Spring 2011 Program Intro

Please note – the Wellness Year ends June 30, 2011. All materials must be submitted by this date.

What are the rewards of participating in a wellness program?
- Decreased health risks, increased energy, employee camaraderie, and improved quality of life.
- All employees who are still employed on December 31, 2011 can receive a financial incentive of $175 for completing their annual Health Risk Appraisal (HRA) AND earning a minimum of 8 Wellness Credits between July 1, 2010 – June 30, 2011. Payments will be distributed in January, 2012.
  * Eligible full-time employees may elect to have this incentive applied towards payment of their 2011 health care benefits. As a convenience, full time employees may access the HRA during open enrollment, as well as anytime between September 27 and December 31.
  * HRA access will be granted to ALL employees, including part-time employees, via e-mail communication.

What are the goals for this year’s wellness program?
- To increase the number of employees completing the annual HRA.
- To increase the number of employees who are engaged in their personal health through program participation.
- To provide employees with the knowledge, tools and personal support to achieve their wellness goals.

How can I join and earn Wellness Credits?
- After completing the annual HRA, participate in a variety of wellness programs that meet your personal wellness needs during the Wellness Cycle: July 1, 2010-June 30, 2011.
- You cannot receive credit for programs/screenings you completed prior to July 1, 2010. In addition, in order to be eligible for the financial incentive, you must have completed the online HRA by December 31, 2010.
- New employees hired after September 1, 2010 will have access to the HRA through April 30, 2011.

Can I participate in wellness programs during work hours?
- Employees are expected to participate in wellness activities outside of their regular work schedules. However, employees can work with their supervisors to provide some leeway to make up lost work time or adjust lunch/break schedules.
- Employees must seek pre-approval from supervisors prior to committing to participation during work hours.

What if I am no longer employed at the end of the wellness period or calendar year, but I have completed the HRA and earned my 8 Wellness Credits? Can I still receive the financial incentive?
- NO. Participants must be employed (on the payroll) on December 31, 2011 in order to receive the financial incentive for the 2010-2011 wellness year.

For more information on any of the programs, please contact your campus Health & Wellness Center:

**Western Campus Health & Wellness Center** - x 5683  
Room WSS G-202

**Eastern Campus Health & Wellness Center** - x 2511  
Room ESS 2203

**Metro/District Campus Health & Wellness Centers** - x 6143  
Room MRC 23A
Levels of Programming

Below is a brief description of the levels of wellness programming and credits awarded.

**Awareness Activities**
*Wellness Credit Awarded: 1*
Awareness activities are designed to raise the level of consciousness and interest in how daily living habits can affect your overall health and well-being. These types of activities usually require minimal time and effort from the participant and may include workshops, community walks, and general activities.

**Educational/Motivational Programs**
*Wellness Credit Awarded: 2*
Educational/motivational initiatives require more effort on the part of participants and increase the likelihood for positive behavior changes. Weight management classes, nutrition classes, book clubs, and health classes are all examples of Educational/Motivational Programs.

**Fitness/Physical Activity Programs**
*Wellness Credit Awarded: 1, 2, or 3 depending on frequency and amount of time per class/workout*
Considering that movement is an integral part of wellness, ALL employees are encouraged to live a physically active life. We recognize that individuals vary greatly in their physical ability, as well as their personal commitment to exercise; therefore, Wellness Credit(s) will be based on the type, frequency and time devoted throughout the semester to being physically active.

**Instructor disclaimer:** The campus Health & Wellness Center strives to maintain excellence by contracting high-quality, knowledgeable and credible facilitators for our programs. Tri-C does not endorse the projects, services, or unsolicited advice of the presenters.

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**Reporting & Tracking**

You can view your Wellness Credit status, training schedule, or transcript at any time during the semester using Tri-C’s InSight! Learning Management System at https://my.tri-c.edu. This is how you keep track of activities for which you have registered and earned Wellness Credits. The “Wellness Credits Awarded” section at the end of each program description depicts the amount of credit associated with each activity.

**Tri-C Health & Wellness “Integrity” Disclaimer**
Many programs require individualized tracking & validation. Credit will not be awarded without the appropriate and complete validation of required documents. It is the expectation that all verification is truthfully presented with the highest level of integrity.

**REGISTER FOR WELLNESS CLASSES AND FIND OUT HOW MANY WELLNESS CREDITS YOU HAVE EARNED!!**
The class registration process is linked with the College’s InSight! Learning Management System. Unless otherwise indicated, all wellness program registrations need to be processed through InSight!

**Logging on to InSight!**
Any college employee with an active, enabled account can log on to the system from any Internet connection.
1. Go to my Tri-C space (if offsite, type https://my.tri-c.edu in the browser).
2. Log into my Tri-C space with your ‘S’ number and password.
3. Click on the Employee Tab.
4. Under the Working @ Tri-C channel, click InSight!

**Please note:** The Health & Wellness Center does not investigate or explore InSight! for you. For navigation assistance or access to the system, you must email Kathina Vauss at kathina.vauss@tri-c.edu.
Register for a Health & Wellness Activity/Class:
At the InSight! homepage, go to Health & Wellness and then select the campus of your choice. Important: Do NOT search the catalog for a class, as you may register for the wrong campus.

1. Select learning activity/class of interest.
2. Click the Register button to register for the activity/class.
3. Scroll down and click Submit to complete the registration process.
4. A congratulations notice on InSight! will appear confirming your registration.
5. An email will also be sent to your Outlook inbox confirming your registration.
6. Click on the attachment and then click the Save and Close button to add the activity/class to your Outlook calendar.
   • A document with step by step instructions is available by selecting InSight! under the Technology category on the InSight! homepage.

Check Your Wellness Credits:
1. From the Learn menu, click Training Schedule.
2. Look for the Heading “View” (to the right of the screen).
3. Click on the Down Arrow.
4. Click on “Completed Activities”.
5. Click on “Start Date” once, this sorts your schedule in ascending order.
6. Click on “Start Date” again, this sorts your schedule in descending order (which is what you want).
   • This will give you a list of your completed classes starting with the current date. Again, you must click “Start Date” twice.

