



August 2012

Wellness *flash*

RUTHERFORD COUNTY EMPLOYEE WELLNESS PROGRAM

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Walk Across Tennessee

Incentive Walking Program

Being physically active is one of the best things you can do to improve and maintain your health. Are you getting enough physical activity each day? Cardiovascular exercise like walking helps to reduce your blood pressure, cholesterol, stress levels and aids in weight loss. Best of all you can start today at your current fitness level! **Sign up for this FREE 8 week walking program and spark some friendly competition in Rutherford County.**

Walk with Smart Steps and Med Point Health Centers as we partner with UT Extension's *Walk Across Tennessee*. Tennessee is 440 miles across... how many times can RC employees "cross" Tennessee in 8 weeks? A progress map will be published through email and newsletters. Walk Across Tennessee is a part of the Tennessee Shapes Up Initiative.

***Start Date: Monday, September 10.** Teams of eight will compete to see who can log the most miles by walking or jogging.

*Registered participants will receive a pedometer, Smart Steps ID tag and Strength Fit Kit. *Each member of the winning team will receive a \$25.00 Target gift card.*

TO REGISTER YOUR TEAM of 8, contact Lori Cook, Wellness Specialist at lori.cook@takecarehealth.com or call (615) 904-6769.



WELLNESS SPOTLIGHT

HEATHER GUM

When I started working at Rutherford County UT/TSU Extension for 4-H, I'd often go into the classrooms and say the 4H pledge: I pledge my HEAD to clearer thinking my HEART to greater loyalty my HANDS to larger service and my HEALTH to better living for my club, my community, my country and my world. The last bit of the pledge really started speaking to me. I was standing in front of kids pledging my health to better living and I wasn't the best example. I decided after 30 years of taking care of everyone else...it was my turn. I had waited long enough and realized no one was going to do this for me. I began my weight loss journey on February 14, 2011. I go to Metabolic Research Center for one-on-one nutritional guidance twice a week. They teach you what to eat, which for me is generally fresh or frozen fruits and vegetables and lean protein. I enjoy blogging as self therapy and to encourage others at www.3fatchicks.com/diet-blogs/gum2323.

Metabolic Research Center takes pictures every 10 pounds of weight loss. Although I hated this at the time, it was interesting to see the progression of my weight loss-but more so to watch the expression on my face change. I watched my confidence build. I also go to Taking Off Pounds Sensibly (TOPS) once a week for group support with 14 people. "I will yo-yo no more!" So far, I have lost 175 pounds. I was recently named the International Winner for the most weight loss in my TOPS division and was recognized at International conference in San Diego last month. Since losing the weight I am off my blood pressure medications and CPAP. What helps with my success? I get encouragement from the health educators at work. I log and track what I eat and bring my own food to get-togethers, At times, it's hard as I am still working towards a goal of keeping the weight off for two years. But I know I can succeed with the renewed confidence in my self!

RALLY for RECOVERY 5K RUN



RALLY FOR RECOVERY!



Come be a part of the

7TH ANNUAL DR. DAVID T. DODD MEMORIAL RALLY FOR RECOVERY 5K RUN

New This Year!
**1 MILE FAMILY FUN
RUN + FAMILY
FUN ZONE**

Saturday September 29, 2012

START TIME: 7:30 A.M. • RACE DAY REGISTRATION: 6:30 A.M.

Gateway Trail Reception Center

\$30 for adults (18 & up) • \$15 student fee (13 to 17)

Family Fun Run: \$30 Family of Four or \$10 per person
Children must be 12 or younger

*Sponsored by the Recovery Support Foundation of Rutherford County
Benefiting the Rutherford Cannon County Drug Courts*

REFRESHMENTS — PRIZES — INFLATABLES - FACE PAINTING

T-shirts guaranteed to all participants registered before Sept. 15, 2012

\$100 cash for overall male and female winners for the 5K run.

Medallions to top three male and female in the following age categories:

13-17; 18-21; 22-29; 30-39; 40-49; 50-59; 60-69; 70 and over. Trophy given for male and female winner 12 years or younger in Family Fun Run.

REGISTER ONLINE AT: www.recoverysupportfoundation.org

SAVE THE DATE!

Smart Steps Wellness Fair will be held **Friday, October 12 from 3-8 PM**
at 315 John Rice Blvd. Murfreesboro, TN in the Community Center.

FREE SCREENINGS FLU SHOTS MOBILE MAMMOGRAPHY

MTMC MOBILE UNIT ANGIOSCREENINGS

Questions? Contact Kelli Perrien, Wellness Coordinator at
kperrien@rutherfordcountyttn.gov or call (615) 904-6769

MONTHLY WELLNESS OFFER!

A KNEADED ESCAPE MASSAGE THERAPY DISCOUNT

Try the following specials this month at **A Kneaded Escape**, with Gayle Johnson-Naes, LMT

- Four 60-minute massages \$180 (a \$260 value)
- One 90-minute massage \$70 (a \$90 value)
- One 60-minute massage \$50 (a \$65 value)

All offers are good for 6 months from date of purchase and are transferable.

Gayle Johnson-Naes is a Licensed Massage Therapist, graduating from Natural Health Institute in 2010. She is a member of Associated Body Work & Massage Professionals. She specializes in Swedish, Neuromuscular, Deep Tissue and Prenatal Massage

A Kneaded Escape is located at
745 South Church Street, Suite 220, Building B Murfreesboro

Website: <http://akneadedescape.wix.com/massagetherapy>

SMART STEPS WELLNESS CALENDAR ON THE WEB:

www.rutherfordcountyttn.gov/rm/wellness.htm

Rutherford County Risk Management
303 North Church #201
Murfreesboro, TN 37130

Phone: 615-898-7715
Fax: 615-867-4602



Smart Steps Employee Wellness Program's mission is to motivate our employees to make healthy lifestyle choices through education and activities that support positive change, resulting in improved productivity, morale, and health care cost savings for the County. The program provides access to services for physical, emotional, social health for active & retired employees.