

BE HEALTHY

LCIC Health and Wellness Newsletter

Sept 2015



Welcome Back one and all to a new school year! Hope you all had a safe and wonderful summer and that you were able to soak in some sun and fun. Thank you for all you do. Your passion for your job is evident whenever I come into contact with each and every one throughout all 8 school districts and Penn College. You make my job fun and exciting and I cannot wait to spend the year with you and help you in any way I can.

Have a dream. Have a passion. Know that there is no such thing as overnight success.

It comes with enormous hard work and commitment and sacrifice.

-Christiane Amanpour



Boot camp held after school.

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Free Biometric Work Screenings

In just a short amount of time, we will be gearing up for the biometric work screenings. We will come into each school building to perform these screenings.

These screenings will give you results in several minutes. You will know your full cholesterol panel, and glucose (blood sugar level) as well as your height, weight, BMI and your blood pressure.

We use a Cholestech machine which only requires a finger stick of blood.

These screenings are offered for all full time employees and their spouses. Part time employees can pay a small fee to have this testing done.

For more information on dates for your school, please see <http://Health.iu17.org> for a schedule.

BeHIP Now in its Third Year!



As we are heading into our third year of our wellness program, we have made some wonderful changes and additions to the program. We recognize that many of us put ourselves last on the list to take care of. Well with this program it is easy to put

yourself first! With our concentration on preventative care, physical activity and managing medical conditions, there is something for everyone. It is time to take care of your health needs and to maintain those habits that are healthy.

Please visit <http://health.iu17.org> and click on the 15-16 BeHIP tab to find out more on the program, to access forms and to find out how you can earn \$150, \$225 or even \$300 back in your pocket for taking care of yourself!

Please use shapeuptracker.org to keep track of your own points.

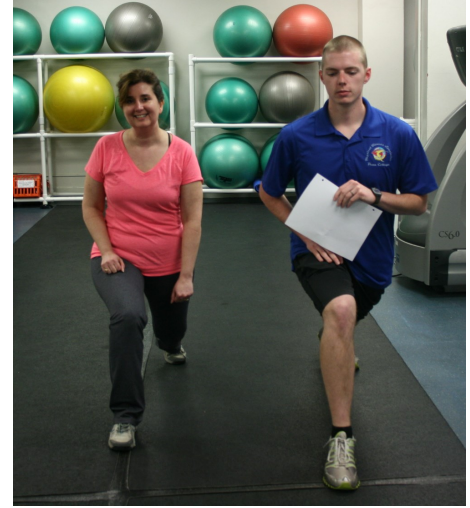


Blood pressure at a health screening.

Employee Spotlight

Meet Melissa S.

Melissa's story is so familiar to me that I thought I was looking in the mirror during our talk. And I would bet you will see yourself in her story also. For most of us growing up, being physically active as a kid, teen, college and even as a young professional was easy. We had no serious obligations to meet except the ones to ourselves. Ahh, the carefree lifestyle of our early 20's, right? Fast forward a couple more years where our jobs become more demanding, add into that a husband, kids and now their activities. Soon that physically active self becomes dormant, our energy levels wane and we put ourselves on the back burner to take care of everything else. What I like about our success stories is that someone can always relate, so see if anything Melissa says strikes a chord in you.



Melissa having her metabolism tested (left) and learning proper exercise techniques with her trainer (right).

When did you first notice you were unhappy with your physical activity and your weight? At first, I was taking advantage of all the things Penn College would offer, such as yoga, Zumba and walking the river walk. But then I noticed a problem with metabolism slow down combined with a loss of motivation to put myself first. I would have my gym bag with me ready to go and not go, which kept repeating itself over the course of months. I think life was getting in the way and I was taking care of other things besides myself. I started to work with my health coach through BCNEPA who was wonderful. She asked me about what I like to do and don't like to do. I like to bike over the summer, take the Zumba and yoga classes 2 days a week. I also like to do cardio boxing tapes because they empower me.

What was your AHA moment and what prompted that? When I came to Penn College, my weight kept creeping up and I felt that going in that direction-saying no to exercise, was not something I wanted. So I stepped out of my comfort zone and signed up for the student personal training program where I was paired with a student majoring in Exercise Science. The student's grade depends on their clients showing up three times per week and I couldn't let that student down.

