



CROSSROADS

A CCCSIG Health & Safety Publication for CCC Member School Districts
September 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](#) (use code CCCSIG2017).

If you have signed up for an online CCCSIG challenge previously, please click [here](#) and use the same log-in 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](#).

September is National Honey Month!

In addition to being a natural sweetener, honey has benefits that have gone largely unknown. It's a wholesome sore-throat soother, a natural energy booster and more. One of the biggest benefits is its nutrition.

Honey is not just versatile, varied and delicious. Research has shown that honey contains a wide array of vitamins, minerals, amino acids and antioxidants. Flavonoids and phenolic acids, which act as antioxidants, are found in honey. The amount and type of these compounds depends largely on the floral source.



To learn more about the benefits of honey, click [here](#).

Source: [National Honey Board](#). Reprinted with Permission.

Slip Trip Fall Prevention Phrase Search

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A F S W J L Z T O H Y O X U S E A C A R T J H I
L U L Y E A T K M T T Q E V Q B U C K R P A S E
V R T H F O I I G B N Y C O L M A G K X V E W G
F M T U Y C Y Z F W X X T B Z I U R C L O T Y E
I P V T R M L E G D L P G F R D T O I H B Y U B
X R S M Z O Y E Y S N K Y R E D Z G S V A I L Z
F E V N P V A R A H L A E B A K L D S K U N L L
R P D R A E G I K N Z W G O Z O E H X M A G C Z
A O O C Y B F W E A U M I N R L W P Z R X D R K
Y R T F A A O O N J X P G U O G J F P G I O T Y
E T D S T C U V K M M Q S S I R T J A W E D X S
D A V C T K F X J G S Y T P J X T Y H N R S Y D
C L F I E P K Z N D L F H C I K Z S I H Q L J O
A L N J N A X E K N O F D M O L W U P E C K D U
R S A H T C A P Z S W T O P T M L H F E G E O F
P T V T I K K O R X D P Y C H T S S K O E Y G C
E F V K O S J A Y C O M B Z L O O L A A D K G E
T H C B N H E I N N W L M R P E J X S S S Z A R
A A M U O W C V N V N G B Z Y E B N M H A G O C
Q Z D V Q K O G X J X Y F Y F I O O B T Y P N W
Z A S D R O C T C E R I D E R U I H J S H H P U
K R X D E N J N W B Z C Y S J O Q G C A V P S Z
Y D Z L O O T S P E T S A E S U Q L A H A D X D
X S W B X A V O I D H I G H H E E L S T C X U A

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Keep strong and fit
Pay attention
Avoid high heels
Slow down

Wear soft-soled shoes
Fix frayed carpet
Redirect cords
Use a cart

Clean up spills ASAP
Move backpacks
Report all STF hazards
Use a stepstool





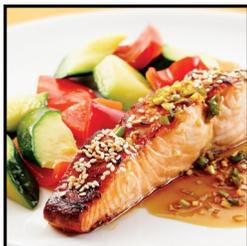
Wellness Tip of the Month: *Move More!*

Aim to get at least 150 minutes of moderate activity, such as walking, each week to assist in weight maintenance and overall health.

Honey-Soy Broiled Salmon

Ingredients

- 1 scallion, minced
- 2 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. rice vinegar
- 1 Tbsp. honey
- 1 tsp. minced fresh ginger
- 1 pound center-cut salmon fillet, skinned and cut into 4 portions
- 1 tsp. toasted sesame seeds



Directions

- Whisk scallion, soy sauce, vinegar, honey and ginger in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate; let marinate for 15 minutes. Reserve the remaining sauce.
- Preheat broiler. Line a small baking pan with foil and coat with cooking spray.
- Transfer the salmon to the pan, skinned-side down. (Discard the marinade). Broil the salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle with the reserved sauce and garnish with sesame seeds.

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

Want to Lose Weight? Start with a Big Breakfast

If you want to lose weight, you're not alone. More than half of Americans desire to shed pounds, according to Gallup. This goal inspires people to take action in many ways, from increasing exercise to modifying meals. One thing many people do is skip breakfast in order to lower calorie intake. While this may seem like a good idea to lose weight, research proves otherwise. In fact, eating a big breakfast followed by smaller meals throughout the day is the best method for weight loss.



To learn more, click [here](#).

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All it Takes is 10 Mindful Minutes



When is the last time you did absolutely nothing for 10 whole minutes? Not texting, talking or even thinking? Mindfulness expert Andy Puddicombe describes the transformative power of doing just that: Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment. (No need for incense or sitting in uncomfortable positions.) Learn how 10 Mindful Minutes can help you by clicking [here](#).

Source: TED Talks. Reprinted with permission.

Simple Ways to Add Physical Fitness to Your Daily Routine

Being resourceful with your daily routine can deliver big payoffs when it comes to increasing your activity level. Incorporating physical fitness into your everyday activities can save you time and also burn calories, and it doesn't have to take much time or effort.

If you don't have time to fit in a scheduled workout, click [here](#) for tips to get moving throughout the day.



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