

Active for LIFE at AC Gov!

Get Fit • Eat Better • Feel Good

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Active For Life at AC Gov Fitness Academy (Bootcamp) Is Going Strong!

Find out your team's standing on page 2!

Alameda County employees are feeling stronger, achieving their fitness goals, and having a great time at Active for Life "Bootcamp." An outdoor program that offers fitness instruction and motivational training packed with fun, energizing activities, "Bootcamp" increases the body's metabolic rate while keeping workouts fresh and dynamic. This makes for more rapid, positive changes in physique and overall health.

Don't Miss this Opportunity! Active for Life Participants Can Still Join the Fun.

Attend one of the sessions and register on-site. See the schedule below:

	Mondays	Tuesdays	Wednesdays	Thursdays
Bootcamp with Ignacio Trejo, Fitness Trainer 5 weeks. Tuesdays & Thursdays: June 5, 7, 12, 14, 19, 21, 26, 28 / July 3, 5		Lake Merritt, Oakland Meet outside Lake Chalet restaurant 12:10 – 12:50 pm		Lake Merritt, Oakland Meet outside Lake Chalet restaurant 12:10 – 12:50 pm
Bootcamp with Petria Ross, Fitness Trainer	Jack London Square, Oakland Meet in front of the Waterfront Hotel 12:10 – 12:50 pm 4 weeks – June 4, 11, 18, 25	5669 Gibraltar Dr., Pleasanton Meet at the loading dock 12:15 – 12:45 pm 4 weeks – June 5, 12, 19, 26	2000 San Pablo, Oakland Meet at gated patio area next to the parking garage 12:10 – 12:50 pm 4 weeks – June 6, 13, 20, 27	Eden Area, Hayward Meet at Birchfield Park at Winton & Santa Clara Streets across from the police station 12:10 – 12:50 pm 4 weeks – June 5, 12, 19, 26



This program is sponsored by Wellness Works, a program of the Risk Management Unit of the County Administrator's Office. For more information, call 271-5190 (2-5190) or email us at wellness@acgov.org.

Active for Life at AC Gov TEAM STANDINGS as of June 17, 2012

- 1 Pumped With Activities 2012 (Public Works)
- 2 Risky Business (Risk Management)
- 3 Team DCSS 1 (DCSS)
- 4 HRS On the Move (HRS)
- 5 E Team (ITD)
- 6 Calorie Deprived Achievers 2012 (CDA)
- 7 Assessing Fitness 2012 (Assessor)
- 8 TCB Taking Care of our Bodies (Law Library)
- 9 Team Calorie Counters 2012 (Auditor)
- 10 Greatness Starts with Action (GSA)
- 11 Booked for Life 2012 (AC Library)
- 12 Cardio Collectors 2012 (Treasurer)
- 13 ACERA Health Is Wealth (ACERA)
- 14 Fit Zone 2012 (Zone 7)
- 15 DA's Get Fit Club 2012 (District Attorney)
- 16 The Defense Never Rests 2012 (Public Defender)
- 17 ACSO 2012 (ACSO)
- 18 Walkin' the Talk 2012 (Public Health)
- 19 Team Carson (BOS)
- 20 Team County Counsel (County Counsel)
- 21 CAO Executive Sweats (CAO)
- 22 SWAG Strong Workouts Active Goals (SSA)
- 23 HCSA (HCSA)
- 24 Probation Pacers 2012 (Probation)
- 25 Vote For Life 2012 (ROV)

These standings are all subject to change and there is plenty of time to win; but you must enter your points!

REMEMBER: You can only enter daily points retroactively for two weeks so stay up to date. It is allowable to enter aggregate numbers from earlier weeks if necessary. Please contact your Team Captain or Wellness Works (wellness@acgov.org) for instructions or for a copy of the Excel spreadsheet to facilitate tracking points.

Office Exercise-of-the-Week:

"I'm not quite ready to work!" Chair Squats

Before you take a seat and begin your day, practice lowering and lifting your tushie to tone your buttocks, hips, and thighs. Getting up and sitting down is one of the most important activities of daily life. The leading predictor of whether you will need assisted living in your old age is your leg strength. Do squats regularly not only for a toned backside, but also to maintain your physical independence as you age.