What are some of your goals? One of my main goals is to stay at a healthy weight, but after working with the student personal trainer, I lost inches and the biggest and most surprising gain I made was that my recovery heart rate improved vastly. My blood pressure was also lower. This spring semester we concentrated on a lot of cardio work-running, elliptical, stairclimber, stationary biking and rowing. His cool names for the workouts were also motivating. (Continued on next page)

Meet Melissa S. (con't)

How has working out and eating right changed your outlook?

Working out has forced me into a good routine. We changed our eating habits about 4-5 years ago, but now I feel with the workouts that stress is so much easier to handle throughout the day. I feel better, stronger and more importantly Healthier!

What motivates you to keep going? I am not getting any younger and at age of 30 I was diagnosed with osteoporosis. It's an interesting story. Several years ago I just happened to be at a health fair and they allowed me to take the dexa scan and it came back positive. After seeing my doctor and getting a definitive test, I have been on a regimen of Calcium and Vitamin D for years. If I stay strong and exercise (especially weight bearing activities) I can slow down the progress of the osteoporosis.

What would you tell someone else in your shoes? Find something that appeals to you and go for it! If you don't like it you won't stick to it. I was fearful of signing up with a trainer, as an hour with a trainer was going to be hard. It was a big leap and I was really sore. But now I feel more fit and happy that I did it.

How has the wellness program influenced your life? I like to participate in the wellness programs and I really look forward to the educational opportunities offered at the college. I also participate in the biometric screening every year as it's just another check up to make sure I am on track. It's great to work somewhere where you have the opportunity to participate and do these things. I got my resting metabolic rate done and it said it was really poor before I started exercising. I knew that but it certainly motivates you when you see it in writing. One of the things I truly enjoy is getting together with my coworkers to work out, talk about nutrition and eat lunch together for our mental break!

Thank you to Melissa for telling her story. We wish her continued success with her story!

Contact Me

If you would like to tell your success story, please send me an email at :

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Fall comes with
an amazing
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offer!

Purchase a 17-week
At Work Meeting
Series* and get
**TWO weeks
free.**

weightwatchers

Learn how to start a Weight Watchers® 17-week At Work Meeting Series here.

Open House on Wednesday, September 16th, 4:00pm-4:45pm

BLaST IU 17, 2400 Reach Rd, Williamsport, PA

Come learn about our At Work program with no obligation! Regular meeting times will be on Wednesdays, beginning Sept. 23rd from 4:15-4:45.

*Offer: Offer available to New and Renewing Clients only and must be redeemed in participating At Work meeting locations, not available in traditional meeting locations. Total payment required in advance. Joining member will be charged for a 17-week At Work meeting series and will get two extra weeks added to the end of the applicable series. Offer not transferable and prices are subject to change. May not be redeemed for cash. Further restrictions may apply. Offer ends 10/2/2015. Series: Minimum enrollment required to start an At Work meeting series. Available only in participating areas.

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Financial Health

One of the focuses this year will be on financial health. Although we will not be giving financial advice, we want to provide information and resources for you to answer some questions you may have about financial health. We know that finances are a major stressor in most American lives. Questions such as:

- ◆ How can I save more money?
- ◆ How can I afford to pay my bills?
- ◆ Can I pay for my child's college tuition?
- ◆ At what age can I retire comfortably?

And the list goes on and on. It is important to realize that financial stress can take a toll on your physical and emotional health and may cause illness. Seven out of ten American workers say financial stress is their most common cause of stress, and almost half (48%) say they find dealing with their financial situation stressful. ¹

1. American Psychology Association, Stress in America: Are Teens Adopting Adults' Stress Habits? (2014), available at <http://www.apa.org/news/press/releases/stress/2013/stress-report.pdf>; PricewaterhouseCoopers, LLC, Employee Financial Wellness Survey 10 (2014), available at http://www.pwc.com/en_US/us/private-companyservices/publications/assets/pwc-employee-financial-wellness-survey-2014-results.pdf.

Did You Know?

Each district/college has an employee assistance program. That program is designed to help employees with several different subjects. One of which is based on financial help which includes:

- ◆ Financial planning
- ◆ Financial information
- ◆ Debt restructuring
- ◆ Debt counseling

This is a great resource for you to use. Information is kept confidential and is between you and the EAP company. Check out your employee benefits to locate the information on the EAP program for your school or college.