If you wish to print portions of your training schedule, click on the print icon in the upper right hand corner of the screen to print the current page.

*Responsible printing is encouraged in support of the Tri-C commitment to sustainability.*

Classes for the current Wellness Cycle began on July 1, 2010. Make sure you only count Health & Wellness Classes for credit. These are identified by the number of credits awarded with WC written directly after the name of the class - for example, Work-Place Yoga (2 WC).

Exit The System:
• Click the log off link at the top left of the page OR
• Click on the “X” to close InSight! and the Internet Explorer Window.

**Tri-C Health & Wellness Center Privacy Disclaimer**
*The Health & Wellness Centers of Cuyahoga Community College are committed to the privacy and confidentiality of personal information. Any information obtained will be treated as privileged and confidential. Any individual information you share is kept in strict confidence by the Wellness Center staff and any approved vendors. No individual information is released to any person and is not shared with Cuyahoga Community College.*
Refrain from “The Gain” continues

If you are participating in Refrain from “The Gain”, your required January weigh-in is an opportunity to get back on track, if needed, after the holiday celebrations. Research shows that the average weight gain throughout the holiday season is just one pound. But often this is never lost, and over time, the one pound becomes five, then ten, and eventually, twenty or more. Our Refrain from “The Gain” program helps you avoid this year-to-year weight gain. In addition to having the opportunity to get back on track in January, participants will have the month of June to “scale back” and lose any weight gained over the past year. For health purposes, a weight loss of more than 2% of your starting weight is not allowed during the June “scale back” period.

**Date/Time/Location:**
- Tues., Jan. 4 – Jan. 31  Required weigh-in  All Sites
- Tues., May 2 – May 31  Required weigh-out  All Sites
- Wed., June 1 – June 30  Scale-back month  All Sites

**Registration:** This program is no longer open for registration. However, all previously registered participants must weigh-in during the month of January for the Accountability Check and weigh-out during the month of May.

**Wellness Credit Awarded:** Earn 1 Wellness Credit for maintaining your weight as defined in the Fall program description. Weights MUST be verified by Tri-C Health & Wellness personnel (no exceptions). Monthly weigh-ins are not required, but participants may use the scale in their campus Health & Wellness Center.

Take Off Pounds Sensibly (TOPS)

For 60 years, TOPS (Take Off Pounds Sensibly) has been helping people lose weight and live healthier lives. This practical approach to weight loss combines good nutrition, moderate activity and group support. Members receive nine issues of TOPS News throughout the year. Because TOPS is nonprofit and noncommercial, it is affordable! For more information, please plan to attend an information session at District on Thurs., Jan. 13 at Noon in the Resource Room. Visit **www.tops.org** to learn more about TOPS.

**Date/Time/Location:**
- Feb. – June  District

**Registration:** Register through Tri-C’s InSight! Learning Management System at https://my.tri-c.edu. 
*This program requires a minimum of 10 participants.*

**Cost:** $26 annual fee paid directly to TOPS.

**Wellness Credit Awarded:** Participants must attend at least 2 times each month in order to receive 2 Wellness Credits. Program runs February–June.

Work-Place Yoga

Work-Place Yoga uses exercises, proper breathing, relaxation and meditation to relieve stress, and teaches coping techniques to become healthier, happier and well-balanced. Yoga has been proven effective in boosting the immune system, increasing flexibility and revitalizing the mind and body. Work-Place Yoga accommodates all fitness levels through progression and modification of yoga postures. This semester’s program is 10 weeks in length. (East is 8 weeks.) *Note: participants should bring an exercise mat or towel.*

**Date/Time/Location:**
- Tues., Jan. 18 – Mar. 29 Noon – 1:00 p.m.  District – Wellness Center
- Thurs., Jan. 20 – Mar. 31 3:00 – 4:00 p.m.  Western Campus – Dance Studio (WLA B115)
- Tues., Feb. 1 – Mar. 29  1:30 – 2:30 p.m.  Eastern Campus – TBA

**Registration:** Register through Tri-C’s InSight! Learning Management System at https://my.tri-c.edu. You must be registered on InSight! within one week of the start of the program. *Yoga requires a minimum of 10 registered participants per site.*

**Wellness Credit Awarded:** Participants must attend 7 sessions in order to receive 2 Wellness Credits. *Note: No class during the week of March 14 (Spring Break). This program cannot be counted as part of FITness for Life. Additional classes may be offered through Physical Education or Recreation.*
**JANUARY 2011**

**ZUMBA® Fitness**

Bold, feisty, and fierce, Thia returns with renewed energy and enthusiasm! Come dance, have fun and get fit with the class that has taken Tri-C by storm. Zumba® Fitness fuses traditional aerobic moves with sultry Latin steps and rhythms to create a dynamic fitness regimen. You do not need to know how to dance to enjoy each exhilarating hour of calorie-burning, body-energizing, and awe-inspiring movements. Join us for seven weeks of high-intensity Zumba® Fitness, beginning on Friday, January 28.

**Date/Time/Location:**
- Fri., Jan. 28 – March 11  12:30 – 1:30 p.m.  Metro Campus – TBA
- Fri., Jan. 28 – March 11  3:00 – 4:00 p.m.  Eastern Campus – TBA

**Registration:** Register through Tri-C’s InSight! Learning System at [https://my.tri-c.edu](https://my.tri-c.edu). You must be registered on InSight! one week prior to the start of the program. Zumba requires a minimum of 10 registered participants per site.

**Wellness Credit:** Receive 2 Wellness Credits for attending 5 of 7 classes. This program cannot be counted as part of FITness for Life.

