

CCS WELLNESS INITIATIVE

May 2019 Newsletter

MAY IS MENTAL HEALTH MONTH



#4MIND4BODY

During the month of May, we build awareness on topics surrounding mental health. When you or someone you love is dealing with a mental health concern, sometimes it's a lot to handle. It's important to remember that mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.

A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity. It can also help people recover from these conditions. For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health.

This year, Mental Health America (MHA) has introduced the theme of #4Mind4Body to explore the topics of animal companionship, spirituality and religion, humor, work-life balance, and recreation and social connections as ways to boost mental health and general wellness.

MAY IS 2
MENTAL 0
HEALTH 1
MONTH 9
#4MIND4BODY

Check out tools and resources to learn more about Mental Health Month by [clicking here](#).



ARE YOU CATCHING ENOUGH ZZZ'S ?

In honor of Mental Health Month, we challenge you to take small steps to improve your mind and body. Sleep is a critical part of our health and well being. Not getting a proper amount of sleep makes it difficult to deal with stressful situations and can increase anxiety and depression. People who suffer from chronic stress sleep less, have poorer sleep quality, and find it harder to function well during the day. Guidance Resources Online has plenty of tools, articles and videos on improving your sleep health.

Learn ways to sleep better at night by accessing [Guidance Resources Online](#).



[Guidance Resources](#) provides FREE, confidential, 24/7 support, resources and information for personal and work-life issues affecting you and your dependents.



CALL 800.774.6420



ONLINE [GuidanceResources.com](#)
Use Web ID: CCS



APP [GuidanceResources Now](#)

Visit [sleep.org](#) for additional resources for getting a better night's rest.

STAFF WELLNESS SPOTLIGHTS



ANNE SAUER SECRETARY II, COLUMBUS SPANISH IMMERSION ACADEMY

I started with Weight Watchers, now re-imagined as Wellness that Works the end of May, 2018. I joined because both my knees are bone on bone and for other medical reasons. My goal is to reach Lifetime and lose approximately 140 pounds. To date, I have lost 65 pounds on the program. I can't stress enough that this is not a diet but a lifestyle change. After 40 plus years as an adult of making choices that included consistently eating poorly, eating my emotions, and not being committed to taking care of me, I find this program is very easy to follow. It's a journey that comes with ups and downs because we are all human and not perfect.



NOVEMBER 2017



APRIL 2019

If I had been asked a year ago if I would look forward to making salads, taking a lunch to work daily, and taking bottled water in my lunch, I would have shook my head and said no. Now, I don't want to undo what I have already lost. This program does not deny me any foods, just makes me accountable for what I eat. In addition, the cost of the program for CCS employees who have our health program works out to free after two 12 week sessions. For every session completed by attending 10 of 12 workshops (meetings) the member will be reimbursed \$50. The first session costs in the \$90-\$100 range, the second sessions costs in the \$60-\$70 range, and the third and all sessions after are \$50. This is paid upfront and then the members submit forms for reimbursement when meeting the workshop goal of 10 of 12. All members also get online e-tools as well. This is \$20 a month to non CCS employees so a savings of \$60. ■

KRISTINA CURTIS SECRETARY II, FORT HAYES EDUCATION METROPOLITAN CENTER

I have always been one of those people that was overweight. Even playing varsity sports in high school and college, I was 'bigger' than I should have been. I have tried a multitude of diets, gimmicks and medications, none of which worked. Even with the goal of losing weight for my wedding, I barely budged. I have used the biometric clinics as ways to yearly judge my health, not absolutely horrible... but not good either.

When I started a new position in CCS in August, something clicked: new job, new schedule, why not a new, healthier lifestyle? I was finally able to participate in the wellness classes that are offered and I found that I LOVE Zumba. (I'd tried yoga at home on my own but honestly just suck at it) So I began doing two Zumba classes and a yoga class per week and I changed my way of eating by limiting my carb and sugar intake. After the first few weeks the cravings ceased, I started to feel better, have more energy and the scale showed some decent weight loss: enough that it made me want to stick with it.



