

WOW!



WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ MARCH 2010

Message from the Manager

As we all continue to work on wellness this year, I want to remind you of ways to save on health insurance premiums. In 2011, this savings will also be available to spouses for the first time. Employees must complete all of the steps below to save \$30 per month off insurance premiums in 2011 and spouses must complete steps 1-2 to receive \$20 per month off insurance premiums in 2011. The city employee must receive the employee discount in order for the spouse to qualify. **Employees who opt out of city medical coverage must also complete all steps to get opt out money.**

1. Health Screening
2. Health Risk Assessment
3. WOW Task
4. WOW Activity

For more information on these steps, please see the *4 Steps to More Money, Less You* article on this page. Our WOW! program is paying off. Last year we held insurance costs level, and this year we actually made them go down. Let's do it again in 2010!



Tom Hart
City Manager

4 Steps to More Money, Less You



For the first time ever, spouses can get WOW Incentives for 2011 with the participation of the employee. Employees must complete all steps. Spouses must complete steps 1-2. Employees save \$30 per month off insurance premiums in 2011. Spouses save \$20 per month off insurance premiums in 2011. **To receive opt out money in 2011, employees must complete steps 1-4. The program begins on April 1, 2010.**

1. Health Screening

Participate in a health screening:

Wednesday, April 21	6 a.m.-noon, Police Headquarters, 801 Conover
Thursday, April 22	2-8 p.m., Bowles Life Center, 2750 Graham St.
Friday, April 23	6 a.m.-noon, Public Safety Complex, 310 College
Saturday, April 24	10 a.m.-2 p.m., Prairie Paws, 2222 W. Warrior Tr.
Saturday, May 15	7-11 a.m., Public Safety Complex, 310 College
Monday, May 17	6-10 a.m., Ruthe Jackson Center, 3113 S. Carrier
Tuesday, May 18	2-8 p.m., Main Library, 901 Conover Dr.
Wednesday, May 19	Noon-7 p.m., Public Safety, 310 College

No make up days will be offered in the Fall. Watch this newsletter and e-mails for announcements of health screening dates. Fasting is required for the most accurate results, 8-9 hours before test, water only.

2. Health Risk Assessment

Employees with city medical insurance, insured spouses and opt outs complete and turn in the online Health Risk Assessment form with information you gathered from the Health Screening. The form is avail-

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Employee Health Fair March 30

Learn more about your health and pick up some freebies along the way...

Counts as a WOW Task credit!

Tuesday, March 30 • 9 a.m.-4 p.m.
Bowles Life Center, 2750 Graham St.



Door prizes, Carter Bloodcare donations, blood pressure and BMI check, hearing and vision screenings, city health and dental vendors, Careflite, All Smiles Dental, digital spinal screenings and more...

Benefits

Donate Blood March 30

Carter BloodCare Mobile Blood Drive

Tuesday, March 30 • 10 a.m.-3 p.m., Bowles Life Center, 2750 Graham St.

To sign up visit the Carter BloodCare link on the Raving Fans site.



For more information contact Candice Day at cday@gptx.org or 972-237-8073.

Mobile Mammograms March 30

The Methodist Medical Health System Mobile Mammography Unit will be in Grand Prairie.



Tuesday, March 30 • Bowles Life Center, 2750 Graham St.

For city of Grand Prairie employees, spouses and retirees.

To qualify for a mammogram, you must be age 35 or older with no breast implants, and have no current breast problems.

Claims will be filed for those covered by United Healthcare insurance plan.

Other major plans may also be filed, including Medicare. Bring your insurance card, physician's name and address.

To schedule an appointment, call 214-947-0026.

Wellness

Thursday Night Scrambles

Tangle Ridge Golf Course, 818 Tangle Ridge Dr.

Beginning Thursday, March 25 • 6 p.m. (check in by 5:30 p.m.)

4-person, 9 hole scramble, limited to first 72 players

Entry fee: \$30 (\$20 for annual pass member)

Includes green fee, cart, \$5 drink tickets, hamburger buffet after play.

