

FOR YOUR benefit



WE ARE THE COUNTY OF LOS ANGELES



May 2013

THANK YOU TO OUR SUPPORTERS

County-sponsored

Health Plans: Anthem Blue Cross, Cigna, Kaiser Permanente, UnitedHealthcare, Delta Dental, and MetLife

American Cancer Society

American Diabetes Association

American Heart Association

County of Los Angeles Departments: Beaches and Harbors, and Parks and Recreation

Get Ready for Fun and Fitness!



2013 Countywide Fitness Challenge

Ready to get as healthy as you've ever been in your life, and have fun doing it? We're launching the 2013 Countywide Fitness Challenge — our fourth annual festival of fun and fitness for the whole family!

The event gets bigger every year. Our 2012 Challenge saw nearly 4,000 employees and their family members participate in fitness events at parks, wilderness areas, farmers' markets, and seaside venues all around the County. This year we're adding new events, including a third "Stop and Smell the Flowers" farmers' market event and a visit to beautiful Castaic Lake, where both beginner and experienced kayakers can get their paddle on!

Kickoff Events

Join us to celebrate Employee Health and Fitness Month and kick off the 2013 Countywide Fitness Challenge at the following events! Both will feature a variety of exercise sessions. Spin the Wacky Wheel of Wellness

for a chance to win a wacky wellness prize! Show off your skills in the hula hoop and jump rope contests! Take part in other games, giveaways and prize drawings. And while you're there, "Know Your Numbers" by taking advantage of the free biometric screenings for cholesterol, blood pressure, glucose, and body mass index.

May 18 at Whittier Narrows Recreation Area, South El Monte (See page 3 for details)

Get energized with a 5K fitness walk in addition to all the other exciting activities. Festivities start at 8:00 a.m.

May 21 at Grand Park Downtown

This invigorating event will be held at the new Grand Park Performance Lawn, located adjacent to the Kenneth Hahn Hall of Administration in Downtown Los Angeles on Tuesday, May 21, between 11:00 a.m. and 2:00 p.m.

Mark your calendar so you don't miss out!

Congratulations to Our Biggest Loser!

Elen C. Aguilar, a Senior Typist Clerk with the Department of Human Resources, started her Biggest Loser weight-loss journey on May 21, 2012.

At first, Elen was hesitant to join the Biggest Loser competition and twice declined her coworker's invitation to participate before finally giving in. Elen had never been able to stick to previous weight loss attempts, and was afraid she would gain weight instead of losing. However, she took this opportunity as a challenge and began exercising and eating healthy.

Elen started power walking during her breaks, jogging on the weekends, eating more fruits and vegetables and drinking a lot of water. To help with calorie counting, Elen used the phone application My Fitness Pal,

and the Kaiser Permanente online nutrition program MixItUp! to increase her fruit and vegetable consumption. She credits both of these with helping her achieve her weight-loss goal. Her Biggest Loser Team Captain and teammates kept her motivated with weekly email tips on health and afternoon exercising.

As a participant in the Countywide Fitness Challenge weekend events, Elen found plenty of wellness activities that would aid her in her weight-loss endeavor. After the eight-week Biggest Loser campaign, Elen was declared the Biggest Loser of weight in her office.

One year later, Elen finds herself 40 pounds lighter and with the energy to keep up with her 4-year old child.

She was ecstatic to recently learn that she is finally in the normal body mass index (BMI) range for a person of her height. Elen's advice to anyone trying to lose weight is to set realistic goals and don't give up. She says there is no better feeling than to have to buy new clothes for being a Biggest Loser!



Before



After

Fight Diabetes With the Diabetes Prevention and Control Alliance

Are you a member of a UnitedHealthcare medical plan? If so, you may be eligible to participate in the recently launched Diabetes Prevention and Control Alliance (DPCA) campaign.



In 2009, there were 26 million Americans with diabetes, with an alarming 7 million of them undiagnosed.

More than 90% have the more common form of the disease, called type 2 diabetes. Another 79 million Americans are considered pre-diabetic, with 85% unaware of their condition. The vast majority of these people struggle with their weight. Type 2 diabetes is largely preventable, and for those who have been diagnosed, it can be controlled. Evidence shows that early, aggressive intervention can reduce the toll of the disease.

UnitedHealthcare, in collaboration with the YMCA and retail pharmacies, is offering two programs to help its members at risk for diabetes or pre-diabetes to combat this disease: A Diabetes Prevention Program, to help people at risk prevent the disease through healthy eating, increased physical activity, and other lifestyle changes; and a Diabetes Control Program, to assist people with diabetes to better control their condition through education and support from trained pharmacists. Don't surrender to diabetes: Say, **"NOT ME!"**

If you are a member of UnitedHealthcare and you feel you or one of your eligible dependents would benefit from one of these two programs, contact the DPCA:

Diabetes Prevention Program:
1-800-237-4942

Diabetes Control Program:
1-800-650-2885





COUNTYWIDE FITNESS CHALLENGE 2013



Events and Activity Calendar

MAY 18

Walk It Off!

