

# Healthy Living

## Contra Costa County Schools Insurance Group Healthy Lifestyle Program: NutriSum



CCCSIG believes that employees who participate in regular and consistent health and safety activities at work and at home are more likely to choose and maintain a healthy lifestyle, which will not only decrease the frequency and associated costs of on-the-job injuries, but more importantly will also contribute to their overall quality of life. Happy and healthy employees are more likely to be 'present' in their work and enthusiastic to do their best, which ultimately enhances student learning and retention.

### HEALTHY LIFESTYLE PROGRAMS ARE:

- \* Conducted onsite
- \* Typically offered in the fall, winter and spring
- \* 4-12 weeks
- \* Nutrition and fitness emphasis
- \* Fun, team-building, easy-to-implement
- \* Minimum of 10 participants per site
- \* Customizable to any occupational group/schedule

### TO LEARN MORE:

Visit [www.cccsig.org](http://www.cccsig.org) or contact the Health & Safety Services Dept. at 1 (866) 922-2744!



### Length of Program:

**NutriSum** is a 13 week program.

### Description of Program:

**NutriSum** is about the things you *can* do, not the things you have to give up. There's no tremendous sacrifice, endless calorie counting, or adding up fat grams for everything you eat. **NutriSum** is about training yourself to move more and eat right for optimum health.

### Program Components:

- \* Educational meetings (large group format)
- \* Individual wellness coaching meetings (optional)
- \* Pre- and Post-program health screenings including: blood pressure, body composition, body mass index, waist circumference and weight (note: all screenings are optional)
- \* Weekly weigh-ins (optional)
- \* Onsite exercise classes
- \* Daily tracking of physical activity
- \* Daily tracking of nutrition habits
- \* For the nutrition component, participants should aim for at least 30 points per week. Each of the following **daily** habits are worth one point:
  - Eat breakfast within 2 hours of waking up
  - Eat at least 3 servings of whole grains
  - Eat at least 5 servings of produce (at least 3 should be vegetables)
  - Drink at least 5 glasses of water
  - Avoid eating after dinner or within 2 hours before going to bed

### Available Program Formats:

- \* Weekly meetings; 30 or 45 minute meeting options
- \* Every other week meetings; 45 or 60 minute meeting options