For more information call 972-299-6837 or 972-740-1032.



Smart Swap at Outback Steakhouse

Eat Up

Outback Special Steak, 9 ounces with fresh seasonal veggies (without butter). 397 calories, 12 g fat

Put Down

Fresh Tilapia with Pure Lump Crab Meat served with fresh seasonal veggies (without butter). 563 calories, 29 g fat

Family Circle

4 Steps *Continued from page 1*

able at www.ultimatehealthmatters.com. Print off a copy of the **first page** of the completed Health Risk Assessment and turn it into Human Resources by June 4, 2010. Keep a copy for your records.

3. WOW Task

Complete at least one class or preventative care task by Oct. 1, 2010. Eligible activities include:

- Attending the March 30 Health Fair – sign in is required.
- Attending a Lunch 'n Learn during the year.
- Participating in a health cooking luncheon.
- Joining Weight Watchers online.
- Completing an annual physical with your doctor.
- Getting a flu shot.
- Having a cancer screening.
- Or having other preventative screenings such as glaucoma, hearing or stress test.

Written verification of your participation in at least one of these activities must be attached to your tracking form when it is turned in.

4. WOW Activity – 48 hours

Complete 48 hours of exercise by Oct. 1, 2010. Keep track of your exercise on your WOW Tracking Sheet.

Wellness

Plant One Here

Your favorite houseplants are not just pretty—they're good for you too. Some common ones, such as purple heart plant, asparagus ferns, and English ivy are great at removing volatile organic compounds (VOCs) from the air. VOCs, can aggravate allergy and asthma symptoms and hike your risk of cancer. *Health*

Fun and Fit Activities

Sign up for your favorite activity and get to know other fun city of Grand Prairie employees.

Program	Coordinator/Contact Info.	Cost/Incentives
<p>Bowles Life Center Membership Enjoy our Weight/Fitness Room complete with elliptical machines, treadmills, bikes and indoor track or shoot some hoops on the basketball court.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$130 per year (\$5 per paycheck) for city employees.</p>
<p>Boot Camp at Bowles Life Center A total body workout taught by Rod Walker for all ages. This total fitness workout is effective and guarantees results. You will lose fat and build lean muscle.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$80 per month or \$7 per class. <i>Try the first class free!</i></p> <p>Class times: Mon. and Wed. 6-7 a.m., 5:30-6:30 p.m., 7-8 p.m.</p> <p>Fri. 6-7 a.m., 5-6 p.m., 6-7 p.m.</p> <p>Tues. and Thurs. noon-1 p.m., 6:30-7:30 p.m.</p> <p>Sat. 10-11 a.m.</p>
<p>Boxing at Bowles Life Center Focuses on conditioning, weight loss, self esteem, stress release, body toning, fitness and confidence.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$60 per month. Class time: Tues. and Thurs. 6:30-7:30 p.m.</p>
<p>Spinning at Bowles Life Center Group exercise on stationary bikes.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$25 per month. Class time: Mon., Tues., Thurs. 7:30-8:30 p.m.</p>
<p>Yoga at Bowles Life Center Enjoy the benefits of Yoga and Pilates in this class for an overall mind/body experience.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$7 per class or \$35 per month. Class time: Mon. 7-8 p.m. Thurs. 6:30-7:30 p.m., Sat. 9-10 a.m.</p>
<p>Zumba at Bowles Life Center Fast-paced cardio workout to the best music! Exercise in disguise.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$7 per class or \$30 per month. Wed. and Fri. 6-7 p.m.</p>
<p>Join the Summit at Central Park Premier 50+ Club <i>For adults 50 and older only</i> Opens Summer 2010</p>	<p>The Summit at Central Park SH 161 between Warrior and Arkansas Lane Contact Linda Long at llong@gptx.org</p>	<p>Enroll now and get 14 months for the price of 12, plus two free tickets to an AirHogs home game at QT Park. Annual membership \$200 for ages 50-64. \$50 for ages 65 and older.</p>

Wellness

Stop Colon Cancer Risks

According to the National Cancer Institute, colorectal cancer—which includes cancers of the colon and rectum—is the second leading cause of cancer deaths in the United States. However, it's also one of the most preventable forms of cancer, especially if it's diagnosed early when it can be treated effectively.