1. Stand upright with your feet hip-width apart, about one inch in front of your chair. Hold in your abdominals and relax your shoulders.
2. Inhale as you sit back, as if you are going to sit in your chair. Let your bottom lightly touch the chair without sitting down.
3. Exhale as you push yourself back up to standing, while squeezing your buttocks.

Work for up to one minute.

SECRETS OF SUCCESS: Place your hands on your thighs to support your back. Avoid arching your back. Do not do this exercise if your back or knees hurt. For extra ab toning, draw your belly button in toward your spine as you exhale.

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One minute of squats burns 10 calories.
One minute of sitting while doing nothing else burns 1.1 calories.

ONE YEAR

10 calories x 5 days per week - 50 calories
50 calories x 50 weeks per year - 2,500 calories
2,500 calories + 3,500 calories per lb. - .71 lb.
By adding one minute of chair squats per day at the office, you can burn off almost 3/4 lb. per year.

Excerpted from *Fitness 9 To 5: Easy Exercises for the Working Week* by Shirley Archer

Try Meatless Monday for Better Health

Want to live longer, curb obesity, fight diabetes and heart disease and limit your cancer risk? TRY GOING MEATLESS ON MONDAYS...

What is Meatless Monday?

An international movement to help people reduce their meat consumption by 15% to improve personal health and the health of the planet. Meatless Monday is a non-profit initiative of The Monday Campaigns, in association with the Johns Hopkins Bloomberg School of Public Health.

Why Meatless?

On average, Americans consume 8 ounces of meat per day – 45% more than the USDA recommends. Going meatless once a week can reduce your risk of chronic preventable conditions like cancer, cardiovascular disease, diabetes and obesity. It can also help limit your carbon footprint and save precious resources like fresh water and fossil fuel.

Why Monday?

Multiple studies have shown that periodic health prompts lead to positive behavior change. Monday is the beginning of the week, making it the perfect time to re-evaluate our choices and set our intentions for the coming days. With a Meatless Monday, you have a scheduled, recurring reminder to start your week off on a nutritious note. And if this Monday passes you by, next week is another opportunity to focus on health!

Who's on board?

Schools: Over 50 Universities, K-12 school districts and dozens of public and private institutions offer Meatless Monday to their students.

Hospitals: 20 major hospitals across the U.S. use Meatless Monday to promote healthier habits for staff, visitors and patients.

Communities: Meatless Monday is becoming a local institution in cities like San Francisco, CA, Aspen, CO and Durham, NC. These towns embrace the campaign at school, work, restaurants and community events, creating a culture of wellness.

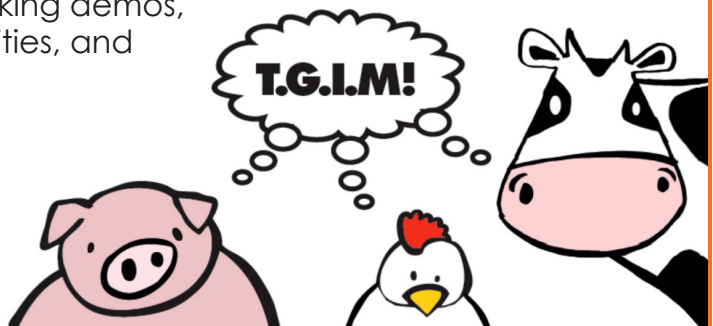
Interested?

Visit meatlessmonday.com to take the pledge and access four delicious meat-free recipes every Monday, compelling interviews and reviews, relevant nutrition and health news, helpful meatless cooking demos, active Twitter and Facebook communities, and a weekly email newsletter.

The Monday Campaigns

The day all health breaks loose.

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Keeping Active

Physical Activity Guidelines

The U.S. Department of Health and Human Services recommends the following physical activity guidelines for adults:

