



CROSSROADS

A CCCSIG Health & Safety Publication for CCC Member School Districts

• November 2016 •

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

Energize Your Workday Wellness Challenge RESULTS!

Program Dates: 9/19—10/30/16

Final Results:

- 229 participants among 18 districts in Contra Costa County collectively logged 5,817 healthy activities and gave out 521 cheers.
- 45 of the 229 (20%) reached the program goal by logging at least 50 healthy activities by the end of the program.
- **Winner of the REI gift card drawing:** Casey Hayashi of Moraga SD, who logged 102 activities—way to go!
- **Most Healthy Activities Logged:** Tiffany Copley of Brentwood Union SD, who logged 304 activities—awesome job!
- **Winner of the Perpetual Fitness Challenge Award:** John Swett USD, who had the highest average number of entries per participant (71)!

We hope that everyone who participated experienced (and is still experiencing) some kind of healthy and positive result (s) by using this useful wellness tracking tool to log their healthy activities! Stay tuned for more healthy lifestyle challenges to come in 2016/17! If you'd like to be alerted to upcoming Fitness/Wellness challenges, please click [here](#) and we will add you to our email distribution list!

ENERGIZE YOUR WORKDAY



Holiday Hustle Fitness Challenge!

As part of our ongoing emphasis on wellness, please join the **Holiday Hustle Fitness Challenge** from Dec. 5-Jan. 8. Your mission is to get at least 3 hours of exercise/week, which we all know is hard work during the busy holiday season. This is open to all Contra Costa County member district employees, and includes prizes, health tips and friendly competition. You can join via www.heiaheia.com/cccsig or sign up for the paper-based program by clicking [here](#).

Choose to have a healthy holiday by joining this fun, county-wide challenge that supports healthy lifestyles!



2011/12 Student Poster Entry
by Ethan Downes, Acalanes High/AUHSD

Save Your Back—CCCSIG Can Help!

Proper lifting techniques are critical to back safety, but perhaps more important is proper planning. Before you lift anything, take a moment to consider your action:

- Do you need to lift the item manually?
- How heavy is it?
- Where are you moving the item from, where does it have to go and what route will you take?

Familiarize yourself and practice these techniques when lifting items:

- Keep your feet apart; this helps with balance.
- Squat to lift and lower. Do not bend at the waist.
- Keep the weight as close to you as possible.
- Look straight ahead when lifting.
- Never jerk or twist. If you must turn, turn with your feet, not your body.
- Wear shoes with non-slip soles.



For more information or to schedule a back safety training, contact [Denise Schreiner](#).



Wellness Tip of the Month: Get Moving at Work!

Sedentary behavior has negative consequences on our health. Consider using break times for stretching or walks!

Source: *Health Advocate Health and Wellness Blog*

Pumpkin Spice Overnight Oats

With just five minutes of prep time the night before, you'll have an easy grab-and-go breakfast that will keep you satisfied all morning. These hearty, pumpkin-spiced oats are packed with fiber, protein and cancer-fighting polyphenols. Whole grains like oats can improve your digestion, aid in weight control, and lower your risk for colorectal cancer.



Ingredients

- 1/2 cup rolled oats
- 1/2 cup unsweetened almond milk (or any type of milk)
- 1/3 cup plain Greek yogurt
- 1 Tbsp ground flaxseed
- 2 Tbsp pumpkin puree
- 1 Tbsp maple syrup
- 1/2 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp ground nutmeg
- Pinch of salt

Directions

- Stir together all ingredients in a medium-sized mixing bowl. Add to a mason jar with a fitted lid. Refrigerate and store overnight.

Makes 1 serving.

Per Serving: 330 calories, 7 g fat, 50 g carbohydrate, 17 g protein, 8 g dietary fiber, 280 mg sodium.

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

Six Small Steps to Improve Your Health in a Big Way!

You want to be healthier, right? But it always seems like something's in your way. Time and money are obstacles, and you may think it's impossible without a significant time or financial investment. The good news is, however, that's not true. Even the smallest changes can have a big impact on your health, and you can start improving your wellness today with these six simple steps.



1. Take a stand while so many others are having a seat. The average person sits about 13 hours a day! Stand up for your health by resolving to get up at least once an hour. Walk to the bathroom, the water fountain or to ask your question in person instead of via email - you'll be healthier for it.
2. Run in place....any place. Blue Cross and Blue Shield surprised customers at a candy store by asking them to pay with physical activity. Running in place, burpees, jumping jacks and shadow boxing - you can watch customers do it all in an entertaining video. And remember that just 150 minutes of moderate exercise per week can dramatically reduce your own risk of diabetes.
3. Floss for your heart. You brush your teeth twice a day, but how often do you floss? If you're like 80 percent of surveyed adults, you don't, and that can increase your risk of heart disease.
4. Don't underestimate the importance of a good nap. Getting a good night's sleep helps you function better during the day, but it can also reduce your risk of heart disease and diabetes. But what do you do on those days when getting a good night's sleep isn't possible? Take a nap - even a 30-minute nap can leave you feeling rested and ultimately support your health.
5. Smaller size your plates. Over the last 20 years the average portion size has doubled and, not surprisingly, 65 percent of Americans are now classified as obese. Reversing this trend starts with reversing the portion size. To take smaller portions, start using smaller plates. Your brain will feel as though you have still taken a full plate of food but you'll consume fewer calories.
6. Show the world your confident pose. Stress is a part of daily life, which can have a negative impact on your health by raising your blood pressure and weakening your immune system. Combat stress by power posing. Just two minutes of this technique can increase your confidence by 20 percent.

Managing your health takes commitment, but the job isn't too big for anyone. It starts with making smart, healthy decisions every single day, including the tips above.

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