Most people should begin having a screening colonoscopy as their “50th birthday present,” says Gavin Melmed, M.D., a medical oncologist on the medical staff at Baylor Medical Center at Garland. But if you have a family history of colon cancer, polyps, other gastrointestinal cancers, or gynecological cancers, particularly in young first-degree relatives, ask your doctor if you need to start sooner.

There are other steps you can take to help prevent colon cancer. There's evidence that a diet high in fiber and leafy green vegetables, and low in animal fat, may reduce your risk.

“Diet, regular exercise and not being overweight are important preventive measures,” Dr. Melmed says, “not just for colon cancer but for other cancers and diseases as well.”

BaylorHealth

Sunday Matinees at the Uptown Theater



Enjoy a relaxing Sunday afternoon at the Uptown Theater in downtown Grand Prairie, 120 E. Main St. All showtimes are at 2 p.m.

March 21 - *Hook*

April 18 - *The Muppet Movie*

May 16 - *The Princess Bride*

Tickets are \$5 adults, \$3 kids (age 15 and younger) at www.uptowntheatergp.com or 972-237-UPTN or at the box office the day of the movie.

Employee of the Month

Gregg Kidd, Senior Environmental Technician for the Environmental Services Department, has been named Employee of the Month for March. Kidd is responsible for collecting water samples from the city's water supply distribution system and wastewater samples from the city's collection system. He also collects samples from streams and other areas in the field and works on quality control and procedural manuals.

Kidd recently helped finish out the Environmental Services household hazardous waste trailer, purchased by the city with a North Central Texas Council of Governments grant. Kidd took the trailer to different vendors for installations and painted the trailer himself with chemical resistant paints. He also installed wall boards on the inside and was instrumental in getting a rollout awning installed.



Gregg Kidd

“Gregg's efforts will safeguard our trailer against contamination, wear and tear,” said Jim Cummings, Environmental Services Director. “His input and work on the trailer was invaluable. Gregg always has a positive attitude and enjoys taking on additional challenging projects.”

End of the Day

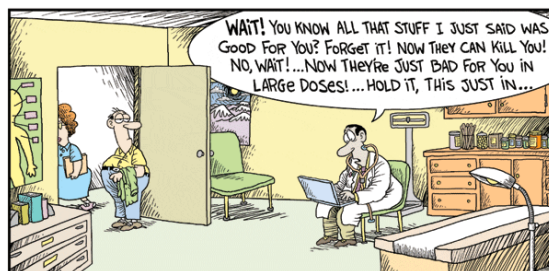
As soon as you get home, drop your briefcase or bag by the door and do something active. Head out for a quick walk with the dog, either on your own or with your family. Put on some music and dance while you do housework or prepare dinner. Go for a relaxing bike ride around your neighborhood or play a game of catch with your kid. Or drop to the floor and do some stretches to send the stress of the workday packing. Two suggestions:

Upward facing dog: Lie on your stomach with your legs extended. Place your hands on the floor near your armpits, palms down. Exhale as you press into your hands and lift your head, neck and shoulders as high as is comfortable. Keep your hips anchored on the floor. Hold for a count of 10, release and repeat two times.

Seated Hip Stretch: Sit cross-legged, your right shin in front of your left. Bend forward from the hips until you feel a stretch in your right buttocks. Hold for a count of 20. Release, switch legs and repeat.

So that's it: If you have time for a little more activity, or a full-fledged workout, terrific, but on the days when making space for full-size fitness is all but impossible, these mini workouts are both your body's best defense and your schedule's best friend.

Experience Life



Scarfers beware. Greek researchers report that eating slowly can boost levels of two hormones that make you feel fuller. They compared blood samples from diners who took 30 minutes to eat with those of people who took five minutes.

MensHealth