**StairWELL to Health**

Step up to a healthier lifestyle by taking the StairWELL to Health challenge! StairWELL to Health is designed to increase physical activity in the workplace and outside the home by taking the stairs in place of an elevator/escalator. The goal of this six-week program is to climb UP a total of 240 workplace/public storeys in 6 weeks. To reach this goal, you will strive to climb UP a minimum of 8 storeys of stairs while at your workplace or other public locations, five days per week for 6 consecutive weeks. A storey is the distance from one floor level to the next. For example, from the basement to the first floor = 1 storey. Again, this is a 6-week program, and your activity should span across the duration of the program – the ENTIRE 6 weeks. Program guidelines will be emailed to all registered participants by Friday, January 28.

**Date/Time/Location:**
- Mon., Jan. 31 – March 11  All Sites

**Registration:** Register through Tri-C’s InSight! Learning Management System at [https://my.tri-c.edu](https://my.tri-c.edu).

**Wellness Credit Awarded:** Receive 2 Wellness Credits for completing this physical activity. Participants must climb UP 8 storeys of stairs at least five days per week (on average) while at work or other public places for 6 consecutive weeks (totaling 240 storeys). Completed tracking logs are due to your campus Health & Wellness Center by Friday, March 25. This program cannot be counted as part of FITness for Life.
Weight Watchers: The AT WORK Program

Always on the cutting edge of science and practicality, Weight Watchers has recently revamped its popular Point™ system. Most fruits and vegetables are now FREE with the new program. Members report more freedom, more satiety, and are seeing better results – in other words, the best weight loss program on the market just got better. The 12-week At Work group participation program is designed to support the special weight loss needs and concerns of working people. Each meeting includes a confidential weigh-in, lecture and discussion facilitated by a specially-trained Weight Watcher leader. So join your friends and co-workers this New Year. You will gain knowledge, support, and confidence while you lose the weight.

Date/Time/Location:

- Tues., Feb. 1 – Apr. 26    2:30 – 3:00 p.m.  Eastern Campus – TBA
- Wed., Feb. 2 – Apr. 27    Noon – 12:30 p.m.  Western Campus – WSS G-4A
- Wed., Feb. 2 – Apr. 27    1:30 – 2:15 p.m.  Metro Campus – TBA

Stay Tuned for details regarding Open House meetings.

Registration: Register through Tri-C’s InSight! Learning Management System at https://my.tri-c.edu. You must be registered on InSight! within one week of the start of the program. This program requires a minimum of 15 participants per site. (Lifetime members may join but do not count toward the required 15 participants).

Cost: $144. Participants will be eligible for a $75 refund by the Office of Health and Wellness for reaching a weight loss goal of 10%. Individuals medically unable to reach this goal can still qualify for the refund by pre-arranging an acceptable goal with their campus Health & Wellness Manager. Additional financial incentives may be applicable for Tri-C Medical Mutual subscribers.

Wellness Credit Awarded: Participants must attend at least 80% or 10 of the 12 sessions in order to receive 2 Wellness Credits. If you attend Weight Watchers outside of Tri-C, speak with your campus Health & Wellness Manager about earning Wellness Credits.

Adult CPR Training and Certification

Learning to save a life just got easier and less risky. Traditional CPR has been scaled back to include JUST compressions – hard and fast. The focus is to keep oxygen-rich blood flowing to the brain until help arrives. Since heart disease is the leading cause of death in adults in the United States, and approximately 75% of all heart attacks occur in people’s homes, there is no better time to be proactive. Cardiopulmonary Resuscitation (CPR) doubles a person’s chance of survival from sudden cardiac arrest. This workshop provides the opportunity to learn the updated basic CPR techniques for adults. It does NOT meet the requirements for certification for health care providers; it is a layperson’s certification.

Date/Time/Location:

Adult, Infant, & Child CPR & AED Training, American Red Cross:
- Tues., Feb. 8 1:00 – 2:30 p.m.  Eastern Campus- EEC 170

Adult Heart Saver CPR, American Heart Association:
- Wed., Feb. 2 2:30 – 3:30 p.m.  Western Campus – WSS G-4A
- Thurs., Feb. 10 Noon – 1:00 p.m.  Western Campus – WSS G-4A
- Thurs., Feb. 10 4:00 – 6:00 p.m.  District Offices – Board Room
- Thurs., Feb. 24 4:00 – 6:00 p.m.  Metro Campus – MHCS-229

Registration: Register through Tri-C’s InSight! Learning Management System at https://my.tri-c.edu.

Wellness Credit Awarded: Receive 1 Wellness Credit for completing this program.

Please note: Participants may be assessed a small fee of $5-7 for certification card. Check with your campus Health & Wellness Center for more information.
Building Financial Success for Life

Nothing more symbolizes living the American dream than to be financially successful. Yet financially successful families are the exception rather than the rule. According to statistics released on November 8, 2010 by the Administrative Office of the U.S. Courts, non-business bankruptcy filings totaled $1,538,033, up 14.4 percent from September 2009. This is the highest number of non-business bankruptcy filings for a fiscal year since 2005! Families are a business—the business of life and happiness—so a family business plan needs to be developed to secure the lifestyle and growth desired. In this workshop you will explore five steps necessary to building a plan, a “financial roadmap”, and techniques that explain how these steps can ensure a successful financial life.

Date/Time/Location:
- Thurs., Feb. 3 Noon – 1:00 p.m. Western Campus – WSS-G4A
- Thurs., Feb. 3 2:30 – 3:30 p.m. Eastern Campus – TBA
- Thurs., Feb. 17 11:00 a.m. – Noon District – Resource Room
- Thurs., Feb. 17 1:00 – 2:00 p.m. Metro Campus - TBA

Registration: Register through Tri-C’s InSight! Learning Management System at https://my.tri-c.edu.

Wellness Credit Awarded: Receive 1 Wellness Credit for attending this workshop.

Go Red for Women

Tri-C is Going Red for Women with the American Heart Association’s (AHA) national call to increase awareness of heart disease, the leading cause of death for women. Participate in Go Red for Women by donating $5 to wear red and denim; proceeds donated to AHA.

