



# CROSSROADS

A CCCSIG Health & Safety Publication for CCC Member School Districts

August 2017

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

## Get Ready for The Just Go! Exercise Challenge Starting 9/25!



The **Just Go! Exercise Challenge**, is an 8-week online and poster-based program (starting Sept. 25th) designed to assist member district employees in maintaining/increasing their physical activity at work and/or home. All forms of exercise count.

Member district employees who obtain and log at least 24 hours of exercise by the end of the program will be entered into a countywide drawing to win a \$100 gift card to REI. The district with the highest average number of hours completed will win the CCCSIG Perpetual Fitness Challenge trophy to display in their district office until/if there is a new district winner for the spring 2018 program.

To sign up for the online program, click [here](#).

Note: If you have signed up for a CCCSIG challenge in the past two years, you may log in at [www.heiaheia.com/cccsig](http://www.heiaheia.com/cccsig) and participate using the same username and password.

To sign up for the poster and individual PDF version, click [here](#).

This program is part of an ongoing, 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 their colleagues!

Join in on the fun, have the chance to feel better and win a prize! Sign up today!  
Program Contact: [Denise Schreiner](#).

## CCCSIG Partners with 24Hour Fitness for FY2017/18!!

We are excited to announce we have once again partnered with 24 Hour Fitness to offer our member districts a discounted gym membership to all of their employees and their families!

Please click [here](#) to obtain more information about the discounted membership and 3-day pass.

For questions or additional information, please contact CCCSIG's dedicated, 24 Hour Fitness Account Manager: Joseph Herrera at [jherrera@24hourfit.com](mailto:jherrera@24hourfit.com) or (760) 918-4509.



## The Do's and Don'ts of Opening Your Classroom Safely!

Each fall, CCC school district teachers are injured while opening their classrooms. Stay safe by following these Do's and Don'ts:

**DON'T:** Lift heavy loads.

**DO:** Stack boxes on a table to avoid lifting all at once.

**DON'T:** Wear sandals, heels or flip flops.

**DO:** Wear tennis shoes.

**DON'T:** Carry too many items at once.

**DO:** Use a cart to transport items.

**DON'T:** Lift with your back.

**DO:** Bend at the hips and the knees and lift with your legs.

**DON'T:** Overfill garbage cans/recycle bins.

**DO:** Discard unwanted items in two smaller bins.





## Wellness Tip of the Month: *Embrace Nutrition Basics!*

Eating right doesn't have to be complicated. Forget the fad diets and adopt a healthy eating plan including a variety of fruits and vegetables, lean proteins, whole grains, and low-fat dairy.

### Chilled Cantaloupe Soup with Mint

#### Ingredients

- 4 cups cubed cantaloupe (about 1 large cantaloupe)
- 2 Tbsp. honey, or to taste
- 2 Tbsp. freshly squeezed lime juice, or to taste
- 1/8 tsp. ground cardamom, or to taste
- Sliced fresh strawberries, for garnish
- 1/4 cup whole fresh mint leaves, for garnish



#### Directions

- Put the cantaloupe in a wide, shallow, microwave-safe container. Heat melon in microwave on 50% power for 2 minutes, or just until the melon softens slightly. Transfer cantaloupe to a blender or food processor. Add honey, lime juice and cardamom and blend mixture until smooth. Transfer to a bowl. Cover and refrigerate for 1 to 2 hours, until cold.
- Before serving, taste and add more honey, cardamom, or lime juice as needed. Garnish each serving with strawberry slices and mint leaves.

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### Five Clever Tips to Simplify Any Family Morning Routine

Getting the family out the door on time every morning is no small feat. Seemingly simple tasks like getting dressed, packing backpacks and making breakfast can quickly turn into chaos. Before you know it, you're running late and the kids haven't even eaten as you dash to the car.

Stop dreading the stressful start to the day and start taking control of your mornings.

A few simple tips and tricks will turn the morning craze into smooth sailing. Plus,

when you have a stress-free start, the rest of the day just seems to go better. Click [here](#) to simplify your family morning routine.



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### Sun, Cancer and Vitamin D—Top 5 Myths and Facts



It's summer – time to be outdoors for picnics, pool time and family vacations. You can get a healthy physical activity boost with swimming, gardening, hiking and playing outdoor games with friends and family. And soaking up a little sun can boost your vitamin D, but don't forget to keep your skin safe from too much sun.

Exposure to ultraviolet (UV) rays is a cause of skin cancer, the most common cancer in the US., but you can lower your risk by being prepared and taking precautions when you're outside. Bust some of the most common myths about sun exposure and protection by clicking [here](#).

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### Four Surprising Health Benefits of Cherries— This Summer's Superfruit

Have you ever said no to a cherry? Probably not. This summertime treat is simply delicious. And if you're looking for another reason to indulge, you'll be pleased to know that cherries are surprisingly good for you.



Recent research indicates that this summer's superfruit offers a variety of health benefits, including the four outlined [here](#).

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