

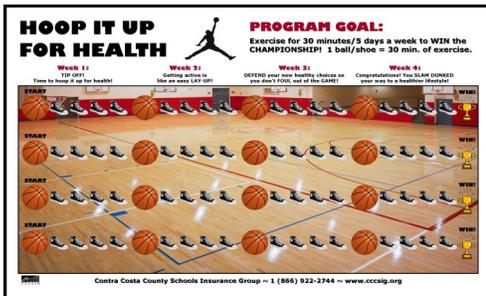


CROSSROADS

A CCCSIG Health & Safety Publication for CCC Member School Districts
February 2018

CCCSIG promotes a safe and healthy working environment for Contra Costa County school district employees.

SPOTLIGHT: Hoop It Up For Health



This 4-week poster and online program was designed to help member district employees establish and maintain the habit of regular physical activity by providing a fun method for obtaining and tracking at least 30 minutes of physical activity on at least 5 days per week for 4 weeks while “hooping it up for health”.

Those who complete the challenge according to the program criteria will be entered into a countywide drawing for a prize!

Start Date: Monday, April 16th

End Date: Sunday, May 13th

Watch for more details coming soon!!

For questions, please contact Denise Schreiner at dschreiner@cccsig.org or 1 (866) 922-2744 ext 270.

Print Crossroads
for the Health & Safety
Bulletin Board!



Smart Tips for Heart Health Month



February is American Heart Month. Protect your ticker! Did you know that most risk factors for heart disease can be eliminated or reduced by a healthy lifestyle? Follow these tips to lower your risk:

- Choose healthful foods including plenty of vegetables, fruits and whole grains
- Minimize your sodium intake
- Exercise regularly
- Monitor your blood pressure and cholesterol. Call your health plan to schedule these screenings today!

On Your Feet All Day? Four Tips for Comfort

Choose proper footwear: Choose comfortable footwear that supports your feet. For added comfort, wear insoles to provide extra cushioning. High heels, flip-flops, strappy sandals and unsupportive flats wreak havoc on the body.

Stand tall: Focus on keeping your ears over shoulders and shoulders over hips by envisioning a little string that travels through your midline. Occasionally flex your feet toward your shins to strengthen the muscles in front of the lower leg, which helps support the arch of the foot.

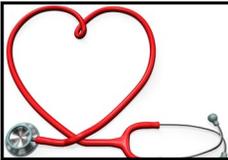
Move around: Before you start your work day, do some stretching and, at the end of the day, cool down (with more stretching). Build in a stretching or moving break every 20-30 minutes.

Build strength: Strengthen the muscles that help you stand upright, such as your abdominals, glutes, hamstrings and hip flexors.



Source: NEA. Adapted with permission. For full article, click [here](#).





Wellness Tip of the Month: *Prioritize Preventive Screenings!*

Many medical conditions can be recognized in the early stages by getting preventive screenings and immunizations. Ask your doctor about what screenings are recommended for you.

Creamy Chocolate Date Mousse

Satisfy your sweet tooth with this unique chocolate



mousse, packed with flavor and healthy foods: avocado and Medjool dates. Avocado is high in fiber and heart-healthy omega-3 fats while Medjool dates have more fiber, calcium, and potassium. Their sweetness combined with light and creamy coconut milk blends into the perfect healthy dessert.

Ingredients

- 8-10 Medjool dates, pitted
- 1/2 cup light coconut milk, canned + 1/4 cup water
- 1 ripe avocado, peeled
- 1/4 cup unsweetened cocoa powder
- 1/4 cup semi-sweet chocolate chips, melted

Directions

- Chop the dates into small pieces.
- Add the chopped dates, coconut milk, and water into a blender or food processor and blend until smooth.
- Add the avocado, melted chocolate chips, and cocoa powder. Blend again until creamy.
- Pour into four small ramekins or bowls.
- Chill in the fridge for at least one to three hours (or overnight).

Source: www.aicr.org. Reprinted with permission.

Top Ways to Boost Health in Under 5 Minutes Per Day

A new year brings new opportunities to focus on health and fitness. Here are four easy ways to boost your health in less than five minutes per day:

- ♥ Drink water before each meal to boost hydration and improve energy and digestion.
- ♥ Make it a habit to take a multivitamin, every morning to consistently meet your nutritional needs.
- ♥ Practice belly breathing to reduce heart rate.
- ♥ Pick up the intensity of your workout — for one minute.



Click [here](#) for the full article!!

Source: www.brandpointcontent.com. Reprinted with permission.

Healthy Choices—The Heart of Good Health

Should you eat eggs? What about cheese? Can you have a glass of wine? How much exercise should you get? You make hundreds of small choices every day, but do they help or hurt your heart?

Changing your choices can be challenging, but it doesn't have to be. Follow these guidelines to keep your heart healthy—or help it heal.

- ♥ **Eat right for your heart**
- ♥ **If you drink alcohol, drink it in moderation**
- ♥ **Get your heart pumping**
- ♥ **Maintain a healthy weight**
- ♥ **De-stress your life**
- ♥ **If you smoke, now's the time to quit**
- ♥ **Watch your cholesterol level**
- ♥ **Keep your triglyceride levels low**
- ♥ **Reduce high blood pressure**
- ♥ **If you have diabetes, manage it**
- ♥ **Take your medications faithfully**



Click [here](#) for the full article.

Source: www.kp.org. Reprinted with permission.