Stop by your campus Health & Wellness Center between February 1 and February 4 to make your donation and obtain your Go Red pin and materials. To learn more about Go Red for Women and heart disease, visit the American Heart Association at www.americanheart.org. Watch for our heart-healthy collaboration with Tri-C campus dining during the month of February.

Date/Time/Location:
- Fri., Feb. 4 All Day All Sites

Red & Denim day is Fri., Feb. 4, but you may pay and obtain materials throughout the week beginning Tues., Feb. 1.

Registration: Register through Tri-C’s InSight! Learning Management System at https://my.tri-c.edu.

Wellness Credit Awarded: “Feel Good” Credit awarded for this activity, no point value.

Cost: $5 donation. Make checks payable to the American Heart Association.

The WELL Workplace Healthletter

Pledge to become more proactive in your personal health quest this wellness year. Participants will increase their knowledge in a myriad of Health & Wellness topics with our health newsletter, The WELL Workplace Healthletter. You will receive a new issue each month and complete a brief interactive activity on each issue. Share the WELLth, take it home so you and your family can become healthier together. Newsletters are hard copy and will be distributed through interoffice mail by the tenth of each month. Register early to guarantee a spot - deadline to register through InSight! is Friday, January 28. (After this date, contact your campus Health & Wellness Manager directly.) Enrollment is limited to 250 participants. Participants will receive January and February newsletters together.

Date/Time/Location:
- Mon., Feb. 7 – June 24 All Sites

Registration: Register through Tri-C’s InSight! Learning Management System at https://my.tri-c.edu.

Note – you must register for the spring session even if you were enrolled during the fall.

Wellness Credit Awarded: Receive 1 Wellness Credit for reading and completing 5 months of the Well Workplace Healthletter (January - May). Packets are due to your campus Health & Wellness Center by Friday, June 24.
Hi-Five Fitness

Hi-Five Fitness is a graduated physical activity program that you can tailor to meet your individual needs. As a whole, most US adults do not engage in sufficient physical activity on a daily basis. In fact, the average daily step count is less than 5,000 steps per day; which is considered sedentary. The overall goal of this 8-week physical activity (PA) program is to reach daily minimums of 7,500 steps or 45 minutes of PA by week 7 of this 8-week program. To meet individual needs, the program allows you to gradually increase your daily steps walked/minutes of physical activity, but there is a catch. The catch is that you must increase by a minimum of 500 steps/5 minutes of PA per week and meet these goals at least 5 days per week. Hence the name, Hi-Five Fitness.

Decide which category you prefer to participate in or choose both if you like. Participants identify their starting point, but cannot start with less than 4,500 steps or 15 minutes of dedicated PA per day. The daily recommendation for optimal fitness is about 10,000 steps per day for a healthy adult; which focuses on the accumulation of activity across the entire day. Given this, the minimal standards should be exceeded for participants with higher fitness levels. Program guidelines will be emailed to all registered participants by Friday, February 4.

Please Note, you must provide your own quality pedometer if you choose the daily steps component. Participants will receive general exercise guidelines and learn to use the FITTness principle in designing their personal workout plans.

MAYBE THIS CAN shape you up for Shape Up to the Nation II (SUTN II)! When you complete Hi-Five Fitness, you will be ready for the exciting return of the team-based competition SUTN II. Win wonderful prizes, challenge other teams, and enjoy the many new features of this expanded program. You’ll be getting healthier without even knowing it.

Date/Time/Location:
• Mon., Feb. 7 – Fri., April 1     All Sites
Registration: Register through Tri-C’s InSight! Learning Management System at https://my.tri-c.edu.
Wellness Credit Awarded: Receive 2 Wellness Credits for completing this physical activity program. Trackers are due to your campus Health & Wellness Center by Friday, April 1. This program cannot be counted as part of FITness for Life.

Zumba Gold®

If your spirit says, “try it!”, but your mind says, “I’m not so sure”, then Zumba Gold® is for you. While staying true to the Zumba Latin dance and rhythms, Zumba Gold® is a lighter, gentler version of this popular fitness program. You do not need to be a dancer to enjoy Zumba Gold®, but your ability to laugh and have fun is a must.

Date/Time/Location:
• Mon., Feb. 14 – April 25 3:00 – 4:00 p.m.    Western Campus – Dance Studio/WLA B115
Registration: Register through Tri-C’s InSight! Learning System at https://my.tri-c.edu. You must be registered on InSight! one week prior to the start of the program. Zumba requires a minimum of 10 registered participants.
Wellness Credit: Receive 2 Wellness Credits for attending 8 out of 10 classes. Note: No class during the week of March 14 (Spring Break). This program cannot be counted as part of FITness for Life.
From SOFAS to Couch Potatoes & Beyond
The 2010 dietary guidelines are scheduled to be released early in 2011. Focusing on lifestyle issues that directly affect your health, such as weight, blood pressure and inactivity, these updated recommendations discourage SOFAS and couch potatoes. Intrigued? Then bring your curiosity to this workshop and learn about the recently released guidelines and what they mean for your health. WARNING! You’ll definitely be shaken by the sodium recommendations, fiber will be your new BFF, and home-cooked meals are no longer just for grandma’s generation.

Date/Time/Location:
• Wed., Mar. 2 2:30 – 3:30 p.m. Western Campus - WSS G4A
• Thurs., Mar. 3 Noon – 1:00 p.m. District - Resource Room
• Tues., Mar. 8 Noon – 1:00 p.m. Metro Campus – TBA
• Wed., Mar. 9 2:30 – 3:30 p.m. Eastern Campus - TBA
• Mon., Mar. 28 Noon – 1:00 p.m. CCW – Room 112

Registration: Register through Tri-C’s InSight! Learning Management System at https://my.tri-c.edu.
Wellness Credit Awarded: Receive 1 Wellness Credit for attending this workshop.

