY in October!**

## NEW STAFF OPPORTUNITIES



### WOWW! FACTOR 2-MONTH WEIGHTLOSS KICKSTART PROGRAM

The CCS Wellness Initiative to partner with the [WOWW! Factor](#) to offer a FREE new program for staff held at The COWORKING Wellness Village (5752 Westbourne Avenue, Columbus, OH 43213). This 2-month wellness program enables participants to recalibrate and push past roadblocks they may be experiencing.

- Customized, step-by-step weight loss system that includes structured exercise and more designed to KEEP weight off
- System for overcoming discouragement, fear, doubt and other obstacles
- Robust accountability system to help you reach your goal
- NO insulting the unique needs of your body with random diets and exercises while foolishly expecting you to win

**CCS is offering sponsorships to take part in this program on a \*first come, first serve basis! To apply for this program: (1) Contact Pia Fitzgerald to request an application at [pia@wowwfactorwomen.com](mailto:pia@wowwfactorwomen.com) or at 614-626-4983 (2) Complete and return the application to Pia as soon as possible. \*Candidates will be chosen on a first come, first serve basis based upon receipt of COMPLETED application.**

- Applications due by **October 21st**
- Wellness Coaching/Orientation is on **October 26th from 10:00 AM-12:30 PM**
- Small Group Training begins **October 28th**



### URBAN ZEN INTEGRATIVE THERAPY



Wellness is excited to offer Urban Zen Integrative Therapy (UZIT)! Urban Zen is a program that combines yoga, breathing and aromatherapy for relaxation and stress reduction. During class, the instructor will guide participants through gentle movements, yoga postures, mindfulness, and breathing exercises. Participants will learn helpful tips to incorporate into their daily self-care routine. No previous experience needed. [Click here](#) to view flyer and [sign up instructions](#).

**NEW!** Limited space available on Tuesday and Thursday classes at Salem ES. Staff must pre-register for class on the CCS Wellness Portal.



### MINDFULNESS BASED STRESS REDUCTION



Mindfulness is a way of learning to relate directly to whatever is happening in your life. It can be a way of consciously and systematically working with your own stress as well as the challenges and demands of everyday life; it is a way to take control of your own surroundings. Columbus City Schools' faculty and staff are eligible to participate in a FREE 8-week [Mindfulness Based Stress Reduction \(MBSR\) Program](#) based on mindfulness meditation and Mindful-Hatha yoga.

**Limited space available on Tuesday evening MBSR classes!** [Click here](#) to view flyer for sign up instructions and learn more information on MBSR class.

## STAFF WELLNESS SPOTLIGHT

### ADAM T. VINEY Construction Instructor @ Fort Hayes Career Center

■ High Blood Pressure, High Cholesterol, and Diabetes, do those sound familiar? I was on a runaway train on a disastrous collision course as my health deteriorated in front of me and family. I had been warned many times by my doctor, "You must change your life or life changes will come." My journey to wellness started many years ago when I was a TOSA at Walnut Ridge High School. There, I met a fellow teacher who loved running, and name is Shane Murphy. I asked Shane how to start jogging and he recommended a program called "Couch to 5K". The program looked quite easy, however I put it on the back burner for several years before I actually attempted it.

Today I feel great! I go to the gym every day at 4:45 am meeting my old friend Byron Mattox. We work out for 45 to 55 minutes daily. Byron said his health has improved with having a gym partner. He has also lost weight and is in overall better health! My weight loss and exercise regimen has improved my strength level, gives me good mental clarity, and energy throughout the day. My students feel I have much more energy than the previous school year. I ran my first 5k in April, another in June, and I'll run another in September with my wife (my healthy life style has rubbed off on her) and two other teachers. With the exception of playing a high school football game it has been the most exhilarating experience I've had in 35 years! Teachers, trust me when I say, the earlier the better! Take care of yourselves and start your journey to good health NOW!

**UPDATE:** In all honesty, I had my doctor's visit. She felt that I've been doing so well with my diabetes that she took me off all meds.!!! She said my sugar A1C was 5.3 and that was that of a normal person, so she wanted to see if it would hold until my next visit. She said to keep up the working out and watch what I eat and limit alcohol intake. NICE!!! ■

He said, "Mr. Viney, before turning 30, I warned of about your blood pressure, in your forties I warned you about diabetes. Like clockwork I had turned 30 and started high blood pressure meds. Then, at the young age 42, and an A1C of 7.5 and a sugar reading of 400, I started diabetes meds. Further, he said, "Now you are turning 50 and I guarantee that you'll mostly likely have a heart attack before your 60th birthday and if you have a total cardiac arrest, you have a 75% chance of not surviving." Given that his earlier predictions came true, at this point I was listening! This is the year I decided to change my life. I got on the internet and looked up ideas for eating habits and life. I continued going to the gym daily and took in roughly 2000 calories or less a per day. Believe or not, it's not as difficult as one may think: cook at home, DON'T EAT OUT!

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**Do you have a wellness success story?** We want to hear about it. Tell us about your wellness journey and be featured in our Staff Wellness Spotlight. Please send your story to [syerramilli@columbus.k12.oh.us](mailto:syerramilli@columbus.k12.oh.us)



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## CCS FITNESS PERKS



### PUNCH FITNESS

CCS is excited to announce our newest fitness perk - **Punch Fitness in Westerville!**

Punch Fitness offers boxing-themed classes in technique boxing/kickboxing or cardio hip hop boxing, suited for all levels from beginner to advanced. One-hour boxing fitness classes burn calories with invigorating strikes. At cardio hip-hop boxing, students punch in time to hip-hop beats for an intense, rhythmic workout. Boxing and kickboxing sessions aim for a full-body burn with fast-paced jabs, weightlifting, plyometrics, and core exercises that bolster posture.

No previous experience is required, and boxing gloves are provided at no additional cost. Visit the [Punch Fitness website](#) to learn more about their offerings and to view their group fitness schedule. **For more information on the pricing discount for CCS employees, [click here](#).**



## EMPLOYEE ASSISTANCE PROGRAM



### GUIDANCE RESOURCES

Need advice on managing the challenges of your everyday life? Visit Guidance Resources for tips and resources on tackling everyday challenges to start off the school year strong!

**Guidance Resources is Columbus City Schools' Employee Assistance Program (EAP).** Personal issues, planning for life events or simply managing daily life can affect your work, health and family. Guidance Resources provides FREE, confidential, 24/7 support, resources and information for personal and work-life issues affecting you and your dependents



**CALL** .....  
800.774.6420



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Use Web ID: CCS



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