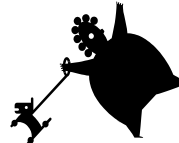


May is National Physical Fitness Month

Lack of time is the No. 1 reason people are not active in our fast-paced, over-scheduled society. Below are a few ideas to help you find the time you've been missing all these years. Try starting with lifestyle activities and gradually add in dedicated activity time (e.g., build up to a 30-minute walk, a basketball game with friends twice a week, a 30-minute weight-training session at the gym three days per week).

At home:

- Take the stairs in place of elevators if you live in a high-rise building.
- Cut the grass yourself with a push mower instead of using a lawn service. A reel mower is even better and helps the environment because it's powered by you.
- Do a lap or two around the playing field while your kids participate in their local soccer or softball practice. You'll get a bit of exercise instead of sitting in the car waiting for your child's practice to end.
- View yard work and household cleaning as opportunities for some active time. That may also motivate you to work a little harder and faster and leave you more free time to do what you please.
- Need to run an errand to a nearby friend's house or to a local store? Walk or ride your bike instead of driving.
- Start a new walking routine with your best four-legged friend instead of letting him out the back door every morning or evening.



Have you tried yoga or Pilates? If you can't find a class to take, there are numerous videos and books you can buy. The exercises from both disciplines are wonderful for people of all ages and abilities. Find one you enjoy and commit to going through a series of movements or a video with your child or spouse. It's a great activity to learn together, and doing it with a buddy can be the motivation you need to stick with it.

Take advantage of a weekend morning with an early walk or bike ride. Plan to meet up with a friend and walk to get a cup of coffee. Turn off the TV for an afternoon and have a picnic at a park where you and your family or friends can participate in a variety of activities: hiking, flying a kite, playing Frisbee or softball, or Swimming.



Tips for work on next page

At work:

- For each suggestion, start by doing the new activity two or three times each week. For example, if you work on the 35th floor, take the stairs up to the fifth floor then take the elevator. Gradually add to the number of flights you walk up. Walking may actually be faster than waiting for the elevator!
- Stretch at your desk a couple of times a day.
- More than likely, you are entitled to a 10-minute break. Use the time to go for a walk around your floor or hike a few flights of stairs. You'll be amazed at the energy boost you get from that short jaunt.
- At lunch, commit to walking at least once a week during your break.
- Start for the office a few minutes early and get off the bus or subway a stop early. Do the same when going home at night. If you don't take public transportation, park your car farther away from the door to your office building.
- Better yet, help ease traffic congestion in your area and bike to work. Many major cities have resources for bicycle commuters to help you arrive at work safely. Don't dismiss the option if you can't bike every day.



It is hard to find the time to exercise. But including activity as a regular part of our everyday lives can be fun and provide that extra boost to get us going.

http://www.fitness.gov/resources/toolkit/physical_activity-the_magic_pill.pdf



Walk to Wellness

Receive a Free Online Gift & 5 Rewards Points!

When you reach your Walk to Wellness Challenge goal, you may select from several online booklets at the Mayo Clinic website. And, 5 points will be automatically added to your rewards points total!

Walk to Wellness (WTW): A 28-Day Walking Campaign Across NASA

Register Online to gain access to Mayo:

www.explorationwellness.com. Click on any Mayo Clinic Embody Health logon or Mayo link. Unique Identifier for registration is **healthiernasa**

Enroll: April 18th–May 3rd

You must enroll by May 3rd to participate!

Choose a goal level for walking alone or as part of a team.

Walking Campaign: May 4th–May 31st

Log all minutes or steps, must meet your goal by May 31.

Post campaign grace period: June 1st–June 15th

Grace period is used to catch up with data entry only. Goal must be met by **May 31**.