Financial Wellness
The recent ups and downs in the economy have left many of us feeling extra stressed these days. Financial stress is not great news for your health. Stress not only weighs on your mind, but on your physical health as well. This self-paced program will help to increase your awareness of your current spending and savings habits and provide you with tools (including web-based) to make meaningful and healthful lifestyle changes. Program materials will be emailed to registered participants by Friday, March 4.

Date/Time/Location:
• Mon., March 7 – Fri., April 1 All Sites

Registration: Register through Tri-C’s InSight! Learning Management System at https://my.tri-c.edu.
Wellness Credit Awarded: Receive 1 Wellness Credit for completing this activity. Completed materials are due to your campus Health & Wellness Center by Monday, April 4.

Mayo Clinic Wellness Solutions
NEW TOPIC - Insomnia
East meets West as traditional and alternative medicines blend in these health DVDs from the experts of the renowned Mayo Clinic. This integrative approach to treatment offers you the best of both worlds, as medical specialists discuss both conventional and alternative treatment options. To coincide with Daylight Saving Time, the Wellness Center introduces its newest Mayo Clinic DVD, Insomnia. Additional topics include:
• Fibromyalgia
• Weight Loss
• Heart Health
• Arthritis
• Back Pain
• Diabetes
• Blood Pressure
• Menopause

To earn ONE Wellness Credit, participants must view the DVD and complete/return an information packet.

Date/Time/Location:
• Mon., Mar. 14 All Sites

Registration: Stop by your campus Health & Wellness Center to check out the DVD. The corresponding information packet will be emailed to you. Note: Participants are not allowed to repeat topics for credit, and credit is limited to one topic per semester.
Wellness Credit Awarded: Receive 1 Wellness Credit for watching the DVD and completing the information packet. You may complete one Mayo Clinic Wellness Solutions program per semester (2 per year) for credit. Completed packets are due to your campus Health & Wellness Center by Friday, June 24, 2011.
Eight Days A Week
The newly released 2010 dietary guidelines have put a song in this dietitian's heart, so join me as we learn and apply seven of these recommendations, *Eight Days a Week*. This activity will help you eat healthier and move more, and if you are a Beatles fan, have some fun along the way. Beatles trivia, recipes (Sgt. Peppers stuffed with Quinoa, Strawberry Fields Forever salad, and more), games, and the chance to win prizes are all part of this 8-week self-paced program. Program materials will be emailed to all registered participants by Wednesday, March 16.

**Date/Time/Location:**
- Sun., Mar. 20 – May 14
- All Sites

**Registration:** Register through Tri-C's InSight! Learning Management System at [https://my.tri-c.edu](https://my.tri-c.edu).

**Wellness Credit Awarded:** Receive 2 Wellness Credits for completing the tracking component of this program. Trackers are due to your campus Health & Wellness Center by Friday, May 20, 2011.

Fitness Fridays Line Dancing
You'll be saying TGIF as you electric-slide your way into the weekend! Our instructor, Mr. Laurence Fouche continues with new moves that will have you hustlin', bustlin', steppin', and shufflin' in no time. So join the wellness team in this heart-healthy, blood-pumping, stress-reducing, camaraderie-building class. We look forward to seeing faculty and staff for six weeks of Fitness Fridays Line Dancing fun, beginning March 25.

**Date/Time/Location:**
- Fri., Mar. 25 - Apr. 29  
  - Noon – 1:00 p.m.  Metro Campus – TBA
  - 3:00 – 4:00 p.m.  Eastern Campus – TBA

**Registration:** Register through Tri-C's InSight! Learning Management System at [https://my.tri-c.edu](https://my.tri-c.edu).

You must be registered on InSight! one week prior to the start of the program. Line Dancing requires a minimum of 10 registered participants per site.

**Wellness Credit Awarded:** Receive 1 Wellness Credit for participating in 4 of the 6 classes. This program cannot be counted as part of FITness for Life.

Shape Up the Nation II
Tri-C SHAPE UP with Shape Up the Nation II (SUTN II). Fostering healthy competition, SUTN II is a 12-week, pedometer-based exercise, weight loss (optional component) AND nutrition program. This team-based approach is designed to motivate participants to move more, eat healthier and if desired lose weight. Participants will form teams of 5 to 10 members and are encouraged to regularly engage in group activities such as group walks or sharing healthy snacks. This comprehensive program includes: a pedometer (you must use the one that accompanies the program or another high quality model), access to a national website (you must track activity, steps walked, nutrition intake, and/or weight), electronic motivational tips and newsletters, personalized goal-setting and activity reports, phone and email technical support (including replacing lost or broken pedometers) and much more.

* *SUTN II has many new features including: a nutrition component, exciting team challenges, expanded website, increased technical support, and the capability of texting in your data via cell phone! Don't Delay! Program runs 12 weeks and enrollment is limited to 225 highly motivated and committed individuals. Teams will have many chances to win fabulous prizes throughout the competition.

**Date/Time/Location:**
- Mon., Apr. 4-June 24
- All Sites

**Registration:** Register through Tri-C's InSight! Learning Management System at [https://my.tri-c.edu](https://my.tri-c.edu). Detailed participation guidelines and instructions on how to obtain your Welcome Kit will be emailed to registered participants prior to the program start date.

**Cost:** $10 ($25 value, Wellness pays $15). Participants must pay $10 to your campus Enrollment Center by Fri., Mar. 25.

**Wellness Credit Awarded:** Receive 3 Wellness Credits for completing this activity. This is a twelve-week program and assumes that participants will complete the program in its entirety.
Book Club – *It’s All Too Much*

Reclaim your life from the suffocating burden of your clutter. In *It’s All Too Much* by Peter Walsh, we will discover an easy plan for living a richer life, with less stuff! Walsh has been featured on several TV shows, including the Oprah show and has helped thousands to let go. His unique approach will help you let go of the emotional and psychological clutter that has literally and figuratively been choking the life out of your personal space. *It’s All Too Much* creatively inverts the typical approach to dealing with extra stuff, junk, and clutter. Rather than helping you find new places and novel ways to “organize” all of your treasures, Walsh encourages you to explore, “What is the vision for the life you want to live”? He then offers tangible techniques and a step-by-step plan to prioritize your possessions and let go of the clutter. The winning result is freed-up space, less stress, and more energy for living a happier, richer life every day. Isn’t it time you begin living the life you imagine and just...let go?

