

WOW!



WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ APRIL 2010

Get Your Health Screening and Save!

Participate in one of the upcoming health screenings and save on insurance premiums in 2011! Screenings are open to employees and spouses with city insurance and employees who wish to opt out of city insurance.

Wednesday, April 21	6 a.m.-noon, Police Headquarters, 801 Conover
Thursday, April 22	2-8 p.m., Bowles Life Center, 2750 Graham St.
Friday, April 23	6 a.m.-noon, Public Safety Complex, 310 College
Saturday, April 24	10 a.m.-2 p.m., Prairie Paws, 2222 W. Warrior Tr.
Saturday, May 15	7-11 a.m., Public Safety Complex, 310 College
Monday, May 17	6-10 a.m., Ruthe Jackson Center, 3113 S. Carrier
Tuesday, May 18	2-8 p.m., Main Library, 901 Conover Dr.
Wednesday, May 19	Noon-7 p.m., Public Safety, 310 College

To track your WOW incentives, use the form on page four of this newsletter.

No make up days will be offered in the Fall. Fasting is required for the most accurate results, 8-9 hours before test, water only.



Destination GP 5K Run and Walk

Saturday, April 24 • 9 a.m.

The run/walk will use the Lone Star Trail and the entertainment venues in this area—Nokia Theatre, Lone Star Park, Grand Prairie AirHogs and Alliance Skate Park. Each participant will receive a commemorative T-shirt and a variety of entertainment opportunities from our entertainment district partners. Proceeds from the run will provide scholarships for needy kids for Parks and Recreation programs.

Registration fee \$15 postmarked by April 16. Race day \$20 or form a team of five or more and pay only \$13 each. For more information or race registration forms contact Danny Boykin at 972-237-8084.

Put Your Thoughts in Our Time Capsule

You are invited to contribute a letter or small memento to the city's time capsule to be buried at the dedication of the new Public Safety Building in June. Maybe you want to write about what you think the future holds, address a letter to your children or include a photo pertinent to Grand Prairie. The time capsule will be opened in 50 years. To enter your items please send with your complete name, address, phone and e-mail by June 1 to:

Communications and Marketing
City of Grand Prairie
PO Box 534045
Grand Prairie Texas 75053



You will be invited to the grand opening at which items will be deposited into the time capsule before it is sealed. Questions: cclary@gptx.org.

Retiring Soon?

If you are thinking about retiring or are turning 65 within the next year, visit the Raving Fans site and look under Human Resources for the new tab regarding Retirement and Turning 65.



Is Saturday the New Thanksgiving?

A sure way to derail a diet is to treat weekends like holidays, say researchers. They found most people eat more on Saturdays and Sundays than on weekdays, with some taking in an average of 411 extra calories each day—enough to gain 12 pounds in a year. People consider the weekend a time to unwind and indulge, say researchers. To avoid this weight trap, eat modest portions of your favorite foods, and up your activity by walking instead of driving to run errands, suggests cognitive therapist Judith S. Beck, PhD.

Prevention

Sitting Duck?

Sitting all day could hurt your heart, according to a recent study in *Medicine & Science in Sports & Exercise*. Men who sat for most of every day were 35 percent more likely to die of heart disease than those who were often on their feet. "Your legs are a large part of your total muscle," says study author Peter Katzmarzyk, Ph.D. "When they're inactive, you don't break down fats in your blood as well." Your Rx: Walk for a few minutes every hour.

MensHealth

Message from the Manager

As city of Grand Prairie employees, our core values are service, people and integrity. While all are important, integrity is key to everything we do. As we all have seen in the news recently, some business people, athletes and others we hold in high esteem seem to forget how important integrity is to our well-being—as people and as an organization.

When I say we value integrity, I mean **we value doing what is right** as employees of the city. We are stewards of taxpayers' money. We guard it by making good decisions on how to spend it and we don't waste it. We don't steal and we don't lie. Each city of Grand Prairie employee is a shining light symbolizing what is right.

