



# CROSSROADS

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

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

## Get Ready for the 100 Mile Fitness Challenge!

**When:** March 13—May 7, 2017.

**What:** A fitness challenge to assist district employees in maintaining/increasing their physical activity levels.

**Goal:** To complete 100 miles within the eight week program (any physical activity counts). For activities that do not involve distance, you may convert minutes to miles: one hour of physical activity = three miles.

**Three Formats:** Poster; online (with free app); and/or paper tracking log.

*\*Participants may participate in more than one format at the same time!*

**Individual Prize:** Participants who achieve the goal will be entered into a drawing for a \$100 REI gift card.

**District (Online Program Only) Prize:** The district with the highest average number of miles completed will win the Perpetual Fitness Challenge trophy to display in their district office until the next Healthy Lifestyle Program.

For more information and sign-up instructions, click [here](#).

**We encourage you to challenge yourself to complete the 100 miles and enhance your health by increasing your activity!**



## Results of Holiday Hustle Fitness Challenge

**Overall Program Results: 173 participants (133 online; 40 poster); 14 districts**

**Winner of the Countywide Drawing: Kendra Amerson, West Contra Costa USD!**

\*Drawing included online and poster participants who reached the program goal by obtaining at least 3 hrs of physical activity each week from 12/5 to 1/8. Kendra logged 41 hrs total! Way to go, Kendra!

**Winner of BONUS Drawing (Online Only): Kristina Beltz, West Contra Costa USD!**

\*Drawing included online participants who reached the program goal AND completed at least 50% of an online bonus challenge (yoga, water intake, plank challenge or office workout)! Kristina completed 100%! Awesome!

**District Winner: Orinda USD!**

\*District with Highest Average # of Minutes (Total Minutes/# Participants)

If you would like to register for the year-round, online wellness tracker, click [here](#).



## Midyear, Countywide Slip Trip Fall Stats

Each January, CCCSIG conducts trend analyses and Slip Trip Fall (STF) incidents remain one of the most frequently occurring types countywide, representing 28% of reported incidents and 33% (\$800K) of estimated claim costs. The top three contributing factors were Outdoor Surfaces (25%), Liquid on Floor (14%); and Stairs (8%). Member districts strive each year to mitigate this trend by conducting periodic site inspections, providing staff refresher training, including [STF Prevention Safety Briefs](#) at staff meetings, purchasing stepladders and mats for entryways, etc.

### What Can YOU Do to Help?

- Wear appropriate footwear to work (flat or low block heels with rubber tread; avoid wearing flip-flops or high heels)
- Use a district-approved stepladder to hang artwork or materials
- Clean up spills/wet floors immediately
- Promote the STF Student Poster Contest at your site (deadline is March 3rd!)
- Report all slip, trip and fall hazards to your supervisor immediately (frayed carpet, power cords across walkways, potholes, liquid spills, etc.)



Do you have a STF Prevention idea? If so, email it to [Denise Schreiner](#).





### **Wellness Tip of the Month: Use Part of Your Lunch Break to Walk!**

Dedicate at least five minutes of your lunch break to walking. Not only will it help you to be active, it can also help to energize you for the rest of the day.

## **Herbed Chicken Cutlets**

### **Ingredients**

- 1 cup lightly packed cilantro leaves
- 1 cup lightly packed spearmint leaves
- 3 Tbsp. finely chopped onion
- 1/2-inch slice fresh ginger, chopped
- 1/2 tsp. salt
- 2 tsp. roasted sesame oil
- 1/2 tsp. grated lime zest
- Freshly ground pepper
- 2 (8-10 oz.) skinless, boneless chicken breasts
- 3 Tbsp. extra virgin olive oil, divided



### **Directions**

- On cutting board, pile cilantro, mint, onion and ginger. Sprinkle on salt and gently rock a large, heavy knife over them, gradually working in half circles until herbs look wet and are almost a coarse paste. In small bowl, mix herb paste, sesame oil, lime zest and 5 grinds of pepper. Set aside.
- Cut chicken breasts crosswise, making 4 pieces, then butterfly each piece and cover with plastic wrap. Pound each piece with mallet until about 1/4 inch thick.
- Remove plastic from one side and spread 1 Tbsp. paste over it. Re-cover and pound with mallet, then repeat on other side.
- Warm 1 Tbsp. oil over medium-high heat in heavy skillet. Cook each piece of chicken for about 2 minutes on each side, adding oil as needed.
- Serve with favorite vegetable stir-fry and brown rice.

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## **Get Ready for National Nutrition Month (March)**

### **For the Workplace:**

- Create a "nutrition question of the day" contest. Draw the name of a daily prize winner from those who provided the correct answer.
- Offer a selection of fruits and vegetables and ask participants to vote for their favorite vegetable and fruit. Handout "[20 Ways to Enjoy More Fruits and Vegetables](#)."
- Organize and sponsor a "[Healthy Lunchtime Challenge](#)" for your district.
- Organize a fitness or nutrition education session (contact [CCCSIG](#)).
- Highlight ethnic and cultural food traditions. Offer special menu items from international cuisines or regional foods of the United States.
- Organize a "healthy recipe" contest.
- Organize a healthy potluck, making sure each food group is represented.
- Conduct a series of healthy weight and fitness sessions at your workplace (contact [CCCSIG](#)). Give each participant a healthy tool (water bottle, pedometer, etc.) for participating.
- Conduct a formal taste testing of new healthier versions of recipes that are being considered for school or workplace menus.
- Host a "lunch and learn" session on healthy eating (contact [CCCSIG](#)).
- Organize a health fair that promotes healthy eating resources and important preventive screenings.

### **For the Classroom:**

- Ask children to save empty food product labels and boxes. Spend time reading labels and comparing information in the Nutrition Facts panels.
- Start a school vegetable garden by planting seeds indoors or in the ground.
- Take a field trip to a farmers market or a local farm.
- Develop a lesson plan that explains the science behind ingredients.
- Assign a school group project that involves each group researching one of the food groups, allowing each child to explain a food from that food group and what nutrition it provides.
- Decorate the cafeteria with NNM posters or banners, table tents and balloons. Create a "take one" display with National Nutrition Month brochures, bookmarks, Eat Right Nutrition Tips, and recipe handouts.

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## **February is Heart Health Month!**

**Be kind to your heart—  
it's good for your health!**