APRIL 2018

APRIL 2019

The mental image of myself hasn't changed until I look at comparison photos: after 9 months, I have lost 50 lbs! The physical changes are astounding, but the biometric numbers are even more incredible: My triglycerides dropped by more than 100! I still have further to go to be an even healthier version of myself, but I am well on my way and can honestly say that I look forward to Zumba at Central Enrollment every Thursday. ■

Do you have a wellness success story? We want to hear about it. Tell us about your wellness journey and be featured in our Staff Wellness Spotlight. Please send your story to syerramilli@columbus.k12.oh.us

WELLNESS UPDATES



SUMMER FITNESS CLASSES



The CCS Wellness Initiative is currently hosting summer fitness classes at Central Enrollment. Join us for Yoga and Zumba classes every week in the Atrium.

Click here to view [flyer](#) and [schedule](#) for more information.



WCBE RADIO'S STORM THE FORT 5K RACE ON MAY 4TH

On Saturday, May 4th, Central Ohio's NPR station presents, "Storm The Fort," a 5K run to benefit WCBE 90.5 FM! The running route winds through the historic Fort Hayes campus. This picturesque, park-like setting was originally established as a Civil War army base in 1863, and has been WCBE's home for over 25 years. All proceeds from the run benefit your favorite non-profit radio station. Get the details online at wcbe.org!



After the race, you're welcome to attend a tour of the historic campus. Learn what each building was constructed for and evolved into, as well as other historical information. This tour is FREE to all race participants.

Only a couple days left to register! [Click here](#) to sign up for the Storm the Fort 5K Race.

UPCOMING COMMUNITY EVENTS



NATIONAL BIKE TO SCHOOL DAY ON MAY 8TH



National Bike to School/Work Day is on May 8th. On this day, communities across the country will raise awareness on the importance of safer and improved streets and healthier habits on National Bike to School Day. We encourage students and staff to walk, bike, scooter or skate to school.

Please support Columbus City Schools and Safe Routes to School in celebrating National Bike to School Day through the month of May by hosting a Walk & Roll School Day at your building location.

For more information on organizing a Walk & Roll School Day event, [click here](#) to view flyer.



YMCA OF CENTRAL OHIO HEALTHY KIDS DAY ON MAY 11TH

Help your kids keep their minds and bodies active all summer long.

The YMCA of Central Ohio will holding the Healthy Kids Day event on Saturday, May 11th from 10:00 AM- 4:00 PM at the Scioto Audubon Metro Park. Healthy Kids Day features a variety of free activities, including a climbing wall, bounce houses, relay and obstacle courses, fitness classes, face painting and much more. Healthy Kids Day is FREE and open to the public. Enjoy a full day's worth of healthy fun and activities for the whole family.

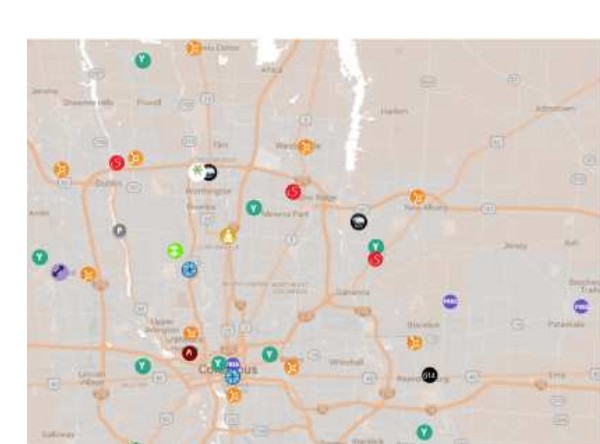


For more information about Healthy Kids Day, [click here](#) to view flyer.

CCS FITNESS PERKS



STAY ACTIVE OVER THE SUMMER



Columbus City Schools Wellness Initiative has current partnerships with 13 different fitness centers, clubs and studios across the city to offer special pricing for CCS employees. This summer, take advantage of special discount rates to Orangetheory Fitness, YMCA of Central Ohio, Swerve Hip Hop Fitness, Raw Yoga 614, Ohio Health Fitness Centers and many more! Visit the [PERKS](#) tab on our wellness website for a full list of options with pricing.

Is there a fitness offering that isn't on our list, that you would like to be made available to you in the future? Our Wellness Team is always looking to expand offerings for fitness membership discounts for employees. To suggest a new fitness membership discount to a fitness center in the area, contact syerramilli@columbus.k12.oh.us.