

HEALTH & SAFETY SERVICES ACTIVITY GUIDE

Contra Costa County Schools Insurance Group
Workers' Compensation/Health & Safety Services & Health Benefits Program Provider



WHY EXERCISE?

Being healthy used to mean not getting sick. But today, being healthy means much more. It means a higher state of fitness, which some people call "wellness". Wellness is an optimum state of health and well-being, which focuses on prevention rather than treatment. Living well means taking steps to prevent illness and to prolong and improve the quality of your life. Wellness also means balance among the physical, mental, social, intellectual and spiritual aspects of life.

While a balanced diet and healthy lifestyle are essential to our wellness, exercise and physical fitness play a key role. Numerous studies have shown that exercise is one of the most powerful things you can do to improve your health and wellness. Regular exercise helps prevent the development of high blood pressure, heart disease, diabetes and cancer.

In 2007, the ACSM and the AHA updated the physical activity guidelines for healthy adults under 65:

*Do moderate intensity cardiovascular exercise for 30 minutes a day, 5 days a week OR

*Do vigorous cardiovascular exercise for 20 minutes a day, 3 days a week

*Do 8-10 resistance-training exercises, performing 8-12 repetitions for each exercise, twice a week.

Remember, too, if you are a man over 40 or a woman over 50, and you have risk factors for chronic disease, check with your doctor's office before starting a new fitness program more vigorous than brisk walking.

Discover the benefits of exercise for yourself. Within weeks, you'll notice that you are less tired, feel stronger, have more endurance and can accomplish more each day.

LOCAL HEALTH CLUBS

Hilltop Family YMCA/Richmond
(510) 222-9622
www.hilltopymca.org

Family atmosphere, sports and recreation, over 70 classes

Mt. Diablo YMCA/Pleasant Hill
(925) 687-8900
www.mdrymca.org

Summer memberships available

Other YMCA Locations: Oakley, Concord/Clayton, San Ramon, Diablo Valley/Jewish Community Center

Mavericks Sports Club/Concord
(925) 602-5600
www.maverickssports.com

Renaissance Club Sport/Walnut Creek
(925) 938-8700
www.renaissanceclubsport.com

The Big C/Concord
(925) 671-2110
www.thebigc.com

Club One/Brentwood
(925) 755-9111
www.clubone.com

Ladies Workout Express:

San Pablo/(510) 222-7575
Pinole/(510) 964-9900
Pittsburg/(925) 709-5239
Concord/(925) 405-8888

www.ladiesworkoutexpress.com

Curves:

Oakland/(510) 655-8888
Oakland/(510) 482-4826
El Sobrante/(510) 223-4348
Pinole/(510) 243-1502
Richmond/(510) 235-8877
Danville/(925) 964-0404
San Ramon/(925) 743-8273
Walnut Creek/(925) 935-3475
Walnut Creek/(925) 945-7484
Pleasant Hill/(925) 691-0502
Concord/(925) 288-9344
Antioch/(925) 777-9787
Brentwood/(925) 240-8065

www.curves.com



CLUBS WITH DISCOUNTS FOR CCC SCHOOL DISTRICT EMPLOYEES

(bring proof of employment):

BALLY TOTAL FITNESS
(800) 515-2582
www.ballyfitness.com
Corporate ID#4000044048

24 HOUR FITNESS
(800) 224-0240
www.24hourfitness.com
Corporate ID#100172

IN-SHAPE HEALTH CLUBS
(925) 331-3065
www.inshapeclubs.com
Corporate ID#1134

MT. DIABLO REGION YMCA
(925) 687-8900
www.mdrymca.org

If you are unable to find an activity or resource in this guide that meets your needs, please do not hesitate to contact our offices for assistance!

See reverse for additional resources!

CONTRA COSTA COUNTY SCHOOLS INSURANCE GROUP

550 Ellinwood Way, Pleasant Hill, CA 94523 ~ www.cccsig.org ~ Phone: 1 (866) 922-2744 Fax: (925) 692-1137

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PARKS & RECREATION:

City of Richmond
(510) 620-6793
www.ci.richmond.ca.us

City of Antioch
(925) 779-7000
www.ci.antioch.ca.us

City of Concord
(925) 671-3000
www.cityofconcord.org

City of Lafayette
(925) 284-2232
www.lovelafayette.org

City of Martinez
(925) 372-3510
www.cityofmartinez.org

City of Oakley
(925) 625-7000
www.ci.oakley.ca.us

City of Brentwood
(925) 516-5444
www.ci.brentwood.ca.us

City of Hercules
(510) 799-8200
www.ci.hercules.ca.us

City of Walnut Creek
(925) 943-5858
www.ci.walnut-creek.ca.us

City of Orinda
(925) 254-2445
www.ci.orinda.ca.us

City of Pittsburg
(925) 252-4842
www.ci.pittsburg.ca.us

City of San Ramon
(925) 973-2500
www.ci.san-ramon.ca.us

East Bay Regional Parks Dist.
(888) 327-2757
www.ebparks.org

Pleasant Hill Recreation & Park District
(925) 682-0896
www.pleasanthillrec.com

HEALTH/FITNESS/WELLNESS WEBSITES

Blue Cross of CA
www.bluecrossca.com

Blue Shield of CA
www.blueshield.com

Kaiser Permanente
www.kaiserpermanente.org

Steps to a Healthier US Initiative
www.healthierus.gov

CDC Nutrition & Physical Activity
www.cdc.gov

Mayo Clinic
www.mayohealth.org

**Fitness Wholesale/
Home Exercise Equipment**
www.fwonline.com/cccsig

Active.com
www.active.com

American Heart Association
www.americanheart.org

**Center for Science
in the Public Interest**
www.cspinet.org

Spark People
www.sparkpeople.com

**American College
of Sports Medicine**
www.acsm.org

Weight Watchers
www.weightwatchers.com



EDUCATION FACILITIES

Diablo Valley College
San Ramon: (925) 866-1822
www.srvc.net
Concord: (925) 685-1230
www.dvc.edu

Los Medanos College/Pittsburg
(925) 439-2181
www.losmedanos.edu

Contra Costa College/San Pablo
(510) 235-7800
www.contracosta.edu

West Contra Costa USD Adult Ed.
Alvarado: (510) 559-2660
Serra: (510) 215-4666
www.wccae.info

San Ramon Valley USD Adult Ed.
(925) 479-1200
www.venture.srvusd.net

Pittsburg USD Adult Ed.
(925) 473-4460
www.pittsburg.k12.ca.us/paec

Acalanes Union High SD Adult Ed.
(925) 280-3980
www.acalanes.k12.ca.us/adulted

Martinez USD Adult Ed.
(925) 228-3276
www.martinez-ed.org

Antioch USD Adult Ed.
(925) 706-5365
www.antioch.k12.ca.us/prospects/adult

Liberty Union High SD Adult Ed.
(925) 634-2565
www.libertyadulted.org