



CROSSROADS

A CCCSIG Health & Safety Publication for CCC Member School Districts

• August 2016 •

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

New Fall Wellness Challenge: Energize Your Workday!

ENERGIZE YOUR WORKDAY



Get ready for the “Energize Your Workday” challenge, a 6- week online wellness challenge starting Sept. 19th!

Member district employees who log at least 50 healthy activities by the end of the program will be entered to win a \$50 gift card to REI. Examples of healthy activities are walking, playing sports, stretching, eating a healthy meal, skipping sweets for a day, getting enough sleep, drinking water, etc. The purpose is to get into the habit of keeping your health at the top of your mind. To sign up, go to heiaheia.com/cccsig and create your account; a district selection is required so that we can award the ‘healthiest’ district at the end of the challenge. If you participated in any of the online challenges last year, you may use your same username and password. A hard copy of a challenge log can also be provided for tracking activities manually.

Because we want you to focus on your health all the time, this program is part of a year-round, online wellness program that allows employees to continue tracking healthy activity between challenges and year-round; receive health tips, recipes and other wellness-related information; and cheer on your colleagues. Go ahead and register today! There is nothing to lose and only your health to gain. Please contact [Denise Schreiner](mailto:Denise.Schreiner@ccc.org) with any questions.

Spring Challenge Results

2016 Spring into Shape Challenge Results: A total of 391 employees registered for the program (228 online; 163 poster). The winner of the county-wide drawing, consisting of those participants who obtained an average of at least 3.5hrs/wk each week (online) or 1,050 total minutes (poster), was Gail Stern of AUHSD. The winner of the bonus drawing, consisting of online participants who reached the program goal AND completed at least 50% of an online bonus challenge, was David Faulkner, CCCCD (DVC) and the district with the highest average number of minutes and winner of the Perpetual CCCSIG Fitness Challenge Plaque was Martinez USD!



YOU DON'T WANT TO

SLIP,

TRIP,

OR

SO WHY LET IT HAPPEN AT ALL?

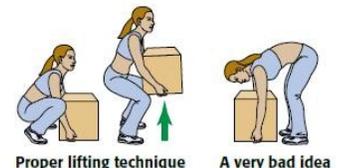
Clean spills immediately • Wear slip-resistant shoes
Keep cords out of the way • Put backpack under desks
Don't stand on desks • Use a stool or step ladder

2011/12 Student Poster Entry
by Aaron Desin, Acalanes High/AUHSD

Prevent Injury This Fall: Safely Open Your Classroom!

Each fall, CCC school district faculty are injured while opening their classrooms. How? Lifting heavy loads and/or trying to carry too many items at once from their vehicles to their classrooms (sometimes in flip flops, sandals or high heels, which increases the risk of injury). Helpful tips include:

- Before you begin, ask your supervisor for a stepladder, cart and/or custodial assistance.
- Wear tennis shoes on “classroom opening day”.
- Load boxes on a table to reduce bending.
- Use a cart to transport items from your car vs. stacking them in your arms.
- If you must lift an item, use proper lifting technique: bend at the hips and the knees and **lift with your legs, not your back**.
- Discard unwanted items in two smaller garbage cans/recycle bins vs. overfilling one large can/bin; this will reduce the load for the custodian and the risk of injury.



Click [here](#) to view this 5-min video on proper lifting and back safety (use password 'cccsig' all lowercase).





Wellness Tip of the Month: Eat Breakfast!

Eating breakfast assists with weight maintenance and provides us with the energy we need to sustain us throughout the day both physically and mentally. Find helpful tips and breakfast ideas [here](#).

