

*Garden Grove Unified School District is committed to improving the overall health of our employees through education. Each issue of our GGUSD Wellness Newsletter is designed to help you live a healthy and active life, while also keeping you informed of health insurance related topics and updates.*

## ***Fitness: Getting Started***

Exercise is important for a number of reasons. Our bodies were meant to move and actually crave exercise. Regular exercise is necessary for physical fitness and good health. It reduces the risk of heart disease, cancer, high blood pressure, diabetes and other diseases. It can improve your appearance and delay the aging process.

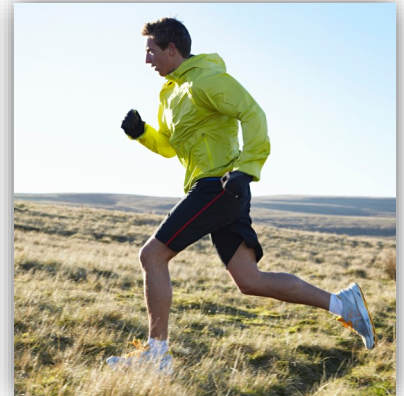
Here are some simple tips to get started, especially if it has been a while since you have exercised:

- Talk with your doctor before beginning any exercise program.
- Start slowly. Do not overdo it.
- Drink plenty of water before, during and after you exercise.
- Ask a friend to exercise with you to help keep you motivated.
- Try to make exercise a regular part of your daily routine.

## ***For fitness or weight loss***

To get fit and lose weight, keep these points in mind:

- Concentrate on aerobic exercise, such as brisk walking, swimming, jogging and cycling.
- Ease into your workout routine. If you can only be active for 10 minutes at a time at first, that's fine. Add another minute every one or two workouts. Work your way up to 150 minutes of moderate-intensity aerobic exercise a week. That can break down to 5, 30-minute sessions. Need to break it down even more? You can workout for as little as 10 minutes at a time and still reap the benefits.
- Add in muscle-strengthening exercises. Strength train at least two times per week. You can use weights or your own body weight for resistance. Examples include sit-ups, push-ups and lunges.
- Choose an exercise that you enjoy. Change your workout from time to time to prevent boredom and relapse.



## IMPORTANT DATES TO REMEMBER:

### OPEN ENROLLMENT

October 1-31, 2017

### PLAN YEAR

January 1 through  
December 31, 2017

### EMPLOYEE MONTHLY INSURANCE ORIENTATION

Every Thursday  
3:30 p.m.  
Insurance Department  
Except during October

## **INSURANCE OPEN ENROLLMENT MEETING DATES**

**MONDAY, 10/9 @ 3:30PM @ EDGAR MPR**  
**THURSDAY 10/12 @ 3:30PM @ EDGAR**  
**WEDNESDAY, 10/18 @ 3:30pm @ M.O.T. BOARD ROOM**  
**THURSDAY 10/19 @ 3:30PM @ EDGAR MPR**

**REMINDER: FLU SHOT CLINIC IS OCTOBER 2, 2017 2:30PM - 5PM (D.O. Annex)**



## Ways to Exercise When You Don't Have Time

At times, it can be tough to exercise when juggling work, school, family and more. These tips can help you be active for at least 30 minutes a day.

1. **Wake up a little earlier.** Start by setting your alarm clock just 5 minutes earlier. Do stretches and jumping jacks before getting in the shower or follow a short exercise DVD.
2. **Find a workout buddy.** Exercising with a friend is more fun and a good motivator. Ask a coworker to go for a walk during lunch. It will be harder to skip a workout if you know someone is counting on you.
3. **Change into exercise clothes before leaving work.** You'll be ready for a brisk walk as soon as you get home or more motivated to stop at the gym if you are already dressed for it.
4. **Schedule your fitness activities.** If you put exercise on your calendar like other appointments, you're more likely to do it.
5. **Acknowledge your successes.** Keep a log of all the times you make a healthy choice to move more. After the first week, reward yourself with a new pair of sneakers.
6. **Create a home gym.** If you have equipment always at the ready, it will be easy to steal 10 minutes to use it. A jump rope, a stability ball, exercise bands, and dumbbells don't cost much or take up much room.
7. **Move while you watch TV.** Don't sit idle— or worse, eat mindlessly— during commercials. Do sit-ups or jog in place instead.
8. **Play games with your kids.** Don't just watch while your kids play outside—join in their fun. Play tag or toss a ball back and forth.

Source: *UnitedHealthCare*

## Stay Fit at the Office

For some people, fitness is all in a day's work. They get exercise because their jobs require physical activity. But, if you have a desk job or other sedentary job, you may need to be creative to find ways to keep your body moving at work. Here are a few techniques that might work for you:

- **Take active breaks and lunches, if possible.** Consider taking a brisk, 10-minute walk around the building on your break or take a quick walk outside over the lunch hour.
- **Create small activity opportunities.** Small chunks of extra activity can help improve your health. Use the stairway instead of the elevator, use a restroom on another floor, or sit at your desk on an exercise ball to increase activity.
- **Be an active commuter.** If you live close enough, ride a bike or walk to work. If the commute is too far, try parking your car farther from the office so you have to walk more.
- **Stand when you can.** If you have a desk job, look for opportunities that allow you to stand. If possible, stand while performing tasks. If you can, march in place.
- **Invite the office team.** Start a walking group that meets for lunch breaks. You'll inspire each other to keep moving while also getting to know your colleagues better.
- **Open a desktop gym.** If it's ok with your supervisor, keep some hand weights, resistance bands or other small exercise equipment at your work area. Do a few reps when you can.

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Learn more at [www.ggusd.us/insurance](http://www.ggusd.us/insurance)

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