This book club will involve completing interactive activity packets as well as choosing at least one location in your home or office to de-clutter and renew! Pre-post photos will be required for submission along with packets.

**BONUS!** Move out the junk and create room for the rest of your life with the *It’s All Too Much* Book Club De-clutter sale! Your clutter can become someone else’s treasures and will benefit the Tri-C Relay for Life Team; which raises money for the American Cancer Society.

**Date/Time/Location:**
- Begins Mon., April 4  
- All Sites

**Registration:** Register through Tri-C’s InSight! Learning Management System at [https://my.tri-c.edu](https://my.tri-c.edu).

**Wellness Credit Awarded:** Participants must complete all of the activities to earn 2 Wellness Credits. Completed packets are due to your campus Health & Wellness Center by Friday, May 13.

Organize My Office Space!

*Presented by Tracey Kastelic, Owner, organize my office space.*

The average person loses 45 minutes a day looking for things – that’s almost 11 days a year. In this workshop, learn creative ways to manage your time, your workflow, and your electronic and paper files in ways that will increase your productivity, organization, and effectiveness. Whether you work in an executive office or a cubicle, this workshop will teach you tips to make you more efficient, effective and productive in your workday – and help you to gain back almost 11 days a year!

**Date/Time/Location:**
- Thurs., Apr. 7  Noon – 1:00 p.m.  Metro Campus – TBA
- Thurs., Apr. 14 Noon – 1:00 p.m.  Eastern Campus – TBA
- Thurs., Apr. 21 Noon – 1:00 p.m.  District - Resource Room
- Thurs., Apr. 28 Noon – 1:00 p.m.  Western Campus – WSS-G4A

**Registration:** Register through Tri-C’s InSight! Learning Management System at [https://my.tri-c.edu](https://my.tri-c.edu).

**Wellness Credit Awarded:** Receive 1 Wellness Credit for attending this workshop.
De-Stress with Herbs

Presented by Kathleen Gips, RN, Owner, Village Herb Shop

Come to this hands-on workshop and explore how to use natural herbal scents to reduce stress, calm your mind and change your mood. Participants will learn the psychology of scents, aromatherapy diffusion techniques, how to relax muscles and ease tension, and how to promote happiness while feeling better naturally. You will also delve into the essential oils: define them, discuss their mind and body effect, and learn how to use oils effectively to obtain desired therapeutic results. As an added bonus, the class will learn how to make massage oils and salt scrubs, as well as make a lavender mist spray to take home. The scent of lavender calms, relaxes and promotes sleep. This spray can be used on the skin, as an air freshener, to freshen linens and as a pillow spray to encourage a restful, relaxing sleep. Please note the cost for supplies is $5 per person attending this workshop.

Date/Time/Location:
- Tues., Apr. 12  3:00 – 4:00 p.m.  Eastern Campus - TBA
- Wed., Apr. 13  11:00 a.m. – Noon  Metro Campus - TBA
- Wed., Apr. 13  1:30 – 2:30 p.m.  District - Resource Room
- Thurs., Apr. 14  2:30 – 3:30 p.m.  Western Campus – WLA-B213

Registration: Register through Tri-C's InSight! Learning System at https://my.tri-c.edu. Space is limited and registration will close on April 4, so be sure to register early.

Cost: There is a $5 fee for supplies per person. Please bring $5 cash to the workshop.

Wellness Credit: Receive 1 Wellness Credit for attending this workshop.

ON-GOING PROGRAMS

Recognizing that everyone cannot attend structured seminars, the Health & Wellness Centers offer a variety of ways in which participants may engage in healthy activities on their own, at their own pace. Please contact your campus Health & Wellness Manager for more information on any of these programs/opportunities.

FITness for Life

Physical activity is indeed the magic potion to a healthier and happier life! Given this, you are encouraged to engage in regular physical activity throughout the entire semester. Whether you participate in a Physical Education class, Recreation class, or workout on your own (formerly listed as Personalized Fitness), Wellness Credit is available for ALL types of fitness activity. Documentation has changed, however. ALL activity will now be documented under FITness for Life. There will be an opportunity to complete up to four 12-week cycles during the Wellness Year (July, 2010 – June, 2011), earning a maximum of 3 Fitness Wellness Credits per cycle. Documentation is required for all FITness for Life activities and includes:
- a printout from your fitness facility detailing your attendance/activity, or
- a personalized FITness for Life tracker from your campus Health & Wellness Center.

Date/Time/Location:
Throughout the semester – Jan. 1 – June 30  All Sites
You can begin your FITness for Life program anytime during the semester, completing either one or two cycles between January 1 and June 30, 2011.

Registration: Contact your campus Health & Wellness Manager.

Wellness Credit Awarded: Earn 1-3 Wellness Credits for participating in FITness for Life activities during each cycle. Credit will be based on time and duration of fitness activities.

Special Note: Participants may not count activity from other Health & Wellness fitness programs (Zumba*, Zumba Gold*, StairWELL, Shape Up the Nation, Line Dancing, or Hi-Five Fitness) as part of their FITness for Life credit.
Personalized Wellness

The college regularly offers programs that may qualify for Wellness Credit but aren’t featured in the Wellness Curriculum. With prior approval from your campus Health & Wellness Manager, you can earn credit for these programs under Personalized Wellness. Just contact your campus Health & Wellness Manager for information and required validation.

Examples of collegiate Personalized Wellness activities include:
- Safety workshops
- Workforce Solutions classes
- Classes sponsored by Community Education
- Credit courses such as Nutrition and Health classes
- Programs offered through the Office of Inclusion and Diversity

Community events include:
- First Aid/CPR classes
- Community workshops
- Online educational/support programs (such as Freedom from Smoking, Spark People, etc.)
- Various personal activities/interests that enhance your health and well-being.

