



CROSSROADS

A CCCSIG Health & Safety Publication for CCC Member School Districts
December 2017

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

SPOTLIGHT: Just Go! Exercise Challenge Results



Program Dates:
9/25/17 – 11/19/17

548 participants (357 online; 191 poster) among 18 districts in Contra Costa County collectively logged 5,190 hours of exercise, engaged in

142 different sports/fitness activities and gave out 1680 cheers of support to colleagues.

- 140 of the 548 (26%) reached the program goal which was to complete at least 24 hours of exercise in 8 weeks.
- Winner of the countywide drawing which included all participants who completed the program goal: Tina Sabedra, CCCOE
- Most Hours: Jonathan Lance, CCCCD
- Most Steps: Dave Behling, Liberty UHSD
- Most Cheers: Tina Copley, Brentwood USD
- District Winner of the Perpetual Fitness Challenge Award: Martinez USD, for the highest average number of hours!
- District with Most Participants: San Ramon Valley USD (54) and CCCCD (54)
- District with Most Exercised Hours: CCCCD
- District with Most Cheers: CCCOE

Thank you to all participants for using either the Heia Heia/CCCSIG online wellness tracker and/or the group poster to log their fitness hours! Stay tuned for the spring 2018 challenge! If you would like to be alerted to Fitness/Wellness challenges, click [here](#) and we will add you to our distribution list.

Happy Holidays!

Stress Management Quick Tip: Belly Breathing

Belly Breathing is a simple exercise that can balance your nervous system and help you relax. Here's how:

- Imagine your belly is a balloon and you are slowly filling it with air.
- Place your hands on your belly while you slowly breathe in and out.
- Watch your hands as they rise as you breathe in and fall as you breathe out.
- Keep your attention on your belly as you continue to breathe slowly and deeply.
- Do 10 minutes every day!



Click [here](#) for the PDF! Source: Stanford Health Promotion Resource Center

Reporting Safety Hazards: It's Everyone's Job!

Remember a time when you walked past a coffee spill in the break room? Or when you were too busy to make two trips from your car to the classroom? Even common hazards like these can lead to serious injuries! Keep these important tips in mind every day:

- Did I clean or report the last spill that I saw?
- Did I choose to carry two smaller loads instead of one huge one?
- Did I put away work materials instead of leaving them lying on the floor or stairs?
- Did I take the time to get a ladder instead of climbing on a table or chair?

The next time you see a hazard, take a minute to make your workplace safer!





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.

Cranberry Apple Salsa

Ingredients

- 1 bag (12 oz.) fresh cranberries, or frozen, unsweetened
- 1/2 medium Fuji apple, peeled, cored and chopped
- 1/4 cup chopped red onion
- 2 strips (1-inch x 1/2-inch) lime zest, coarsely chopped
- 1 small jalapeño pepper, without seeds, chopped
- 3 Tbsp. turbinado/raw sugar
- 1 Tbsp. fresh lime juice
- 1/3 cup loosely packed cilantro leaves
- Salt



Directions

- In food processor, pulse cranberries just until coarsely chopped. Add apple, onion, lime zest, jalapeño, sugar and lime juice. Pulse (quick pulses) until salsa is still slightly chunky, about 15-20 times.
- Add cilantro and pulse until it is chopped but not mushy, about 10 times, stopping to scrape down bowl as needed. Season with a bit of salt, just to lift flavors.
- Let salsa sit 20 minutes for flavors to marry. Serve same day.

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

Cooking Healthier at Home

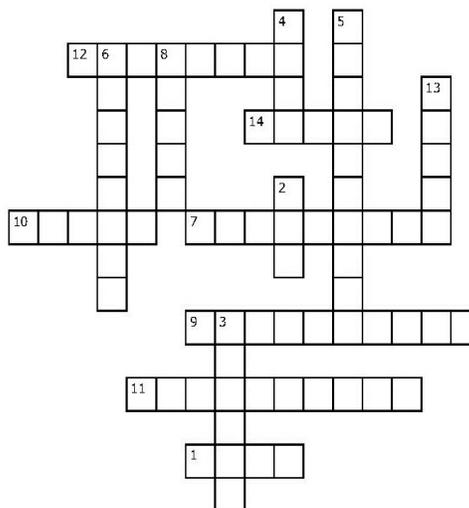
When you cook at home, you have control over the ingredients and portion sizes at your table, which is key to maintaining a healthy weight. It can also reduce your risk of lifelong health problems, such as diabetes and heart disease. Cooking at home saves money, too. (Eating the leftovers makes your money go even further.) Start by planning one healthy meal at home each week. You don't have to stop eating out or change your regular cooking routine all at once — every small step adds up to greater overall health.

Even if you cook at home now, there may be ways to make your family favorites healthier with substitutions. Turn your favorite recipes into smart meals by swapping out ingredients with healthier options. For a full list, click [here](#).



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

Health & Safety Crossword Puzzle



Across

- 1 Slip ____ fall
- 7 District ____ Program
- 9 Injury & Illness ____ Program
- 10 Non-Skid ____
- 11 Use a ____ not a chair
- 12 Move backpacks out of ____
- 14 ____ Return to Work

Down

- 2 Safety is ____
- 3 ____ all safety hazards
- 4 Cal ____
- 5 Ergonomic ____
- 6 Employee ____ Investigation Report
- 8 Lift With Your ____
- 13 Report injuries to Company ____