

Human Resources Update



Upcoming Workshops

April 1st – April 30th

Take part in our First Annual Wellness Step “Challenge” compete against other county building to see who has the most active employees.

May 14, 2009 – Riverbank Zoo 9am
The 2009 Health at Work Conference

May 20, 2009 - Lunch and Learn
Summerville, Planning & Codes
Conf Rm. 11:30am – 12:30

Pivotal Fitness – Introducing an option for County employees to meet their Health & Fitness needs at a discounted rate.

May 21, 2009 – St. George & Summerville Council Chambers
9am-noon - SCAC Teleconference
Interpersonal Communication Skills Working together.

May 27, 2009 – Summerville Council Chambers 10am- 11:30am
Retirement and Social Security Workshop Update

May 27, 2009 – St. George Council Chambers 2pm – 3:30pm
Retirement and Social Security Workshop Update

First Annual Wellness “STEP” Challenge

Congratulations, you’ve made it to the end of the First Annual Wellness “Step” Challenge! But before you box up your walking shoes, think about this: To maintain the health benefits you’ve gained you must keep up with your exercise routine. Here are some pointers to consider when continuing physical activity.

Public Service Recognition Week

Since 1985, Public Service Recognition Week has been marked during the first week of May as a way to honor the men and women who serve America as federal, state and local government employees. The event is sponsored by The Council for Excellence in Government, a non-profit group that works to improve the performance of government at all levels.

We are very fortunate to have employees that truly care about the well being of the citizens of Dorchester County. The Wellness Committee would like to ensure that we are able to keep our employees happy, healthy and active. Of course we realize that the

economy is not that great and everyone is pinching pennies. We have contacted the YMCA and Pivotal Fitness and they have agreed to give all county employees discounted rates with proof of employment. Please see the attachments for the pricing details. Also everyone that attends the Lunch & Learn on Wednesday May 20th will receive a *free* 7-day guest membership to Pivotal Fitness.

Remember we all work together and for each other. The next time you visit another office let them know that you appreciate them. You could be the one to turn someone’s day around! @Smile it is contagious! @

Upgrade Your Workout

- **Step it up.** Whether or not you have reached your initial goals, at this point you should evaluate your progress. If you have met your goals it’s time for a new challenge – this may involve walking greater distance or being active for a longer time. If you haven’t met your goals don’t let this discourage you. You should meet these goals before you look to bigger hurdles.
- **Have Fun.** One of the most important elements to an exercise routine is the “fun factor” If your workout involves something you enjoy, the more likely you’ll stick with it.
- **Add variety.** Introduce variety into your exercise routine – a membership to a gym or buying videotapes can supplement your

current exercise program. A monotonous program can get old quick.

Walking Tid-bits

- The energy costs of walking can be increased by 78% by walking backward (recommended for open spaces only).
- Walking in high heels can subject the ball of the foot to as many as 2,000 pounds of pressure with every step.
- Contrary to popular belief, walking bare-foot does not flatten the feet, it simply thickens the skin on the bottoms of the feet.

We will be announcing the “Most Active County Building” as soon as all the steps have been counted.

May 2009

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