Date/Time/Location:
Throughout the semester – Jan. 1 – June 30  All Sites
Registration: Contact your campus Health & Wellness Manager. Activity must be pre-approved.
Wellness Credit Awarded: Credit will be awarded based on your time and commitment. A maximum of 2 Wellness Credits per year may be awarded for Personalized Wellness.

Community Walks/Fitness Events

Walk for a cause; bike for a cure; swim to support a loved one. There are various community walks and fitness activities that are fun and support a good cause. Your Health & Wellness team will be promoting these throughout the semester, and we encourage you to participate in the community walks/fitness activities that are meaningful to you. Form a Tri-C team of at least FIVE co-workers, and the Health & Wellness Center will provide T-shirts for Tri-C employees participating in the event (while supplies last).

Date/Time/Location:
Throughout the semester – Jan. 1 – June 30  All Sites
Registration: Please register with the organization sponsoring the race/event.
Wellness Credit: A race number or other proof of participation must be turned into your campus Health & Wellness Center to receive credit. A maximum of 2 Wellness Credits per year will be awarded for outside Community Walks/Fitness events.

Wellness Screening Card

"An ounce of prevention is worth a pound of cure." By taking a proactive and preventive approach to your health, you have the potential to maintain your performance capabilities, vitality and overall quality of life. Regular preventive exams help your doctors assess your health and risk factors for disease and various ailments. More importantly, regular screenings can assist in the early detection of disease. The Wellness Screening Card serves as a tool for recommended screenings, tests, immunizations, etc; it is not an all-inclusive listing.

Date/Time/Location:
Any time during the Wellness year.
Registration: Register through Tri-C’s InSight! Learning Management System at https://my.tri-c.edu. You will receive a gender specific screening card with your class confirmation. You may also pick up a card from your campus Health & Wellness Manager.
Wellness Credit Awarded: 2 Wellness Credits for five or more screenings – proper documentation is required. Wellness Credit will be awarded on a yearly basis. Credit will be awarded for screenings received between July 1, 2010 and June 30, 2011. All screenings must be validated with appropriate documentation listed on the Wellness Screening Card. Return cards by the end of the program year, June 30, 2011.
Computer Ergonomics – Web-based

Ergonomics has gone web-based! Our work environment is one that requires most of us to spend a significant amount of time at our desk and computer. You can increase your comfort level by learning just a few simple ergonomic techniques. By exploring various reputable websites, you will have the opportunity to learn basic ergonomic concepts that can be applied to your day to day activities. You will learn to adjust your workstation to fit your personal work style and body type, as well as ways to improve your lifestyle to prevent musculoskeletal injuries, including carpal tunnel syndrome. You will also practice stretches to offset the effects of working at the computer, and develop techniques for dealing with day to day stressors.

Date/Time/Location:
Anytime during the semester – Jan. 1 – June 30
All Sites

Registration: Contact your campus Health & Wellness Manager for materials.

Wellness Credit Awarded: Receive 1 Wellness Credit for completing this activity. Completed packets are due to your campus Health & Wellness Center by Friday, June 24, 2011. This class cannot be repeated for Wellness Credit.

Stress Management through Massage

The Health & Wellness Centers, Terminal Tower, Corporate College East, and Corporate College West all have relaxation chairs! Visit the relaxation room in your campus Health & Wellness Center and sit back in comfort in the Shiatsu Massage Lounger. You can choose from one of many massage programs. The massage chair is not a replacement for a personal, hands-on massage which is geared towards long term stress management and muscle relaxation. The Health & Wellness Centers encourage employees to schedule a personal one-hour massage with the Eastern Campus Massotherapy Program to sooth away tense muscles and reduce stress levels.

• Massage Chair/Relaxation Room

Date/Time/Location:
Mon. – Fri. 9:00 a.m. – 4:30 p.m. All Sites

Registration: Contact your campus Health & Wellness Manager. Participants will receive a tracker to record their 6 chair visits. Trackers are due by the end of the semester.

• The chair is available on a first come-first served basis and is used by both students and employees.
• The relaxation room is also used as a lactation room. Lactating moms may schedule the room in advance for their use. Therefore, the massage chair may not always be available.

• Personal Massage/Massotherapy – Eastern Campus Massotherapy Clinic

Date/Time/Location:
Various times available – Health Careers and Technology Building, 1st Floor, Room 124

Registration: You must call 216-987-2417 to schedule your appointment. The cost for a fabulous forty-five minute massage is $20 for staff and faculty. You must pay with your My Tri-C card at the clinic and ask for a receipt dated Jan. 1 – June 30, 2011.
Turn in two receipts to your campus Health & Wellness Center no later than June 30.

Wellness Credit Awarded: Receive 1 Wellness Credit both fall and spring semester for either using the massage chair 6 times or getting 2 personal massages, not to exceed 2 Wellness Credits within one year.
**Ongoing**

### Intellectual Wellness Exploration

Your campus Health & Wellness Center has new books and videos, many of which were recommended by our participants! Take advantage of the most up-to-date wellness resources which include books, videos, DVDs, and interactive CD ROMs, and enhance your wellness intellect! Please, only one resource may be checked out at a time for a two-week period.

**Date/Time/Location:**
- Mon. – Fri.  All Semester  9:00 a.m. – 4:30 p.m.  
  - Eastern Campus – ESS 2203
  - Metro Campus – MRC 23A
  - Western Campus – WSS G-202

**Registration:** Stop by your campus Health & Wellness Center to check out your resource. You must complete and submit a brief wellness summary (available through your campus Health & Wellness Center) on each resource. Completed summaries are due to your campus Health & Wellness Center by Friday, June 24, 2011.