Health Related Fitness Class 1-11 (January 10 – March 30, 2011) End of Class Report

MEN	Start	Finish	Change	% Change
Age (yrs)	47.9 (12.7)			
PASS(0-10)	4.6 (2.4)	6.6 (1.2)	1.9 (1.8)	41.3
Weight (lbs)	190.3 (38.1)	187.3 (37.8)	-3.0 (2.7)	1.6
% Body Fat	20.8	17.8	-3.0 (2.3)	14.4
Waist (inches)	39.0 (6.0)	37.2 (6.0)	-1.9 (1.1)	4.9
Sit and Reach (cm)	18.7 (10.2)	23.1 (8.6)	4.4 (4.5)	23.5
Sit-ups (1-min)	29.2 (11.9)	41.4 (9.0)	12.2 (7.2)	41.8
Grip (kg)	96.9 (14.2)	102.1 (14.4)	5.3 (3.5)	5.5
VO2 Max MI/kg/min	34.4(5.7)	38.0(6.7)	3.6 (3.0)	10.5

Women	Start	Finish	Change	% Change
Age (yrs.)	49.2 (11.6)			
PASS (0-10)	4.3 (2.1)	6.0 (1.6)	1.7 (1.9)	39.5
Weight (lbs)	170.9(38.5)	169.1(37.6)	-2.8 (2.9)	1.6
%Body Fat	30.9 (6.2)	29.3 (5.7)	-1.6 (2.6)	5.2
Waist (inches)	36.3 (6.5)	35.7 (6.5)	-0.6 (1.0)	1.7
Sit and Reach (cm)	31.8 (7.2)	34.0 (7.0)	2.2 (2.9)	6.9
Sit-ups (1 min)	29.9 (8.4)	36.8 (12.3)	6.9 (6.1)	23.1
Grip (kg)	61.6 (10.1)	65.4 (10.8)	3.8 (6.7)	6.2
VO2 Max MI/kg/min	27.9 (6.1)	29.0 (6.9)	1.1 (2.1)	3.9



JSC Wellness Program

May Calendar



www.explorationwellness.com

May Classes & Activities

May Challenge: Walk to Wellness (WTW)



- WTW is a NASA wide walking challenge . Join us for a 28-day walking campaign across the agency.
- **YOU MUST ENROLL ONLINE BY MAY 3rd TO PARTICIPATE!**
Enroll online at the [Mayo Clinic website](#).
- May 4-31: Walk and log your progress online
- Receive a Free Online Gift & 5 Rewards Points when you complete the challenge!

Workforce Solutions & Financial Classes Start Onsite!

- Topics include: , resumes, job search, networking, interviewing, A, B, Cs of Workintexas.com, and multiple Linked In classes.
- NEW Financial classes include: Preparing for Separation & Retirement, Building your Nest Egg, Preparing to Use your Nest Egg, The Retirement Years. And Budgeting, Debt Elimination & Cash management.



May 16 – 20: Health & Fitness Week (HFW) 2011

- May 18th is National Employee Health & Fitness Day. We are celebrating the importance of health and fitness with a week of events. Come join us for healthy fun, free gifts and prizes.
- Schedule and prize details will be posted on line soon.
- Contact Jessica Vos at 281-244-1383, [Email](#)

Wellness Challenges:



Earn points in the Employee Rewards Program for each challenge. [Rewards Program Info](#)

MAY – 6 POINTS:

[Mayo Clinic Walk to Wellness](#)

You must enroll by May 3rd to participate. Meet your walking goal and receive an online gift and 6 rewards points.

Newsletters:

Exploration Wellness: [Apr](#) [May](#)
Starport Services: [Apr](#) [May](#)



Tue Eve Nutrition Classes – Sign up Online!

- May 17 & 24: Diabetes Two-Week Workshop; :How Good Nutrition can Help
- Classes meet at 5pm at the Gilruth. Family members are welcome.
- Contact Glenda Blaskey at 281-244-1503, [Email](#)

EAP Groups and Seminars

- May 18: Accessing Community Mental Health Resources, Noon, B30 Aud
- 1st & 3rd Mon: Single Dad's Group, Noon, B32/142
- 1st & 3rd Tue: Single Mom's Group, 11am, B32/146
- 1st Tue: Caregiver's Support Group, Noon, B32/142
- 2nd Tue: Alanon Meeting, 11am, B32/142
- 2nd & 4th Thu: Just for the Guys, Noon, B32/132
- 3rd Tue: Cancer Support Group, 4pm, B32/142
- 3rd Thu: Gifted Kids Forum, 11am, B32/142
- Contact EAP at 281-483-6130, [Email](#)