



Connecticut Department of Public Health Worksite Wellness Program Newsletter ~ September 2005

Commissioner's Corner

The first walking program "ConnectiFIT Goes to the Grand Canyon" has come to a close and I am greatly pleased with the success of this program. During the ten-week pedometer program there was a high level of participation from all of the walkers. This contribution from participants assured that the goal of making it to the Grand Canyon was not only achieved once but twice! By enhancing the activity level during the working hours, we are becoming one step closer to improving our health. Hopefully the participants of "ConnectiFIT Goes to the Grand Canyon" are already feeling some improvements in

their general health, specifically cardiovascular and mental health. The ConnectiFIT will be starting another pedometer walking program on October 10th. More information about this new program is available in this newsletter. The ConnectiFIT will also be offering the Healthy Living Seminars with the goal of increasing your awareness about different health concerns. I encourage all Department of Public Health employees to take advantage of the entire upcoming programs from ConnectiFIT. Please check the ConnectiFIT website for more information about how you can become involved.

"ConnectiFIT Goes to the Grand Canyon"

Since June ConnectiFIT has been partaking in the programs first walking program, "ConnectiFIT Goes to the Grand Canyon". The aim of this program was to increase participants activity level during working hours. The pedometer was used to see how many steps participants took throughout the workday.

At the end of each week everyone's steps and mileage were totaled to see how far the group had walked over the week. The overall goal was to reach the Grand Canyon (approx. 2, 530 miles). Due to the high level of participation ConnectiFIT was able to walk a total of 12,910miles. This is the equivalent of walking to the Grand Canyon from Hartford and back two and a half times!

During this program participants set weekly goals for themselves. This helped participants realize what was achievable, and what barriers they may face during the program. The walking program also was

aimed to make small changes at work in hopes of making behavioral changes towards a healthier lifestyle.

Due to the amount of interest in the first walking program, a second walking program "**ConnectiFIT's National Park Exploration**" will begin in October 4th. Please see page 2 of the Newsletter for more dates concerning the second walking program. Information about both walking programs, and about registration dates for the " National Park Exploration" can be found on the ConnectiFIT website



"ConnectiFIT Goes to the Grand Canyon" walkers incentive

Did you know...

September is National 5-A-Day Month

- It is important to eat many colors of fruits and vegetables to receive a wide range of nutrients and health benefits
- Blue/Purple fruits and vegetables help maintain memory function
- Green fruits and vegetables help maintain vision health
- White/Tan fruits and vegetables help maintain already healthy cholesterol levels
- Yellow/Orange fruits and vegetables help to maintain a healthy immune system
- Red Fruits and Vegetables help to maintain heart health

For more information on the Five a Day Campaign Visit:

www.5aday.org

Keeping Connecticut Healthy

Coming soon...“ ConnectiFIT National Parks Exploration”

“ConnectiFIT National Parks Exploration”, the second walking program from ConnectiFIT, will be offered to all DPH employees in the next few weeks. During this walking program we have increased the previous goal for the walkers, with a program that strives for a total of 12, 000 miles. During “ConnectiFIT National Parks Exploration” participants will keep track of steps taken each week using a pedometer. Each week the steps and miles will be totaled along the path, which starts in Hartford and extends across the United States. The path across the states is linked by nineteen different National Parks. Each week we will have different information about which parks we have passed during the week.

Here are some dates to keep in mind for the “ConnectiFIT National Park Exploration”:

September 23rd- Last day to email team name, members, and leader to ConnectiFIT email address: Connectifit @PO.STATE.CT.US

October 4th- Program kick-off in Conference rooms A/B between 11:00 and 1:00

October 10th- Official start of program
Check the ConnectiFIT website for more information about the walking program. You may also email ConnectiFIT with any questions about the program.

Start forming your new walking teams today!



**Old Faithful
Yellowstone National Park**

Don't Forget the Farmers' Market

Every Thursday
11:00 AM – 1 PM
470 courtyard outside the
cafeteria.



Please visit ConnectiFIT table each week for new wellness information.

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

Jodi Petrozak Feel Better in 12 Weeks	9-20-2005
Christine Sisbarro Office Ergonomics	10-24-2005
Tammi Hodges Stress Management	11-10, 2005

Greater Hartford American Heart Association Heart Walk

On October 23, 2005 Hartford will be participating in the American Heart Association Heart Walk. This year will be the fourteenth annual Heart Walk, which is the American Heart Association's premier fundraising event. Last year the Greater Hartford Heart Walk was one of over 600 Heart Walks nationwide.

Registration is available online for both individuals and teams. You can also design your own website, which you can use to raise money for the Heart Walk. Remember, there is no fee to register, but you will receive a shirt for raising \$100 in donations.

Hartford's Heart Walk will take place October 23, 2005 at Riverfront Plaza, at 10:00 (8:30 for registration). We encourage participation in the Heart Walk.

For more information on the event, register or donate please visit:

www.heartwalk.kintera.org/hartford



For More Information go to www.ConnectiFIT.uconn.edu or email ConnectiFIT@po.state.ct.us