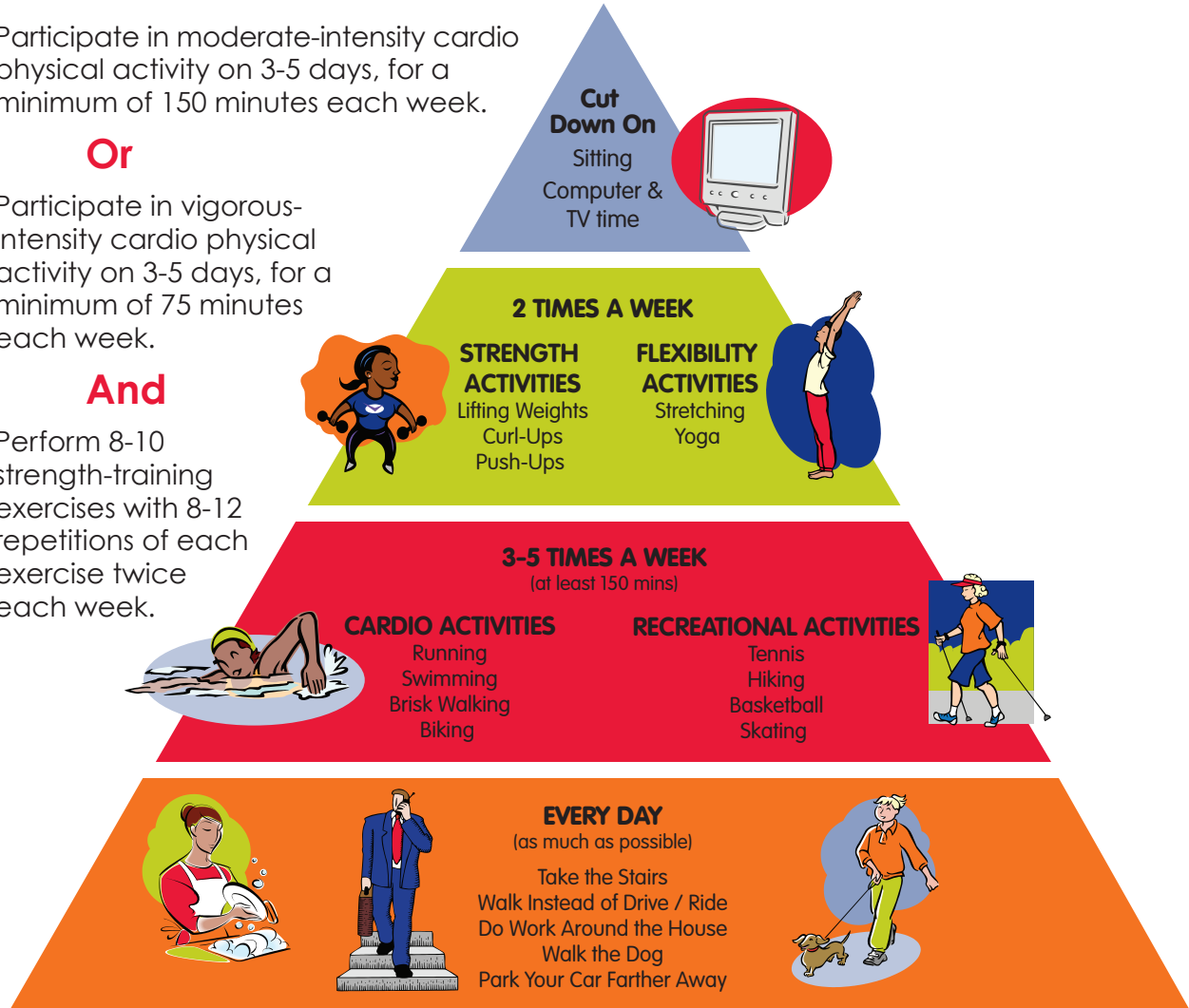
Participate in moderate-intensity cardio physical activity on 3-5 days, for a minimum of 150 minutes each week.

Or

Participate in vigorous-intensity cardio physical activity on 3-5 days, for a minimum of 75 minutes each week.

And

Perform 8-10 strength-training exercises with 8-12 repetitions of each exercise twice each week.



Understanding the recommendations:

- **Cardio or aerobic activity** will help strengthen your heart and lungs, and also manage weight.
- **Moderate-intensity cardio activity** means you are working hard enough to raise your heart rate, but are still able to walk while doing the activity. Examples of moderate-intensity activities include walking, biking, swimming casually, and group aerobics.
- **Vigorous-intensity cardio activity** means you are breathing hard and quickly, and your heart-rate has gone up quite a bit. Examples of vigorous-intensity activities include jogging and swimming laps.
- **Strength training** helps to strengthen muscles and maintain lean muscle tissue. Examples of strength training activities include lifting weights, using resistance bands, curl-ups and push-ups.