



Psychological
Health
Roanoke, PC

Advantage EAP

Employee Assistance Program

January 2009

In This Issue

- What is Get Healthy Virginia?
- How does it work?
- Who benefits from the program?
- Registration
 - Weight Loss Category
 - Accumulated Activity Category
- Questions?

Online Resources may be found at the bottom of this newsletter.

Get Healthy Virginia



As many of us make our New Year's Resolutions to lose weight or just make positive changes towards a healthier lifestyle, this year you may not have to do it alone. Our newsletter topic this month is Get Healthy Virginia, a wellness program that helps to promote healthy choices and lifestyles. The wellness that you gain from this program may lead to greater overall physical and mental health, social happiness, greater personal success, and a more balanced lifestyle.

The 2009 Get Healthy Virginia program will be held January 21 - April 30.

What is Get Healthy Virginia?

Get Healthy Virginia, a program of the Virginia Amateur Sports, is a health and wellness 100-day program whose goal is to encourage Virginians to develop nutritional eating habits and increase physical activity through teamwork and friendly competition in effort to combat the state's growing obesity problem.

How does it work?

Teams of 2-10 individuals register to compete against other teams throughout the Commonwealth and are motivated with health information and teamwork. Each team needs to choose one person to be their team captain, who will have regular computer and internet access in order to log the team's progress weekly.

The key component of Get Healthy Virginia is teamwork. Having other people who share a common goal, who will work together and who will encourage each other throughout the process is vitally important to the success of the program. Participants benefit greatly from the personal support and



camaraderie that is derived from teamwork and it is an aspiration of Get Healthy Virginia to have teams from every county of the state participating.

Through www.gethealthyvirginia.org, team captains can register a team. This site also provides features to help keep team members connected and involved in making health changes to reach their fitness and weight loss goals by giving weekly health tips and support.

Who benefits from the program?

Everyone! Individuals who along with friends and family work toward establishing healthier lifestyles, companies that integrate the program into their employee wellness programs, cities and counties who are working toward helping their residents combat the growing obesity and no leisure time activity problems facing the Commonwealth.

Registration

There are two ways to register teams for Live Healthy Virginia:

1. Multiple teams from a worksite or organization
2. Individual teams of friends or family members

Groups of people who are not members of an organization (worksite, church, etc.) can form their own team. This program is perfect for a group of friends and/or husband/wife teams.

--What is the cost of the program?

There is a \$15 charge per participant for Get Healthy Virginia. Each participant will receive a Get Healthy Virginia t-shirt.



There are two categories offered to compete in, the weight loss category or the accumulated activity category. Teams can compete in one or both of the categories. The \$15 per participant entry fee covers both categories.

- 1) Weight Loss - due to healthy, appropriate diet
- 2) Accumulated Activity - in the form of activity miles

--Weight Loss Category

- 'Honor' team weight is submitted and reported monthly
- Weight loss is based on the total % loss by the team

--Accumulated Activity Category (in miles)

Our goal in Get Healthy Virginia is to get people more active. Activity miles can range from parking at the back of the lot, taking the steps, gardening, shoveling snow or recording your daily workout on the treadmill. Program officials are leaving it up to the team/participants to decide what activities they want to record.

Gold, Silver, and Bronze medals as well as certificates will be awarded to the teams reaching top levels of achievement.

Contact Us

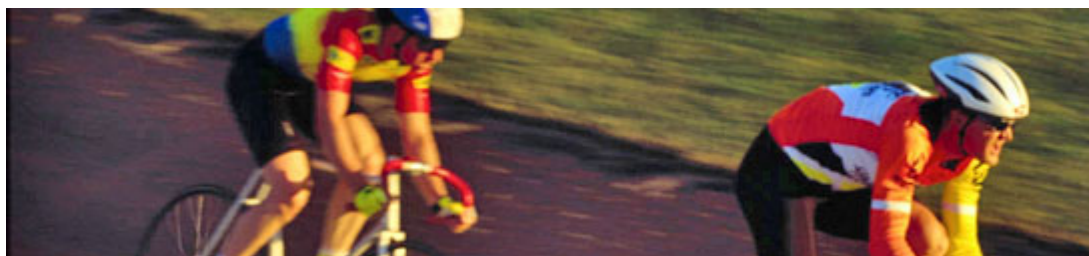
Hours: Monday – Friday, 8:30-5:00pm. Evening hours are available on a limited basis.

(540) 989-6605 or 800-699-9396

Nights and weekends call
RESPOND:

(540) 776-1100 or 800-541-9992

Advantage EAP does not necessarily endorse any products or services mentioned.



Questions?

If you have any additional questions about Get Healthy Virginia and how to join, please explore their website at www.gethealthyvirginia.org or call Virginia Amateur Sports at 540-343-0987. Keep in mind that registration is going on **NOW** and ends **JANUARY 31st**!

Thirty minutes is only **2%** of your day.
Now what's your excuse for not exercising
a half-hour today?



Some helpful online resources:

- <http://www.gethealthyvirginia.org/>
- <http://www.commonwealthgames.org/>
- MyPyramid.gov (gives activity ideas)

Get Healthy Virginia is a program of Virginia Amateur Sports, a non-profit 501-c-3 foundation which promotes personal development, health, fitness, education and sportsmanship through athletic competitions and educational initiatives.