



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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Time for Change

Moving Forward with Fitness

Time for Change: Moving Forward with Fitness

November 1—February 29

We are surrounded by statistics about how unhealthy Americans are...name the health issue, and it is more than likely affected by physical activity. Ask most people if they think exercise is important, and you'll get an overwhelming YES. But, unfortunately, it usually gets shoved aside as other details in life demand our time and attention. Starting and sticking with exercise isn't easy.

Interestingly, it's not our body but OUR MIND that is the biggest hurdle that keeps us from exercise. We love to stay with what we know, and when we change something (like starting an exercise program) –there is almost always resistance– which comes through as the excuses we make for not exercising.

And boy, can we come up with excuses – we don't have the time OR the money, we're too tired, too fat, too weak, or too embarrassed, we don't like it, don't know how to do it and don't want to do iton and on the list goes.

With *Moving Forward with Fitness* we want to help you break through the most common barriers to exercise: time, money, skill and enjoyment. We'll examine each of these and provide some effective ways around them. The program includes simple ideas for building an active lifestyle, so ditch the excuses and check it out!

This program is available November 2011 – February 2012. Contact your Regional Coordinator to schedule. Visit www.commonhealth.virginia.gov for additional program information and resources. Participants will receive an incentive while supplies last.

Challenge Your Staff

Give your staff a jumpstart at breaking down their fitness barriers. An in-agency challenge with prizes will get them going. Movement is key to health, so let's get moving—in just about any way! Participate in CommonHealth's Move Forward Challenge and every 10 minutes of activity earns you a ticket for prize drawings. Any and all activities can count towards the challenge; as long as you place the appropriate tickets in the Challenge Box within 72 hours of completing the activity.



Each month the box will be emptied, total minutes submitted for that month logged, and drawings for a prize will be held. There is no limit for the number of times that an individual may win.

It is Time for Change, so Move Forward with Fitness and start your challenge today! Visit our website for details on how to get started.

Inside CommonHealth

Why Go to an AC Meeting?

Agency Coordinator meetings are held twice a year in each region. These meetings are typically held to provide informational updates regarding CommonHealth, but there is much more to it. Rhonda Casey from VA Museum of Natural History explains how she benefits, "At the last regional AC meeting, it was great to see the familiar faces from our own region, but it was nice also to meet the ACs from southwest Virginia. It is good to compare notes and see what works and what doesn't. I often get ideas from talking to other coordinators. It's nice to have meetings at other agencies so we can see what they do." Judi Robertson from DSS added, "The AC meetings present an opportunity for me to network with other ACs to learn about what they are doing to increase participation in their offices. It also provides the information regarding upcoming programs that help me answer questions when I get back to the office." Jane Stein from VDH stated, "I feel it gives us a connection with other agencies and also that the state cares about their employees. It is another focus of work that is on the employee, not the client we care for." Lissa Keagy from VA Lottery sums it up well, "They are informative, fun, and very beneficial to all of our team members!"

Our next AC meeting in December will be a great opportunity to find out more about health screenings and how to arrange a successful event at your agency.

No Extreme Couponing Here

CommonHealth offers a variety of means to get the information and incentive for each program to meet the needs of all employees. While the video and coupon options are available, it should be used in addition to a live program option such as a presentation, learning station, or desk-to-desk to reach staff members who are unable to attend. If possible, please do not share or encourage coupons and videos prior to the visit from the Regional Coordinator, so that the live program is well-attended. Once the visit is complete, please follow up with coupons and videos to those who could not attend.



If your agency has come to use the coupon or the video instead of a live option, please consider doing something different and changing it up a bit by scheduling a visit from you RC today!

Program Notes

We really hope to visit each agency with our next program, so if you have been using the video or the coupon frequently, please take the opportunity to have an in-person program for your staff with Time for Change: Moving Forward with Fitness! For some agencies with staff on various schedules, the coupons and videos can be a great way to get the information to those who cannot attend. Please contact your Regional Coordinator today to schedule a presentation for a staff meeting or retreat, a learning station, or even a desk-to-desk. We look forward to seeing you and your staff as we break down the obstacles that interfere with your fitness goals.

We look forward to seeing you in December at an AC meeting!

The CommonHealth Team

