

# WSC STRONG

VOLUME I, ISSUE 1

JULY 2014

WSC Wellness Newsletter

workservicescorp.com

## WELCOME!

Welcome to the WSC Strong news letter! What exactly is the WSC Wellness Committee? The Committee can help guide you on living a long and healthy life and making better choices for yourself. Always check our company website for updates each month, you will find this under "For Employees" ([www.workservicescorp.com](http://www.workservicescorp.com)). We will have tips on eating healthy, exercising, and more. Also, the Wellness Committee is looking at so many fun ideas! If you have suggestions or would like to attend a meeting, please contact one of us on the committee and we would love to have you as our guest at the next WSC Strong Wellness Meeting!

## Recognized for the month!!!

PICNIC TIME! Thanks, Richard, for such a great company picnic this year. Richard worked hard to make this picnic a great experience. He has been doing this for several years now. It gets better every year! Richard also supplied healthy food. The Wellness Committee saw a lot of people eating some tasty food. We also got in some exercise out there on the dance floor. Thank you again, Richard, for coordinating such an outstanding WSC Picnic.



### LAST MONTH...

Let's take a look into the Work Services Company Picnic! We definitely got plenty of exercise on that dance floor! The picnic was held on June 14, 2014. Lets give a hand to all the participation and effort put into getting our summer started off right! Thank you!



### WSC STRONG COMMITTEE

Angela Smith

Evan Woodard

Lana Vaughn

Micha Guilbeau

Annette Coleman

Jesse Rynick

Lisa Dickey

## TELL US YOUR STORY!

Did you quit smoking? Lose weight? Run a marathon? Have an awesome healthy recipe or fitness tip? Tell a WSC Strong committee member the ways you're staying healthy & you could be featured in a future newsletter. Let us hear from you!

# This Month



## JULY IS PHYSICAL FITNESS MONTH!

Did you know that on average, nearly 50% of all young people between the ages of 12-21 do not exercise on a daily basis? The human body also has 650 muscles. That is a lot of working out to make all those muscles active!! We want to help you. What is a better way to relieve stress, than working out. Getting that exercise provides you with endorphins. These endorphins get released into your blood. This will take away stress and bring out your happiness. Exercise! You will feel great and it will also keep you healthy. Keep reading for some ideas to get you started.

Fitness Facts	
Calories burned per 1 hour	
Exercise	Amount
Running	560
Jogging	450
Walking	245
Bicycling	420

Estimated amount expended, calories based on example body weight of 155 lbs.

### MOVE YOUR BODIES!



Do you go to a gym? Maybe you don't because you want a workout partner or you aren't familiar with working your body out correctly. You don't have to go lift weights and run for hours. Make it more fun! Join a Zumba group, take up yoga, or just attend a dance class. You're still working those muscles and leading yourself to a healthier, more fit life!

Local Zumba classes at SAFB are: Monday, Tuesday, and Thursday at 5:30 p.m. They also have a morning class on Wednesdays at 10:30 a.m. and Saturday 9:30 a.m.. To find out more, contact a member of WSC Strong!

### GRAB YOUR KIDS!

Let's think about this... You don't have to be the only person in your house to exercise. Get you kids out of that house and off the electronics. Go for a walk in the park. They are young and have a bunch of energy! Make your kids release it. They will appreciate you even more in the long run, plus, you have someone to be active with you!



### GET TO THE DOCTOR!

Think about going to a doctor first. Your doctor is a great source when it comes to knowing exactly what your body needs. Don't waste time in a gym not knowing what to use for your body, or possibly hurting yourself. While you're at the doctor, ask him questions about yourself. Your body might just need cardio, or maybe just lifting a few weights here and there. Don't put yourself in the dark because we're all different. What works for you may not work for others. Ask your doctor questions, such as:

How much should I do when I first start your fitness?

Ask how often should I exercise?

What type of exercise? Cardio or maybe aerobic?

**Get to the doctor and get on that path to being healthy!**

For more info, check out these websites:

