

ConnectiFIT

www.ConnectiFIT.uconn.edu

Connecticut Department of Public Health Worksite Wellness Program

Newsletter ~ July 2005

Commissioner's Corner

I am extremely impressed by the fact that ConnectiFIT is attracting and retaining large numbers of our workforce. Many of these folks are first time fitness participants. This is important!

It is relatively easy to attract people who already are fitness oriented, much harder to enroll those who don't usually exercise. We need and do make this program available and attractive in the workplace and for

the workforce.

We want to make the Department of Public Health a healthy place to work.



Summer is Here!



Here are some tips to make your summertime activities safer and more enjoyable

- Dress for the heat: wear lightweight, light-colored clothing to reflect some of the sun's heat
- Drink plenty of fluids! Carry water or a sports drink (Gatorade) with you and drink even when you are not thirsty. Avoid caffeine, alcohol, or soda, which can dehydrate you.
- Take regular breaks when engaging in physical activity on warm days. If you or someone you are with begin feeling uncomfortable, dizzy, have a headache, or other symptoms, find a cool place to rest.

For more information on Summer Safety, go to www.redcross.org

ConnectiFIT Goes to the Grand Canyon

On June 27, ConnectiFIT kicked off its first walking program, "ConnectiFIT Goes to the Grand Canyon". Participants will use pedometers to track the number of steps they take each day; the goal of the program is to increase participants' activity level during working hours by increasing their number of steps and number of minutes walked each week.

The overall goal of the program is to reach the Grand Canyon; by totaling everyone's steps and mileage, we hope to equal the mileage from Hartford, CT to the Grand Canyon approximately 2,530 miles).

The purpose of this program is to provide participants with the first step toward increased physical activity.

This program is designed to increase participants' activity during their workday by making small changes such as taking the stairs rather than the elevator, parking your car further from the entrance to the building, or taking a walk during your lunch or break times instead of sitting.

Participants will set weekly goals specific to their activity levels and interests, in an effort to increase activity and create a healthy life-

style.

On the ConnectiFIT website each week we will show how far the participants walked using a map going from Hartford, CT to Grand Canyon. We also have weekly motivational messages and success stories from participant. For more information, please go to ConnectiFIT website (Connectifit@uconn.edu) and click on Pedometer Walking program. You may also go to DPH website and click on Connectifit logo to go to our website.

Stay tuned to ConnectiFIT website for information on future programs. If you are interested in participating in walking programs, another walking program will be beginning this fall. We hope to see you there!

Bike to Work

The Central Connecticut Bicycle Alliance (CCBA) invites the public to discover the healthy way to get to work! Biking to work is a great way to get daily exercise, save money, and help to improve air quality. The CCBA sponsors a Bike to Work Program to encourage commuters to give it a try.



Bike to Work group Breakfast in downtown Hartford

The last Friday of every month from April to October in the Hartford area is Bike to Work Day. Free Bike to Work breakfasts are held at the Old State House in downtown Hartford from 7:00 am to 9:00 am, as well as at other sites in surrounding cities. Each bicycling commuter who attends a Bike to Work event receives a free breakfast, free gifts and a chance to win a new, high quality bike in a raffle at the end of the year. In addition, there are free workshops on bicycle maintenance and a monthly award for a Super Bike Com-

muter sponsored by the Avon Ski Market.

Each month, a different organization or agency staffs the Old State House event. In April, staff from the Capitol Region Council of Governments (CRCOG) provided the breakfast. In May, employees of the

Department of Environmental Protection (DEP) volunteered their time to arrange and serve the breakfast. St. Paul Travelers sponsored the June event. The Department of Public Health is planning to sponsor the event in September.

The CCBA is a developing organization that grew out of a coalition of organizations and agencies that initiated the program in 2000 to promote a healthy, alternative form of transportation to ease traffic congestion and pollution.

The mission of the Central Connecti-

cut Bicycle Alliance is:

- Promoting bicycling and human powered transportation as environmentally friendly, healthy, and economical forms of transportation and recreation.
- Working to improve the bicycling environment and the quality of life in Central Connecticut Region.
- Educating motor vehicle operators and bicyclists about their respective rights and responsibilities.

The CCBA works with representatives of a number of agencies and organizations, including the Capitol Region Council of Governments, the Connecticut Bicycle Coalition, the Connecticut Departments of Transportation, Public Health and Environmental Protection, All Aboard!, the American Lung Association, the University of Connecticut Health Center, and the Sierra Club.

For more information please call Gary St. Amand, DPH Cardiovascular Health Program, at 509-7581 or check the CCBA website at: www.WeCycleCt.org.

Upcoming Lunch and Learn Sessions 470 Conference Room C, 12-1 PM

July 26, 2005	Keeping Summer Fun... FUN Kevin Brown
August 18, 2005	Your Food Pyramid Cindy Kozak & John Frasinelli
September 20, 2005	YMCA Information for DPH Employees Jody Petrozak



DPH Cardiovascular Health Program, Department of Agriculture and ConnectiFIT will be sponsoring a farmers' market beginning July 7 (and then every Thursday July-October) from 11:00 A.M. to 1:00 P.M in the 470 courtyard outside the cafeteria.



Killiam and Bassette Farms will be selling fresh fruits and vegetables each week rain or shine. Visiting your local farmers' market helps to preserve our rural agricultural enterprises and open space while allowing you (and you're your family) to eat healthier, fresher produce this summer and fall.

We hope to see you there!



For More Information About ConnectiFIT and its Programs, go to www.ConnectiFIT.uconn.edu or email ConnectiFIT@po.state.ct.us