



# Well-News

Wellness at CCG



## Emotional Wellness — September

*Self-Compassion*

\$50HB

Wed. 9/20 at 12:00pm

Risk Management

3311 Tamiami Trail E

Register now on [GoSignMeUp](#)



## Great Outdoors — September

*Beginners Cycle Spin Class* — \$50HB — Sat. 9/16

10:45am check-in for 11:00am class

Athletica Health & Fitness

4019 Santa Barbara Blvd.



Find more information and register on [GoSignMeUp](#)

## Grilled Chicken Salad

Calories: 150, Carb: 3, Fat: 5, Protein: 22g

### Ingredients

- 1 cup diced grilled chicken breast
- ¼ cup diced celery
- 2 tablespoons chopped green onion
- 1 tablespoon light mayonnaise
- 1 teaspoon Dijon mustard
- ½ lemon, juiced
- Black pepper, to taste

### Directions

Mix all ingredients in a medium-sized bowl. Serve on whole-wheat bread as a sandwich, or in a bento box with whole-grain crackers and sliced vegetables such as cucumbers, carrots and bell peppers.



Cambier Park

Monday, September 4th

7:30am

This is a chip-timed race and must be done in person (not virtual) for \$50HB

Register on [GCR](#) website and [GoSignMeUp](#)



## Nutrition in the News — *Eat Right for Life* —

Although you may not be able to fully prevent an illness this season, a healthy immune system is one way to give your body extra protection. Focusing on nutrient-rich foods and healthy lifestyle behaviors can help you and your family stay a step ahead.

### Immune-Supporting Nutrients

The following nutrients play a role in the immune system and can be found in a variety of foods:

- **Beta Carotene** is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.
- **Vitamin C**-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.
- **Vitamin D** is found in fatty fish and eggs. Milk and 100% juices that are fortified with vitamin D also are sources of this important nutrient.
- **Zinc** tends to be better absorbed from animal sources such as beef and seafood, but also is in vegetarian sources such as wheat germ, beans, nuts and tofu.
- **Probiotics** are “good” bacteria that promote health. They can be found in cultured dairy products such as yogurt with live cultures and may also be in other fermented foods such as kimchi.

**Protein** comes from both animal and plant-based sources, such as milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

### Focus on Balance

To help keep your immune system healthy all year long, focus on a balanced eating plan, adequate sleep and stress management.

Aim for five to seven servings of vegetables and fruits daily to get vitamins, minerals and antioxidants that may support immune health.

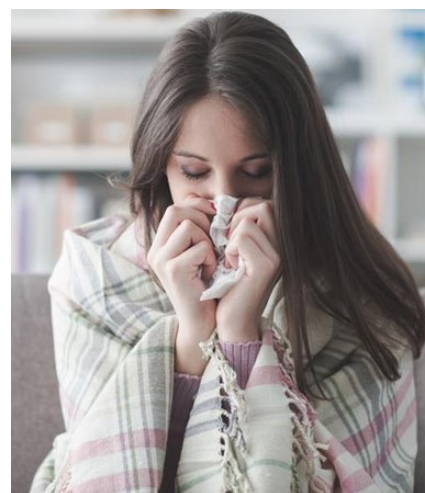
Good hygiene and hand-washing help prevent the spread of germs. Remember to wash produce before eating or using in recipes. Clean glasses, forks, spoons and other utensils to reduce the spread and growth of bacteria.

Find healthy and appropriate ways to cope with stress, such as meditation, listening to music or writing. Physical activity also is a great way to help manage stress and may help reduce the risk of some chronic diseases that could weaken your immune system further.

Lack of sleep contributes to a variety of health concerns, such as a weakened immune system. Seven to nine hours is recommended each day for adults, and children need eight to 14 hours, depending on their age.

### What About Herbals?

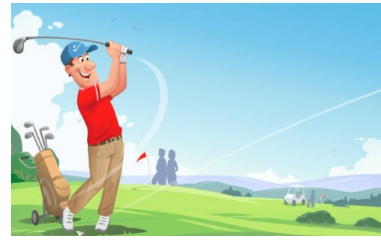
Many herbal remedies are marketed to help fight colds or shorten their duration but check with your health care provider before taking any supplements or medications. No one food or supplement can prevent illness.