We value being honest, fair and impartial. I once read, "The fastest way to lose what we call our good character is to lose our honesty." Practicing honesty and fairness in our everyday work reflects on the city as a whole.

We value avoiding conflict of interest. As employees we realize the importance of staying focused on our jobs and keeping away from business or political activities that may conflict with city business and our jobs.

We value honoring commitments and being dependable. Our word is our bond. We always return phone calls to customers and fellow employees. We may not always be able to give them an answer they like, but we make the effort to give them an answer.

We value treating everyone with dignity, tolerance and understanding. Many of you may work with customers daily—some pleasant and some not so pleasant. When serving unreasonable customers, try to create a pleasant atmosphere. It may help to think about what it must feel like to be in their shoes. This also applies to coworkers.

In short, doing the right thing, doing what we say, building and maintaining trust and confidence in our city operations are essential. A quote by an anonymous author sums it up: "Men of genius are admired, men of wealth are envied, men of power are feared; but only men of character are trusted." Each of you is an important part of our city. Because of you, Grand Prairie is a world class city with a reputation for integrity and a bright future. Thank you for your hard work and dedication.



Tom Hart, City Manager

Employee of the Month

Mae Smith, Executive Assistant for Parks and Recreation,

has been named Employee of the Month for April. Smith provides support to the Director of Parks and Recreation and all related divisions within the department. She oversees the Parks Board agendas and attends to day-to-day requests from the board. Smith coordinates actions with the city manager's office and parks director, and organizes meetings, schedules and other tasks as assigned.



Mae Smith

"Mae goes well beyond her job description as support to the Director of Parks and Recreation—she is an ambassador of good will to all our divisions," said Rick Herold, Parks and Recreation Director. "She coordinates all of our team building activities, puts together three newsletters every month and is developing a new gift catalogue. Besides going above and beyond in her everyday work, Mae has a compassionate and giving heart, and verifies that every sick employee or employee that has suffered traumatic occurrences in their life is taken care of and made to feel special."

Wellness

Fun and Fit Activities

Program	Coordinator/Contact Info.	Cost/Incentives
Softball Spring League <i>Spouses welcome</i>	Bowles Life Center 972-237-7533	8 game season Co-ed League - \$200 League games on Monday nights Registration April 1-May 5 Season starts May 10
Kickball Spring League <i>Spouses welcome</i>	Bowles Life Center 972-237-7533	8 game season Co-ed League - \$200 League games on Thursday nights Registration April 1-May 5 Season starts May 13

Fun and Fit Activities

Sign up for your favorite activity and get to know other fun city of Grand Prairie employees.

Program	Coordinator/Contact Info.	Cost/Incentives
<p>Bowles Life Center Membership Enjoy our Weight/Fitness Room complete with elliptical machines, treadmills, bikes and indoor track or shoot some hoops on the basketball court.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$130 per year (\$5 per paycheck) for city employees.</p>
<p>Boot Camp at Bowles Life Center A total body workout taught by Rod Walker for all ages. This total fitness workout is effective and guarantees results. You will lose fat and build lean muscle.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$80 per month or \$7 per class. <i>Try the first class free!</i></p> <p>Class times: Mon. and Wed. 6-7 a.m., 5:30-6:30 p.m., 7-8 p.m.</p> <p>Fri. 6-7 a.m., 5-6 p.m., 6-7 p.m.</p> <p>Tues. and Thurs. noon-1 p.m., 6:30-7:30 p.m.</p> <p>Sat. 10-11 a.m.</p>
<p>Boxing at Bowles Life Center Focuses on conditioning, weight loss, self esteem, stress release, body toning, fitness and confidence.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$60 per month. Class time: Tues. and Thurs. 6:30-7:30 p.m.</p>
<p>Spinning at Bowles Life Center Group exercise on stationary bikes.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$25 per month. Class time: Mon., Tues., Thurs. 7:30-8:30 p.m.</p>
<p>Yoga at Bowles Life Center Enjoy the benefits of Yoga and Pilates in this class for an overall mind/body experience.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$7 per class or \$35 per month. Class time: Mon. 7-8 p.m. Thurs. 6:30-7:30 p.m., Sat. 9-10 a.m.</p>
<p>Zumba at Bowles Life Center Fast-paced cardio workout to the best music! Exercise in disguise.</p>	<p>Bowles Life Center 2750 Graham St. 972-237-7529</p>	<p>\$7 per class or \$30 per month. Wed. and Fri. 6-7 p.m.</p>
<p>Join the Summit at Central Park Premier 50+ Club <i>For adults 50 and older only</i> Grand Opening May 22 First day of operations May 24!</p>	<p>The Summit at Central Park SH 161 between Warrior and Arkansas Lane Contact Linda Long at llong@gptx.org</p>	<p>Enroll now and get 14 months for the price of 12, plus two free tickets to an AirHogs home game at QT Park. Annual membership \$200 for ages 50-64. \$50 for ages 65 and older.</p>

