



Wellness *flash*

RUTHERFORD COUNTY EMPLOYEE WELLNESS PROGRAM

In This Issue:

- ◆ STRESS MGMT. CLASS 1
- ◆ MONTHLY EVENTS 2
- ◆ WELLNESS SPOTLIGHT 1
- ◆ WELLNESS OFFER 2

FREE Stress Less Classes

Has stress hi-jacked your life? You may know how your body feels when you are stressed, but do you know how to alleviate your symptoms? Join us as we practice hands-on techniques for stress reduction. By practicing the techniques in class, you'll leave knowing how to use the tools to help manage your stress. Classes will be available for free beginning in the summer:

- **Wednesdays, 10:00 am at Rock Springs Middle School, beginning July 11th**
- **Fridays, 2:00 pm at EMA, beginning July 13th**

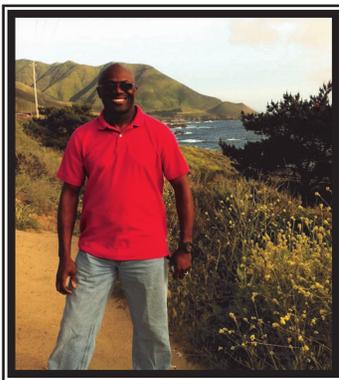
In class, everyone will identify personal stressors in their life, practice Guided Imagery, Deep Breathing, and Progressive Muscle Relaxation. Family members over the age of 15 are welcome to attend.

ALL ATTENDEES WILL RECEIVE A GIFT AND BE ENTERED INTO A DRAWING FOR \$25 TARGET GIFT CARD!

To Register: Email Lori Cook, Wellness Specialist at lori.cook@takecarehealth.com

Class Locations:

EMA - Emergency Management Agency 1220 West College St. Murfreesboro, TN 37129
Rock Springs Middle School 3301 Rock Springs Rd. Smyrna, TN 37167



WELLNESS SPOTLIGHT

DWAYNE HAWKINS, SAFETY TRAINER

What is your favorite "heart-healthy" meal? I really enjoy eating tilapia grilled in a little bit of garlic butter with rice pilaf and carrots.

How long have you been running? I've been running races for 16 years. I've been with the Marine Corp for twenty years and during that time I wanted to run a marathon, so I began running with my unit. And now I run with my two daughters.

Why do you feel it's important to run and encourage your children to exercise? I think running helps keep you healthy and fit, and away from the doctor's office (except for routine physicals).

Physical fitness helps you look better, feel better and just be better. It helps to reduce my stress too. Right now I run about 3 to 4 times a week for 3 to 4 miles each day. I track my mileage and so far this year, I've run 500 miles.

What advice would you give someone who has just started exercising? Just get out there and do it! I would suggest signing up for a race to help keep you motivated. I plan on running the Rally for Recovery 5K on Saturday, September 29th.

Remember, anytime you get off the couch and exercise, you are doing more than most people, so keep that momentum going! The more you do it, the more you'll see yourself getting better and better over time.

Keep Safe Outside with CoachSmart App

A new smartphone application for coaches puts an athletic trainer, a personal assistant and a meteorologist all in the palm of their hand. The free iPhone and Android app, called CoachSmart, offers real-time information on heat index and lightning strikes, frequently asked sports medicine and safety questions. A collaboration between Vanderbilt Sports Medicine, the Medical Center's Strategic Marketing Department and the Monroe Carell Jr. Children's Hospital at Vanderbilt. "We wanted to create a resource for coaches that would enable them to address safety concerns." CoachSmart has included the Tennessee Secondary School Athletic Association (TSSAA) heat index guidelines. Heat index changes mile-to-mile and lightning can strike with no warning, so it's important to have that exact information, Bellamy said. "We've targeted coaches with this app, but it is a great tool for anyone involved in outdoor activities — fishing, camping, cycling, golf.



MONTHLY WELLNESS OFFER!

Chris and Jennifer Haynes, Owners and Certified Trainers of **Crossfit Rutherford** invite you to participate in this month's wellness discount! (see below)

Their mission is quite simple: To help you become the best you've ever been! That may mean a lot of different things for different people. But whatever your goals are, Crossfit will strive to help you reach them. If you are willing to give as much as Crossfit is willing to give you, there is nothing you can't accomplish! This strength & conditioning program is constantly varied in high intensity so you can achieve your best!

Discount: \$100, unlimited classes, 1 month OR \$80, three times per week, 1 month.

For more info contact Chris Haynes at: (615) 533-6074
crossfitrutherford@gmail.com

Website:
www.crossfitrutherford.com

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



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



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.