



Smart Steps to a Healthier YOU!

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SMART STEPS WELLNESS PROGRAM

WEBSITE:
rutherfordcountytn.gov/rm/

Questions?
Contact the Rutherford County Risk Management Department at 898-7715.

Wellness flash

RUTHERFORD COUNTY SMART STEPS WELLNESS PROGRAM

FEBRUARY 2015

Smart Steps invites you to join:

Spring will be here before we know it...birds chirping, flowers blooming and the swing of baseball bats with the start of Spring Training. For the employees of Rutherford County, spring is also an opportunity to do some training of your own. Smart Steps is offering a healthy behaviors challenge that will help you in making lifestyle changes. **Registration begins today!** Each team will consist of 9 players with a team captain.

Create your team name and roster and turn in registration by 2/20/15. Each enrolled team will receive: *Welcome to Spring Training* packet including rules, scorecard and supplies to get you started. Your team will score runs by choosing different batting strategies (bring a healthy snack to work, change the batteries in your smoke detector, and many more). Spring training is 3-2 through 3/27/15.



Each finishing team will be entered to win MTSU vs UT tickets and personal training sessions.

Patricia A. Cox, Wellness Specialist aka Spring Training Commissioner

[Click here to Register!](#)



Shout Out to Tammy!

lifestyle changes that has resulted in a 62 pound loss over the past two and a half years. Tammy has worked with Rutherford County for 8 years. She participated in the Know Your Numbers biometric screening initiative in 2013 and learned she was diabetic. She began taking medication. Tammy admits she had a big sweet tooth, but began dieting and lost 20 pounds over the next year and a half. Then she hit a plateau and could not lose additional weight. Although pleased with the weight loss, she decided to do something different to “get healthy and live well”. She began reading a blog recommended by a friend. It is Rachel Feldman’s wellness blog. Check it out here: rachelwellness

“The battle is in your head, not your belly”. That’s how Tammy Durham described her

Tammy wondered “can I give up sugar??” but decided to go in with an open mind. She followed the recommendations and had a Green Smoothie for breakfast, salad for lunch and vegetables with clean protein for dinner. She removed preservatives, sugar, gluten and dairy from her diet. She made recipes for sweet treats using raw honey, stevia, and agave. She kept the treats in the freezer for when the sweet tooth attacked. She still does so today!

Over time, Tammy noticed her cravings decrease. She says since she’s given up sugar, her taste buds have changed. She now includes a variety of foods in her daily meal plans to ensure they are nutritionally balanced. She makes healthy lifestyle choices a priority. As a result, she has lost another 42 pounds since August. In September, Tammy was taken off her diabetes medication! She monitors her blood sugar once a week and visits her provider every 6 months. She continues to manage her blood sugar with diet and exercise. This month, Tammy joined a gym where she uses the treadmill and plans to participate in some classes. She has incorporated core exercises recommended by her chiropractor into her weekly routine.

We asked Tammy what advice she had to share with others contemplating change. She said “You have to decide what is good and healthy for you, and find a way to make it work”. Tammy’s success is a testimony that this philosophy works! We send special Congratulations to Tammy for her healthy lifestyle choices and being committed to taking the SMART STEPS in achieving her goals.

“Welcome, Patricia A. Cox ”

News from the desk of RC Med Point’s Wellness Specialist



Smart Steps is pleased to welcome Patricia A. Cox to the team!

Patricia brings 30 years in fitness, wellness, and health coaching experience. Her background includes athletic training for sports medicine. She has worked with athletes ranging from high school to professional. She can help weekend warriors up to industrial athletes.

She will assist you in reaching your highest optimal wellness. She offers individual and group sessions through our Med Point Clinics. Call today to schedule your consult at **904-6770**.

Services:

- **Weight Management:** meal planning, caloric intake recommendations, nutritional guidance
- **Lifestyle Maintenance:** stress management, smoking cessation
- **Conditions Management:** educational sessions of diabetes, high blood pressure, heart health
- **Fitness Consults:** exercise planning, determine THR for efficient exercise
- **Biometric Coaching:** sessions will assist you in reaching and maintaining recommended ranges

UT TSU Extension -upcoming lawn care classes

Lawn, landscape work and gardening have been rated towards the top of preferred leisure activities enjoyed by Americans. The physical and mental benefits of such work have been cited often. In 2015, the RC Extension office will offer classes to benefit individuals interested in gardening, lawn and landscape work. These classes are FREE! Please call 898-7710 or email mmote1@utk.edu to register so we plan appropriately.

