



**ONE YEAR
ANNIVERSARY
SCHEDULE OF
EVENTS**

10:00-10:15

CTFIT Welcome

10:15- 10:25

**Commissioner
Galvin's Greeting**

10:25-10:40

**Dr. Faghri's Re-
port on Program
Accomplishments**

10:40-11:10

**"10 Powerful
Ways to Reduce
Stress"**

Lori Woodhouse

11:25-12:10

**"The Key to Hap-
piness: Growing
Up To Be You,
Whatever Your
Age."**

Cris Jacobs

12:15-12:30

**"Proper Walking
Techniques"**

Jodi Petrozak

12:50-1:00

**Raffle Drawing for
basketballs signed
by members of
the UConn men's
basketball team**

**Connecticut Department of Public Health
Worksite Wellness Program
Newsletter ~ April 2006**

Commissioner's Corner

On April 12th, ConnectiFIT will be celebrating their one year anniversary. The anniversary celebration will host tables featuring health related information. ConnectiFIT will also share information about the success of past programs and events. Upcoming ConnectiFIT programs will be displayed during the celebration as well. ConnectiFIT's one year anniversary will feature Cris Jacobs and Lori Wood Hall as guest speakers.

I encourage everyone to partake in this event. If you have participated in the

events and programs, please come to show your support for ConnectiFIT. If you have not had the chance to take part in ConnectiFIT activities, this is the perfect time to find out more about what ConnectiFIT has to offer.

I hope to see you all on April 12th on 470 Conference Room C, from 10AM-1PM PM to celebrate the one year anniversary of ConnectiFIT: The Connecticut Department of Public Health Worksite Wellness Program.

ConnectiFIT's First Anniversary Guest Presenters

ConnectiFIT's two exciting speakers scheduled for the Anniversary Celebration include:
Lori Woodhouse is a Life Coach, Marketing Consultant, and the owner of Mindful Living Life Coaching. Ms. Woodhouse has coached hundreds of men and women to explore and achieve their personal and professional goals.

Ms. Woodhouse will be presenting "10 Powerful Ways to Reduce Stress". This presentation is aimed to help you learn techniques to improve your mood, energy level, outlook, productivity and health. Stress reduction techniques that Lori

Woodhouse will discuss are as follows:

- Goal Setting
- Taming your Inner Critic
- Abdominal Breathing
- Laughing

Ms. Woodhouse's inspiring presentation will take place at 10:35 during the celebration event.

Cris Jacobs is a Life Coach, a Corporate Consultant, and a Core Energetics (body-oriented approach to psychology) Practitioner. Mr. Jacobs has a private practice that encourages people to be happier, more fulfilled, and more successful. Before starting his own business in 1999, Cris's career was in

the corporate workplace for over 20 years, including management positions in Finance and Investments in Fortune 50 Companies.

Cris Jacobs' presentation will describe the two-steps that he uses with clients. The two steps that Mr. Jacobs will discuss are:

- Getting over who you thought you were
- Finding your place in the world.

Chris Jacobs will be presenting at 11:25 during the Anniversary celebration.

Learn how to make your life happier and less stressful attending the presentations by guest speakers Lori Woodhouse and Cris Jacobs.

ConnectiFIT Anniversary
A report from the Project Director
Dr. Pouran D. Faghri
Associate Professor
University of Connecticut
Department of Health Promotion

This month last year we started our exciting ConnectiFIT project. Our hope was to increase the awareness of the employees of Department of Public Health regarding the risk factors affecting chronic disease and help you modify those behaviors through appropriate actions. During our kick off, we provided you with a needs assessment questionnaire and asked you about your interest in health promoting activities at DPH. Two hundred fifty-nine of you responded with overwhelmingly support for starting such a program. You also provide us with health issues that need immediate attention. Based on the needs assessment, we identified three areas to be addressed in our first year:

1- Increasing employees' awareness about a healthy lifestyle: For this purpose we developed an interactive and informative website. The website has information about healthy lifestyles as well as links to many federal and private organizations that provide useful information regarding healthy living. In addition, the website provides an opportunity for us to communicate with you and

post the latest activities being offered by the ConnectiFIT team.

Another way to increase awareness is through our healthy living seminars. These seminars are offered on a monthly basis. We invited experts in different health fields to provide outstanding information and presentations. Many of these presentations are available on the ConnectiFIT website. So far 119 employees have attended our seminars. Finally through the ConnectiFIT newsletter, we provide you with the latest health information as well as our program offerings.

2- Life style change programs: These were programs that actively offered to help you change your lifestyle (being active, eating healthy or manage your stress). We offered two popular walking programs. In total, 232 employees participated in these programs and together walked a total of 22,653 miles and 45,285,305 steps. This means the average each employee who participated walked approximately 195,195 steps or 97 miles during the 10 week program. Great job!

We recently offered our first health risk appraisal on February 15th and 16th. This opportunity offered to provide you helpful lifestyle change programs that was individualized for you based on data collected on your blood cholesterol, blood glucose, as well as other family and lifestyle information. We are in the process of following up with participants to see how they may change their lifestyle based on the report that we provided to them.

3- Finally our goal was to institutionalize the healthy changes at the DPH by having the cafeteria offer you more healthy food choices and the vending machines provide healthy snack options.

Great Programs for 2006: In May we will begin or next walking program, "Spring into Summer." Please join us in Conference Room C on April 12th from 10 AM-1 PM to celebrate the one year anniversary of your program and listen to some healthy discussions.