Thank you to the Lely Golf & Resort  
for hosting our annual  
Great Outdoors Golf & Pedometer Steps  
event on 8/12!



Thank you to NCH  
for hosting our annual  
Great Outdoors  
Water Aerobics  
class on 8/19!



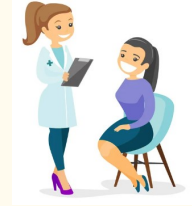
## REMINDERS!

**For all spouses and upgrading employees-** the qualifying year is rapidly coming to a close! **September 30<sup>th</sup> is the final deadline** for all Wellness classes, repeat labs, and age-related qualifiers (physical/mammogram/colonoscopy). Repeat labs must be done at an employee Med Center **between 7/17 and 9/30** by *appointment only*. **Schedule NOW!**

The Med Center – Bldg. D      239-252-4257

The Med Center North      239-315-7111

If you or your spouse have questions about remaining qualifiers-  
Call the Health Advocates office: 239-252-5588

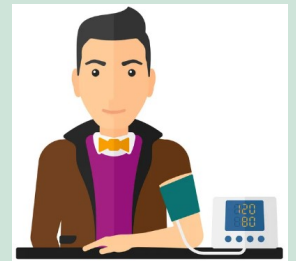


**RESULT-BASED HEALTHY BUCKS PROGRAMS BELOW** - You MUST Register for the below programs on **GoSignMeUp** by September 29, 2023

Earn \$150 Healthy Bucks by participating in these result-based programs for your yearly maximum of \$300 Healthy Bucks:

1.) Off the Cuff - Blood Pressure Program - \$50HB

- Maintain or lower your Blood Pressure < 130/90
- Attend a Wellness Weight/Blood Pressure Clinic in August-September 2023

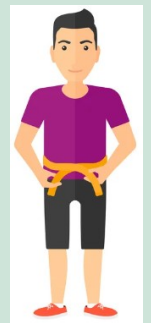
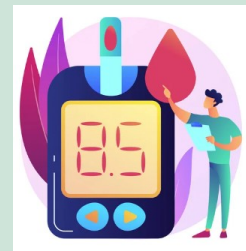


2.) Sugar Busters - A1C Management Program - \$50HB

- Maintain or lower your A1C < 5.7% OR for those with Type 1 or Type 2 Diabetes A1C < 7%
- You will be required to repeat your non-fasting A1c lab test *by appointment* at the Main Campus MedCenter 239-252-4257 or North MedCenter 239-315-7111 starting July 17th - September 29, 2023.

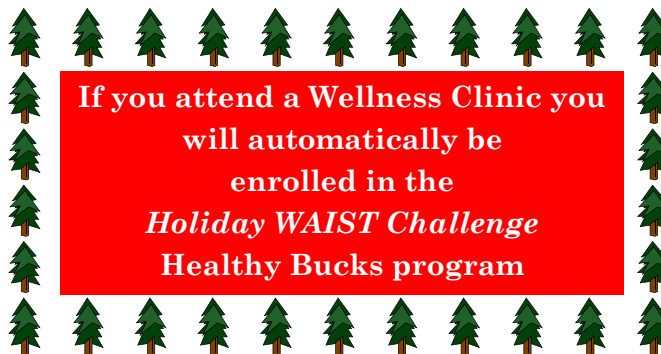
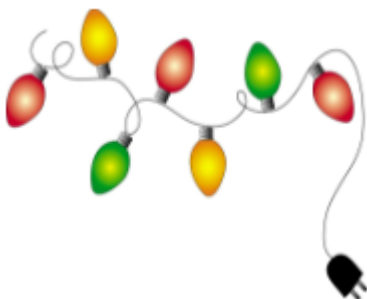
3.) Re-shape Your Frame - Body Composition Program - \$50HB

- Maintain a BMI < 25
- if BMI is 25-29.9, then lose 5% of initial weight from January Weigh-in Clinic
- if BMI is > 30, then lose 10% of initial weight from January Weigh-in Clinic



OR YOU CAN SELECT:

- Waist Circumference    Women < 35 inches      Men < 40 inches
- Attend a Wellness Weight/Blood Pressure Clinic in August-September 2023



**If you attend a Wellness Clinic you  
will automatically be  
enrolled in the  
Holiday WAIST Challenge  
Healthy Bucks program**