**NOTE - Wellness Inter-Library Loan** – For non-campus sites, please contact your campus Health & Wellness Manager to obtain a Wellness Library Resource List. You can request to check out resources via our inter-library program and they will be sent thru interoffice mail.

**Wellness Credit Awarded:** Receive 1 Wellness Credit for reading/viewing 3 different wellness resources and submitting an Intellectual Wellness Form that summarizes each of the three resources (form provided by Health & Wellness Center). Resources must include at least one book (cannot do 3 videos). A maximum of 1 Wellness Credit per semester (maximum of 2 per year) will be awarded for Intellectual Wellness.

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### Health Care Provider Disease Management Programs

Tri-C encourages all eligible employees to utilize the disease management programs offered by Medical Mutual or Kaiser Permanente. These healthcare providers also offer many initiatives and programs to prevent chronic disease and promote healthy lifestyles.

**Date/Time/Location:**
- Program dates, times and locations vary. To learn more, visit the Medical Mutual or Kaiser website:
  - Medical Mutual – www.medmutual.com
  - Kaiser Permanente – www.kaiserpermanente.org

**Registration:** You must contact your provider for program details and requirements.
  - Medical Mutual – 1-800-861-4826
  - Kaiser Permanente – 1-800-456-6099

**Wellness Credit Awarded:** Wellness Credits, based on the time commitment of each program, will be determined by your campus Health & Wellness Manager. Validation that you completed the program is required.

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### IMPACT Solutions – Employee Assistance and Work/Life Program

The IMPACT Solutions Employee Assistance and Work/Life Program is about helping people. Through this FREE program, you and your family can receive professional counseling and guidance. The IMPACT Solutions program is voluntary, confidential and provided as a service to all eligible employees, qualifying dependents, and non-dependents that live in the home.

**Date/Time/Location:** IMPACT Solutions is available by phone 24 hours a day, toll free, or through the web: www.myimpactsolution.com. (The login is ccc. No password is needed.)

**Registration:** You must contact IMPACT Solutions directly at 1-800-227-6007.

**Wellness Credit Awarded:** Due to the confidential nature of this program, no wellness credit is awarded. However, you may earn 1 personalized wellness credit each semester (2 per year) by attending free webinars offered through IMPACT Solutions. Upcoming topics include *Everything in its Place*, *Bullying: Confronting Hostility in the Workplace*, *Less is More*, etc. See your campus Health & Wellness Manager for more information.
Relay for Life

The Western Campus will once again host this year’s annual Relay for Life, the signature fund raising event for the American Cancer Association. With a Disney theme, this year’s Relay is sure to bring smiles to everyone who attends. Starting at 11:00 a.m. and continuing throughout the day and night, Relay for Life brings hope to cancer survivors, and remembers those who have lost their fight to the deadly disease. Join a team or create your own. This is a college-wide event, with teams from all over the college. Join colleagues, friends, family, and the community as we walk non-stop to help find a cure. And if you can't participate in Relay, there will be many opportunities to support this worthwhile cause, including the Wellness book club, It's All Too Much, de-clutter sale in May (see page 12). Watch for additional details on this and other fund raisers.

Date/Time/Location:
- Sat., July 9 – Sun., July 10       11:00 - 5:00 a.m.       (approx.) Western Campus – Outside Theater Entrance

Registration:
- Contact a Team Captain listed below, Sue Klingenberg (College coordinator), or visit Tri-C's website at http://main.acsevents.org/site/TR?pg=entry&fr_id=31559.

Wellness Credit Awarded: Receive 1 Community Walks Wellness Credit (see page 14) for participating in this year's Relay for Life. Participation is defined as being an individual supportive member of a team and walking the track during this 18 hour event. Team Captains will provide a participation list to their campus Health & Wellness Manager at the conclusion of the event. Credit for Community Walks is limited to 2 per wellness year.

Please note – Wellness Credit for Relay for Life counts towards the new wellness year (2011-2012).

Tri-C Relay for Life 2011 Team Captains

<table>
<thead>
<tr>
<th>Team Name</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Tri-C -Team? L Muren</td>
<td>Linda Muren (216) 987-5288, Western Campus</td>
</tr>
<tr>
<td>Tri-C Incredibles</td>
<td>Tabby Burdick Students Team (216) 987-5183, Western Campus</td>
</tr>
<tr>
<td>Tri-C Lion King</td>
<td>Claudia Motiu (216) 987-5226, Western Campus</td>
</tr>
<tr>
<td>Tri-C Pirates</td>
<td>Mark Ryland (216) 987-5126, Western Campus</td>
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<tr>
<td>Tri-C Team Aladdin</td>
<td>Stacey Souther (216) 987-2523, Eastern Campus</td>
</tr>
<tr>
<td>Tri-C College Coordinator</td>
<td>Sue Klingenberg (216) 987-5582, Western Campus</td>
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Run for the Pierogies – 5K Race/Walk and 1 Mile Fun Run

Immediately preceding this year's Parma Relay for Life, the Western Campus will host Run for the Pierogies, a 5K Race/Walk and 1 Mile Fun Run, with proceeds benefitting this year's Relay for Life. All pre-registered runners are guaranteed a T-shirt and post-race pierogies, drinks and snacks!! Awards will be given to the top three finishers in each 5K division: 11 and under, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and 65 & over.

Date/Time/Location:
- Sat., July 9
  - 5K  9:00 a.m.  Western Campus
  - 1 Mile 9:15 a.m.  Western Campus

Registration:
- Register online at www.hermescleveland.com. Onsite Registration/Check In is from 7:30 – 8:45 a.m.
- Mail entries are available from your campus Health & Wellness Manager. Mail entries must be received by Wed., July 6.

Cost:
- Pre-registration: $20
- Day of Race: $25
- Children ages 11 and under: $10
- Make checks payable to Hermes Sports & Events

Wellness Credit Awarded: Receive 1 Community Walks Wellness Credit (see page 14) for participating in the Run for the Pierogies. Credit for Community Walks is limited to 2 per wellness year.