Source: *Health Advocate Health and Wellness Blog*

Layered Nachos Grandes

Salsa Fresca

- 1 cup finely chopped tomato, seeded
- 1/2 cup drained canned, no salt added diced tomatoes
- 1/2 cup chopped onion
- 1/2 cup cilantro, chopped
- 1 jalapeño or Serrano pepper, seeded and finely chopped
- 1 tsp. fresh lime juice



Refried Black Beans

- 2 tsp. canola oil
- 1 can (15 oz.) no-salt added black beans, rinsed and drained
- 1 tsp. ground cumin

Nachos

- 24 reduced-sodium tortilla chips
- 1/2 cup shredded Pepper Jack cheese
- 8 tsp. reduced-fat sour cream
- 8 cilantro leaves
- 1 large jalapeño pepper, sliced
- 4 avocado slices, halved crosswise
- 1/2 lime

Directions

- Preheat oven to 350. Line baking sheet with parchment; set aside.
- In mixing bowl, combine fresh tomato, canned tomato, onion, cilantro, chile pepper, and lime juice. Season to taste with salt and pepper. There will be 2 cups salsa. Set aside.
- Coat skillet with cooking spray. Heat oil over medium-high heat. Add beans, cumin and 1/2 cup water. Mash until lumpy and soft. Season to taste. Set aside 1/2 cup, reserve remaining beans.
- Arrange 8 chips on baking sheet. Top each chip with 1 Tbsp. refried beans. Add 1/2 Tbsp. cheese. Top with second chip. Sprinkle on 1/2 Tbsp. cheese.
- Bake chips until cheese melts (4 min.)
- Top each stack with salsa fresca, another chip, salsa fresca, sour cream, cilantro, jalapeno and avocado.

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

The Best Time to Workout!

Afternoon Advantages: Plenty of people tout the benefits of early morning sweat sessions, but if you can't fit in a workout before noon, don't sweat it. Research suggests the body could adapt to regular gym dates, so if we hit the weight room every day at 4 p.m., eventually we might perform better at that time than at any other time of day. These findings are similar to earlier research, which suggests that sticking to a specific workout time can result in better performance, higher oxygen consumption, and lower perceived exhaustion. But scheduling a workout is more complicated than choosing a number on the clock. Your body's core temperature is an important factor in determining the quality of exercise. A cold body leaves muscles stiff, inefficient, and susceptible to sprains, whereas higher body temperatures leave muscles more flexible. Body temperature typically increases throughout the day, so muscle strength and endurance may peak in the late afternoon, when body temperature is highest. The afternoon is also when reaction time is quickest and heart rate and blood pressure are lowest, all of which combine to improve performance and reduce the overall likelihood of injury. Hormone levels are also important in determining optimal workout time. Testosterone is important for muscle growth and strength, in ladies and gents. And the body produces more testosterone during late afternoon resistance training than it does during morning workouts. Plus, the stress hormone cortisol, which aids in the storage of fat and reduction of muscle tissue, peaks in the morning and decreases throughout the day and during exercise.

Morning Perks: It's sometimes easier to keep a morning workout routine consistent. Afternoon and evening workouts are more likely to conflict with other responsibilities as the day progresses. Plus a full day's work can take a serious toll on willpower—which can overcome anybody's best intentions. Morning workouts might also be a good option for stress-free snoozing. Since exercise increases heart rate and body temperature, working out too late in the evening (generally after 8 p.m.) may disrupt sleep, while one study showed that working out at 7 a.m. (compared to 1 p.m. or 7 p.m.) may help people sleep more soundly at night. Finally, one study found that 45 minutes of moderate morning exercise (like walking briskly on the treadmill) helped curb appetite directly after working out. Research also shows that people can burn up to 20 percent more body fat exercising on an empty stomach—much easier to do first thing in the a.m. than at night.

The Bottom Line: In the end, it's most important to find a realistic, consistent workout schedule, no matter what the time. If working out in the morning is best for your schedule, just make sure to warm up muscles that might be cold and tight from sleep. And to keep afternoon workouts consistent, treat them as unbreakable appointments, find a workout buddy, and keep a gym bag in the car or office to minimize excuses.

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