Lawn & Landscape Weed Control-March 5, 2015 from 6-8 p.m. at Lane Agri Park Office

Weeds are probably the most common pest of home lawns and landscapes. They compete with desirable plants for space, water and nutrients and detract from the overall appearance of the landscape. This session will introduce you to various options available for reducing populations of these unwanted invaders.

Hands-on DIY Calibration Clinic for Spreaders and Sprayers-Bring your own to calibrate! Saturday, Mar. 14 @ 8:30–11:30 a.m. in the Livestock Barn between Lane Agri-Park office and Community Center Bldg.

Take the guesswork out of using sprayers and spreaders! Know how much product you’re applying to the lawn! Using the correct amount of any fertilizer or pesticide product is critical for achieving the desired results and not damaging desirable plants and insects or their surroundings.

For Women Only - Care and Use of Outdoor Power Equipment Monday, March 30, 2015 from 6–8 p.m. Lane Agri-Park Community Center

Any interested woman is invited to attend this informal, “show you how to do it” session and learn to use and maintain outdoor power equipment to maximize its’ useful life. Participants will learn to change oil in small engines, change/clean small engine oil, air and fuel filters, sharpen lawn mower blades and other tools, use lawn mowers, string trimmers, and other equipment safely and effectively.

-Mitchell Mote, Extension Agent III

VitaMin

Vital health information in a minute



True or false? Test your heart smarts

February is American Heart Month. Uncover surprising heart health facts when you take this quiz.

1. Intense emotions can trigger a heart attack.



Extreme happiness, grief or anger can cause a sudden increase in heart rate and blood pressure, which can be dangerous for the heart.¹

2. Sea salt is a low-sodium alternative to regular table salt.



Sea salt contains the same level of sodium as table salt. The American Heart Association recommends no more than 1,500 mg of sodium per day.²

3. Men wait longer to go to the ER than women do when experiencing heart attack symptoms.



Women wait longer than men and women's heart attack symptoms may be harder to recognize.³ If you suspect heart attack, call 911.

4. Big changes in the weather may be linked to stroke.



Large fluctuations in temperature and higher humidity may be stressors that increase the risk of stroke.⁴ People who are at risk for stroke should be careful and avoid exposure to these elements.

Sources:

Cleveland Clinic. "Surprising Heart Attack Triggers." Jan. 8, 2014. <http://health.clevelandclinic.org/2014/01/surprising-heart-attack-triggers/> (accessed April 16, 2014)

American Heart Association. "Most Americans don't understand health effects of wine and sea salt, survey finds." April 25, 2011. <http://newsroom.heart.org/news/1316> (accessed April 16, 2014)

Women's Heart Foundation. "Women and Heart Disease Facts." http://www.womensheart.org/content/HeartDisease/heart_disease_facts.asp (accessed April 16, 2014)

American Heart Association. "Weather changes may be linked with stroke hospitalization, death." Feb. 12, 2014. <http://newsroom.heart.org/news/weather-changes-may-be-linked-with-stroke-hospitalization-death> (accessed April 16, 2014)

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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GO YOU.



Blueprint

Fitness

(615) 653-6950



Group Sessions-

Mon & Wed:
5:30am, Noon,
4pm 5:30pm

Tues & Thurs:
9am, 4pm, 5:45pm

Friday:
5:30am & Noon

Saturday:
10am

855 W College Street
Suite X

Murfreesboro, TN



\$29 February!!

To appreciate Rutherford County Government staff we are offering you and your friends, family the month of February for only \$29.00.

Small Group Private Training

Blueprint Fitness is a private training studio that utilizes HIIT and metabolic conditioning, the fastest way to transform your physique and achieve maximum results with minimal space, time, and equipment.

We specialize in Nutrition Counseling, One on One Personal Training, Private Small Group Training, and Supplements. **Please call to schedule your classes.**

**all payments are auto-drafted, hero rate applies thereafter*

Blueprint Fitness - 855 W. College Street Suite X, Murfreesboro TN 37129-

Kevin Lacy-Owner/Trainer