Start the first steps to greater fitness with a 5K fitness walk! “Know Your Numbers” with free biometric screenings, try out assorted exercise classes to find the one that fits you, compete in hula hoop and jump rope contests, and enter the prize drawings! Bring the whole family!

When:

Saturday, May 18, 2013
8:00 a.m. to Noon

Where:

Whittier Narrows
Recreation Area
751 South Santa Anita Avenue
South El Monte, CA 91733

JUNE 15

Make a Splash!

Visit this great location for some water fun! Parks and Recreation staff will demonstrate proper kayak use and conduct relay races. In addition, paddle boards, a 3K hike to a lookout point, volleyball, horseshoe games, healthy snacks and giveaways will be featured.

When:

Saturday, June 15, 2013
8:30 a.m. to Noon

Where:

Castaic Lake State
Recreation Area
32132 Castaic Lake Drive
Castaic, CA 91384
(Go to lower lake at Discovery Bay)

JULY 13

Stop & Smell the Flowers!

Enjoy the bounty of local farmers’ markets, including fresh healthy fruits and vegetables, as well as fragrant flowers. Activities at all “Stop & Smell the Flowers” events include scavenger hunts, fitness walks, advice from a nutritionist, prize drawings and reusable giveaway bags.

When:

Saturday, July 13, 2013
8:00 a.m. to Noon

Where:

Cerritos Farmers’ Market
18074 Park Plaza Drive
Cerritos, CA 90703

JULY 27

Stop & Smell the Flowers: The 2nd Sniff!

Find out what makes certain vegetables and fruits organic, and why they may be better for you, by consulting with our nutrition expert. A softball tournament features four teams battling to win a place in the final championship game at the next event.

When:

Saturday, July 27, 2013
8:00 a.m. to Noon

Where:

Victory Park Farmers’ Market
2575 Paloma Street
Pasadena, CA 91107

AUGUST 10

Stop & Smell the Flowers 3: Grow Fit!

The event so nice we’re holding it thrice! The fun, festivities, fresh food and flowers continue at our third farmers’ market event, and the victor will be determined at the final softball championship game.

When:

Saturday, August 10, 2013
8:00 a.m. to Noon

Where:

Wilson Park Torrance
Certified Farmers’ Market
2200 Crenshaw Boulevard
Torrance, CA 90501

AUGUST 24

Get Cultured!

Warm up with a two-mile power walk through the hills, then throw yourself into “Dance Mania,” a 1½ hour choreographed dance class in styles including salsa, hip hop and Gangnam style. Wind down with yoga, chair massage, and aromatherapy in our Wellness Center.

When:

Saturday, August 24, 2013
9:00 a.m. to 1:00 p.m.

Where:

Hollywood Bowl
2301 North Highland Avenue
Los Angeles, CA 90068

The County of Los Angeles

P.O. Box 67128

Los Angeles, CA 90067

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GET WELL NOW WITH *FOR YOUR BENEFIT*

The County of LA's wellness newsletter!

This publication is for general guidance and is not intended to be a substitute for professional health care and advice by physicians and other authorized, qualified health care providers.

If you think you have a medical problem or have questions about your health, please consult your medical practitioner promptly.

This *For Your Benefit* newsletter is for information purposes only.



Events and Activity Calendar, Continued

SEPTEMBER 21

Chill Out!

Before the days start getting shorter, join us for a morning of seashore and sun — not to mention volleyball, fitness classes and healthy cooking demonstrations, featuring a celebrity chef provided by American Heart Association.

When:

Saturday, September 21, 2013
8:00 a.m. to Noon

Where:

Dockweiler Youth Center
12505 Vista del Mar
El Segundo, CA 90245

OCTOBER 5

Take a Hike!

Reconnect with nature! Walking trails for all levels of hikers are available — plan to gather at the waterfall for a photo opportunity! Afterward, explore other areas of this beautiful venue, join in a volleyball game or enjoy a healthy picnic with your family and friends.

When:

Saturday, October 5, 2013
7:30 a.m. to Noon

Where:

Kenneth Hahn State
Recreation Area
4100 South La Cienega Boulevard
Los Angeles, CA 90056

OCTOBER 19

Play for Life!

Try out the County's own unique "triathlon" featuring a two-mile power walk through a wildlife sanctuary, a bicycle/buggy fun ride and pedal boat/kayak rides out on Santa Fe Dam. You won't want to miss this spectacular event, as it was our most popular venue in 2012!

When:

Saturday, October 19, 2013
8:00 a.m. to Noon

Where:

Santa Fe Dam
Recreation Area
15501 Arrow Highway
Irwindale, CA 91706