



IMPORTANT NUMBERS

Know someone who wants to quit smoking, dipping, or chewing tobacco? Is having a baby? Is stressed over family and job demands?

Here are some phone numbers to resources that can help:

Quit Tobacco:

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
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Inside CommonHealth

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Lighten Up! Eating Well is Easy

March 1 — June 30

Do you ever find yourself in the drive thru lane more often than you would like? Are you constantly eating convenience food but feeling guilty about it? Does it seem like you don't have any time to prepare meals? Do you think it is too expensive to eat healthy? CommonHealth is tackling some of the biggest excuses that we make to overcomplicate eating well. Don't let these self imposed obstacles derail you from a healthy meal.

It's time to "Lighten Up". We find that people often deal with the same obstacles with healthy eating as they do with exercise. When asked why they do not eat healthier or eat more meals at home, there is a great deal of confusion out there. If you find yourself saying "I don't have time", "I don't have the money", "I don't know how" and/or "I don't like it", then let us help.

Isn't it time that you made a change for the better? Contact your CommonHealth Regional Coordinator today to set up the "Lighten Up – Eating Well is Easy" Program running March through June 2012. Each participant will receive a flexible cutting board (while supplies last) designed to make preparing more fruits and vegetables easier.

Join the CommonHealth Lighten Up Challenge!

Every year, many vow to lose weight and to switch to healthier lifestyle, but it is not an easy task and many give up or fail to find success. The support of a team and CommonHealth can make the difference! So join us this spring to "lighten up"—it is FREE, but still an investment for YOUR future!

The goal is for participants to concentrate on losing weight for the 6 weeks (and 2 days) of the challenge and beyond. Participants will form a team of anywhere between one and ten people and support each other with weekly weigh-ins, emails and other help offered through CommonHealth. Team members will strive to lose a total of 6 pounds over the course of the challenge, or one pound per week. This should be done by developing healthy eating habits and an appropriate fitness routine.

1. Form a team, with a total of anywhere between one and ten state employees (may be interagency).
2. Create a team name. HINT – write it down somewhere and remember it!!
3. Assign a Team Captain.
4. Captains may register and log team name, agency, location, and group starting weight.

**More information coming on the CommonHealth website on March 1, 2012.
Registration runs March 1- March 30, 2012. The challenge begins on April 1, 2012!**

Inside CommonHealth



Laughter Makes for a Healthy Heart

February is Heart Health Month! Beyond eating well and exercising, be sure to get your laugh on each day.

Previous research has shown that stress and other negative emotions cause blood vessels to constrict, which reduces blood flow. For the first time, a team of researchers set out to discover if the opposite was true of positive emotions.

Their results were presented at the European Society of Cardiology's conference in Paris. When participants were shown clips from a humorous and a stressful movie, the researchers found differences from 30 to 50 percent in vessel diameter.

"Eat your veggies, exercise and get a good belly laugh every day" Dr. Michael Miller, Professor of Medicine and lead investigator, said in a press release. —Huffington Post, Sarah Klein, Feb. 6, 2012

Do You Know a Wellness Champion?



The *CommonHealth Wellness Champion Award* is a chance to celebrate the many ways that we work together to create a healthy workplace environment. We invite you to nominate an employee who models a healthy lifestyle, has made significant changes in health behaviors, motivates others to make health improvements, or has implemented a policy to help create a positive wellness culture for the Commonwealth of Virginia.

One employee will be selected from the nominees each quarter and spotlighted. Individuals selected for the award will receive a gift bag from CommonHealth for serving as an inspirational role model as well as a feature article in our Compass publication.

To be considered for the CommonHealth Wellness Champion Award, nominees must meet the following criteria:

1. Be a current Commonwealth of Virginia employee who is eligible for CommonHealth programs.
2. An employee who has done one or more of the following within 6 months of their nomination: models a healthy lifestyle; has made significant changes in health behaviors; motivates others to make health improvements; implemented a policy, practice, or activity to help create a positive wellness culture for the Commonwealth of Virginia.

Self nominations are welcome. Visit <http://www.commonhealth.virginia.gov/wellnesschamp.htm> today!

Program Notes

We are very excited to bring *Lighten Up* to every agency! As we journey into life with easy, convenient fresh foods and challenge ourselves to lose some weight (or maintain healthy weights), let's keep *Moving Forward with Fitness* by planning ahead for National Employee Health & Fitness Day on May 16, 2012. We look forward to hearing about the fun things you have planned and to seeing some photos of your staff in action. If you want ideas, please feel free to contact your Regional Coordinator.

The CommonHealth Team

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