



IMPORTANT NUMBERS

Know someone who wants to quit smoking? Is having a baby? Is stressed over family and job demands?

Here are some phone numbers to resources that can help:

Quit Smoking:

Quit For Life
1-800-456-2345

Pregnancy

COVA Care Future Moms:
1-800-345-1234

COVA Connect Partners in Pregnancy:
1-866-239-0618

Employee Assistance

www.dhrm.virginia.gov
Employee Programs

PAGE 2

NEW WEBSITE, NEW TOOLS FOR A NEW AND IMPROVED YOU

BUMMED BY THE WINTER SEASON, YOU'RE NOT ALONE

WEIGHT WATCHERS AT WORK

PROGRAM NOTES



Inside CommonHealth

VOLUME 4 ISSUE 2, DECEMBER 2009

Fitting in Fitness

January 1—March 31



The holidays left you with a few extra pounds and on January 1, you probably made some promises to yourself. You see the commercials promising you great results all packed into a little pill, magic serum, or easy 5-minute workout that anyone can do! It is hard to know what is best these days, especially when you are pressed for time between work, family, and community, but CommonHealth is here to help you figure it all out!

Not only will Fitting in Fitness help you find time to get your workouts done, but they will help you balance cardio and strength training to maximize your metabolism, demonstrate stretches that will help your muscles look leaner, and even help you get the sleep you need. So you are not a fitness buff, that's fine—we will also discuss easy routines for functional fitness to make life easier (and longer).

Did you know ...

You can speed up your metabolism—Fitting in Fitness will explain how!

A regular exercise program can help you sleep better.

Cardio training can decrease your risk for high blood pressure, stroke, and coronary artery disease.

Strength training can improve the health of your bones and decrease your risk of injury.

Flexibility exercises improve circulation and decrease muscle tension and joint stiffness.

Come to a CommonHealth Fitting in Fitness program or participate through the video or coupon options to get the details on these ideas and more, plus learn strategies to fit in fitness—no matter how busy your schedule is! **Contact your Regional Coordinator today to schedule the program or go to www.commonhealth.virginia.gov.**

Participants Win Cash Gift Cards!

Charles Crumpler from Danville Probation & Parole wins **\$100!**



Melissa Hoke wins for Dabney Lancaster Community College!



DJJ Portsmouth Winners



Eva Philbeck from Longwood wins!



NOVA Winners!



JMU Employees are Winners!



Judith Ferrell at DSS PRO wins!



Kevin Phillips from Red Onion State Prison is **\$100** richer!

Inside CommonHealth

New Web Site, New Tools for a New and Improved You

The CommonHealth Web site has undergone a drastic facelift! It has a modern feel and is complete with tools to help you gather knowledge about wellness issues, participate in quarterly programs, and find out more about benefit programs including Weight Watchers, Quit4Life, and Future Moms/Preparing for Parenthood. Visitors to the site may even look up and contact Regional Coordinators and view the health screening schedule. Recipes and success stories may be viewed or submitted. Take a few minutes and check out www.commonhealth.virginia.gov and see for yourself what an incredible tool it is!



Bummed by the Winter Season? You're Not Alone.

According to the Mayo Clinic, "Seasonal affective disorder (SAD) is a type of depression that occurs at the same time every year. If you're like most people with seasonal affective disorder, your symptoms start in the fall and may continue into the winter months, sapping your energy and making you feel moody. Less often, seasonal affective disorder causes depression in the spring or early summer." NAMI describes the characteristics as "oversleeping, daytime fatigue, carbohydrate craving and weight gain, although a patient does not necessarily show these symptoms. Additionally, there are the usual features of depression, especially decreased sexual interest, lethargy, hopelessness, suicidal thoughts, lack of interest in normal activities, and social withdrawal." Causes of SAD can be related to family history of depression, but some experts believe it is due to the lack of sunlight during winter, which can affect serotonin and melatonin levels. Treatment is typically a form of light therapy but may include medication, diet changes, stress management, and even visits to sunny destinations during these months. As the Mayo Clinic notes, "Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own — you may have seasonal affective disorder." COVA Care members may find resources at <https://www.achievesolutions.net/achievesolutions/en/covacare/Home.do>; COVA Connect enrollees may visit www.OptimaEAP.com.

Weight Watchers at Work

So you want to lose some weight, especially after this holiday season. You have made your goal (or maybe you haven't even gotten that far), but how do you make it happen? As a state employee (eligible for health benefits) you can get a discounted price and even reimbursement for joining Weight Watchers. You have heard about the online and community meetings, but Weight Watchers at Work is really the most convenient for you; unfortunately, your agency is not currently participating. What can you do? Start the program! When you know you have enough employee interest (at least 20 employees), call 1-800-8-AT WORK (1-800-828-9675). A local At-Work Manager will help you. Only state employees may attend an at-work meeting – no spouses, dependents or non-state employees. Participants pay in the meeting room by check or credit card. For more information, visit [Weight Watchers](#) on the DHRM Web site. What are you waiting for—get started today!

Program Manager Notes

What a year it has been! The program is growing and staying strong even through all the changes within state government. With that, we are here to help. We can do specialty programs dealing with stress and change, along with our quarterly programs. We are state employees working for our fellow state employees and wellness is a passion for us. Use us as a resource for any wellness questions you might have or as a morale booster for your agency. Please call or email us with program ideas, comments, or events.

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