



# CROSSROADS

A CCCSIG Health & Safety Publication for CCC Member School Districts  
May 2018

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

## May is Global Employee Health & Fitness Month!



Here are several ways to celebrate May Global Employee Health and Fitness Month that will have a positive impact on your health at work and home!

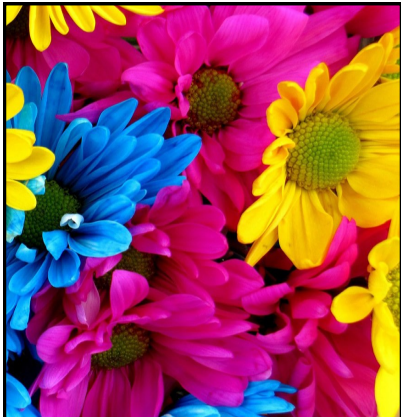
- \* Hand-deliver some messages instead of using e-mail or voicemail, if possible
- \* Walk or bike to work
- \* Bring a pair of walking shoes to work and leave them there
- \* Try a new, healthy recipe
- \* Take a walk, stretch and/or do light strength training exercises on your break
- \* Take the stairs instead of the elevator
- \* Park farther away from the store
- \* Organize a group walk with co-workers at lunch and/or breaks
- \* Bring plenty of water and stay hydrated
- \* Schedule a walking meeting, if possible

**Have a Nice Summer—  
See You in August!!**

**Planet Fitness Welcomes CCCSIG!**  
Planet Fitness is now offering discounts to member district employees!

- \* Friendly staff
- \* Open and staffed 24/7
- \* Super clean locker rooms/showers
- \* Tons of cardio & strength equipment
- \* Free unlimited fitness training
- \* Free wifi

Click [here](#) for more information!



**Teacher Appreciation Week at 24 Hour Fitness**  
24 Hour Fitness wants to thank teachers for everything they do! To celebrate, 24 Hour Fitness is throwing a Teacher Appreciation Week! Starting May 7th through May 13th, they will be offering ZERO initiation on all memberships for teachers and their teams! Stop by any 24 Hour Fitness or visit them online at [www.24hourfitness.com/corporate](http://www.24hourfitness.com/corporate) with your district ID to take advantage of this offer!

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



## End-of-Year Classroom Safety Tips

You know that feeling before summer, when things are hectic and you have so much to do before enjoying a few months of relaxation? Each May and June, CCC school district teachers are injured while closing down their classroom. Follow these tips to close your classroom right:

- Ask for a stepladder, cart and/or custodial assistance.
- Wear tennis shoes when closing down your classroom
- If you must lift something, make sure you bend at the hips and knees and lift with your legs, not your back
- Load heavier items on a table, rather than bending over to pick them up off of the floor
- Use a cart to transport heavier or unstable items.
- Discard unwanted items in two smaller cans, rather than one large can, in order to reduce the load for the custodian.





**Wellness Tip of the Month: Set SMART Goals!**

General goals such as “exercise more” are not effective. A SMART goal is, Specific, Measurable, Achievable, Realistic, and Timely. “I will walk 20 minutes over my lunch break on Tuesdays and Thursdays” is a SMART goal.

**Butter Lettuce Tacos**

**Ingredients**



- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1 large sweet potato
- Olive oil
- 3/4 cup quinoa
- 3/4 cup water
- 1 15-ounce can black beans, unsalted
- 1/2 medium red onion
- 1 large avocado
- 1/4 cup cilantro, chopped
- 2 heads butter lettuce
- Nonfat Greek yogurt
- 1 lime

**Directions**

- Preheat oven to 400 degrees F.
- Mix cumin, paprika, chili powder, garlic powder, pepper and salt.
- Dice sweet potato, drizzle with olive oil, and toss with half of the spice mix. Bake 25 minutes.
- Rinse quinoa and add it to a small pan with 3/4 cup water. Over medium-high heat, stir and bring to a boil. Reduce heat, cover, and simmer for 15 minutes. Remove from heat.
- In a separate pan, bring beans to a bubble over medium heat and season with the spice mix. Reduce heat to simmer.
- Dice onion and avocado. Chop cilantro. Rinse and dry lettuce.
- Fill lettuce leaves with quinoa, sweet potato and beans. Top with onion, avocado and cilantro. Add a dollop of yogurt and a squeeze of lime.

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**Get Moving, Keep Moving**



It’s always a good time to start a fitness routine—or change one that’s not working for you anymore. Whether you’ve set a new goal to live a more active life or you’re trying to stay motivated, the key is finding activities you love. When you love what you’re doing, you’re more likely to make time for it, no matter how busy you get.

**Skip the Guilt Not Your Workout:** You’re probably not going to do something you don’t like so pick something you love, and feel joy when you keep doing it.

**Take Baby Steps:** Even if you love what you’re doing, build up the intensity and length of your workouts slowly. Studies show that being active, even if you can’t do 30 minutes of exercise every day, still has a big impact on your health.

**Add One Thing at a Time:** If you’re just getting back into fitness, pick one thing you’d like to try. Once you’re comfortable with your new activity, add something else. Try buddying up with a friend, family member or co-worker for support and encouragement.

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**Fresh, Lively Dishes for Warm Weather Months**

As seasons turn, you might crave different types of food. This is the perfect reason to think beyond the ordinary and experiment by using these three fresh food ideas:

**Eat fresh:** Enjoy the farm-to-table trend at home by visiting the local farmers market. The sweet peas and strawberries you buy may have just come off the plant that very morning. Stock up on fresh foods for snacking and cooking.

**Get crackin':** For delicious dishes packed with extra nutrients, choose Eggsland’s Best eggs that have 25 percent less saturated fat, more than double the omega-3s, 10 times more vitamin E, and more than double the amount of vitamin B12 of ordinary eggs.

**Meal mix-ups:** Have fun experimenting to find combos that tantalize the taste buds. Chicken and waffles? Why of course! Watercress Confetti Quinoa for dinner? Yum. Pancakes instead of tortillas when making wraps? Sure! The sky is the limit.



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