



Smart Steps to a
Healthier YOU!

Wellness flash

RUTHERFORD COUNTY SMART STEPS WELLNESS PROGRAM

SEPTEMBER 2014

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SAVE THE DATE!

OCTOBER 17, 2014
3:00 PM TO 7:00 PM

**Rutherford County
Govt. Employee
Wellness Fair!**

Free Flu Shots, Wellness
Screenings, Health
Demos, One Mile Fun
Walk, Giveaways, Door
Prizes & more!

**Lane Agri Park
Community Center
315 John R. Rice Blvd.
Murfreesboro**

Register Today!

Fall Walking Challenge

Challenge is October 13 – November 21

With cooler weather headed our way this fall, why not step up your exercise and join our Fall Walking Challenge.

Smart Steps has partnered with the UT-TSU Extension office for this e-wellness Walking Challenge, where participants will log online total minutes walked each day, with a goal of 150 minutes each week.

All participants completing the challenge, will be entered in a raffle for a chance to win a **\$150 Fleet Feet gift certificate!**



Register for the Fall Walking Challenge October 13 through November 21.

CHALLENGE KICK-OFF AT THE RC WELLNESS FAIR, 10/17

Join Smarts Steps for a 1-mile 'fun walk' kick-off at the annual Wellness Fair at 4 PM! All registered walking challenge participants who attend this kick-off will get a free t-shirt.

TO REGISTER FOR THE WALKING CHALLENGE:

- Visit website ewellness.tennessee.edu
- On the right, click on the link, *Register Here!*
- Click the button to register as part of a group.
- Input Group Code, *walk*
- Input your information & create a password.
- Then click, *Create Account*
- Click on *Team Member*
- From the *Select Your Team* dropdown list, select team *RC Government*.

Questions? Contact Lori at lori.cook@takecarehealth.com

Complete your Zensey health assessment

*For a chance to WIN an iPad Air (16 GB)**



Don't forget to complete the online Zensey health assessment through Cigna before November 30, 2014.

To avoid a \$25 increase on your monthly insurance premium, both the employee their spouse who participate with the Rutherford County

medical plan should complete the quick and easy 10-minute assessment. Data collected is private and confidential and will not be shared with Rutherford County.

Cigna representatives will be visiting your department or school to train on Zensey.

Training dates will be listed in your open enrollment materials, mailed to your home.

**Those who complete the Zensey health assessment, will be entered in a raffle for a chance to win one of four iPad Airs (16 GB).*

Find us on Facebook

FREE Classes EVERY Market Day!!

Tuesday & Friday 7AM to Noon Through October

Lane Agri-Park Community Center
315 John R. Rice Blvd.
Murfreesboro, TN

Extension pick TENNESSEE TENNESSEE STATE UNIVERSITY

We Accept Debit & EBT!!!

Free Classes this Fall at Rutherford County Farmer's Market

Don't miss out on the free classes offered this fall at the Farmer's Market each Tuesday and Friday at 9 AM.

Classes are held at the Community Center and taught by Extension

Agents, Certified Master Gardeners and special guests. Various topics include 'Seasonal Eating', 'Discovering Olive Oil', 'Lasagna Gardening', and 'Make Your Own Potpourri'.

To view the entire class schedule, visit: <https://extension.tennessee.edu/Rutherford/Pages/Farmers-Market.aspx>

Located at 315 John R. Rice Blvd. Murfreesboro, TN

Available anytime, any day, our Employee Assistance Program is a free, confidential program to help you balance your work, family and personal life.

Caring for an Aging Relative Webinar

September 16 - 11:00 AM & 1:00 PM, CT

When events such as a medical crisis impact your parents or older relatives, their need for assistance is obvious. But sometimes family members miss the more subtle day-to-day signs that an older relative needs.

According to the National Council on Aging, 29% of the U.S. population will need to care for a chronically ill, disabled, or aging relative in the coming year. Learn how to determine the type of care needed, options typically

available and where to turn for help. This free webinar is provided by LifeServices EAP.

Toll-free: 800-822-4847

Website: lifeserviceseap.com

Username: Rutherford

Password: employee

Portion Distortion - Know What You Eat!

Do you know how food portions have changed in 20 years?

Anyone eating on the run or at restaurants has probably noticed that food portions have gotten larger. Some portions are called "super size," while others have simply grown in size and provide enough food for at least two people.

With this growth have come increases in waistlines and body weight.

To see if you know how today's portions compare to the portions available 20 years ago, quiz yourself by viewing the Portion Distortion by clicking [HERE](#)

You'll also learn about the amount of physical activity

required to burn off the extra calories provided by today's portions.

We hope you find Portion Distortion insightful and fun. We also hope that next time you eat on the run, you will think twice about the food portions offered to you.

Source: National Heart, Lung and Blood Institute

Portions are getting bigger!