WOW INCENTIVE PROGRAM TRACKING SHEET



WORKING ON WELLNESS
CITY OF GRAND PRAIRIE ★ TEXAS

Name: _____ 4-Digit Employee ID: _____

Department: _____ Spouse Name: _____

Due: Oct. 1, 2010, by 5 p.m. at Human Resources

Employees: Complete steps 1-4 to receive \$30/mo. off 2011 premiums OR to receive optout money if waiving city medical coverage.

Employee Spouses: Complete steps 1 and 2 to receive \$20 per month off 2011 premiums. The city employee must receive the employee discount in order for his/her spouse to receive the spouse discount.

Step 1: WOW! Biometric Screening

(Must complete city-sponsored biometric screening.)

Completed on: _____ at: _____.
(Save your results – you will need these to complete Step 2 below.)
(date) (location)

No make-up date for biometric screening in the fall.

Step 2: WOW! Health Risk Assessment (HRA)

(Complete and turn in first page to HR by June 30, 2010.)
After health screening, complete a health risk assessment on-line. Instructions will be given at Biometric Screening.

NOTE: Check your progress through the Raving Fans intranet by clicking the "WOW" icon. It is your responsibility to make sure the intranet indicates you will receive your insurance discount.

Step 3: WOW Tasks

(Attach to this Tracking Sheet proof of completing one of the following WOW tasks – due by Oct. 1, 2010.)

- 1 WOW tasks
(Complete at least one of the following options.)
- Health Fair March 30 (Sign-in at Health Fair required)
 - Lunch-N-Learn Date: _____
 - Healthy Cooking Luncheon Date: _____
 - Weight Watchers Online Date: _____
 - Annual Physical Date: _____
 - Flu Shot Date: _____
 - Cancer Screening Date: _____
(skin, colonoscopy, mammogram, prostate, lung, etc.)
 - Other Preventative Screening Date: _____
(glaucoma, hearing, stress test, etc.)

Step 4: 48 Hours of Active Participation

(Must turn in this fully completed Tracking Sheet to Human Resources by Oct. 1, 2010.)

American Heart Association recommends all healthy adults ages 18–65 should be getting at least 30 min. of moderate intensity activity five days of the week. Exercise regimen must be a weekly ongoing activity such as: running, walking, cycling, dancing, aerobics, yoga, weights, and active sports and must occur over a period of time.

April 1-Oct. 1	Activity	Duration
Example:	Walking, weights, zumba class	3 hours
Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		
Week 9		
Week 10		
Week 11		
Week 12		
Week 13		
Week 14		
Week 15		
Week 16		
Week 17		
Week 18		
Week 19		
Week 20		
Week 21		
Week 22		
Week 23		
Week 24		

Total Hours: _____