

the **BUZZ**

January 2020

HOW TO STICK TO YOUR FITNESS RESOLUTION

St. Louis, through its wellness programming and BeeFit, wants you to be healthy! One way to be healthy is to become physically active. Becoming more physically active can be easily incorporated into your day with onsite employee fitness centers and group fitness classes. If attending the fitness centers or classes does not fit within your schedule, there are free facilities offered through the Recreation Division for all City residents. Whether you exercise for five or thirty minutes, these **FREE** facilities and classes can help you stick to your fitness resolution goal.

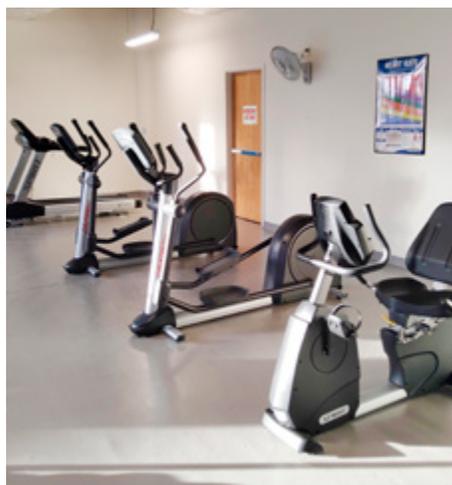
City Fitness Centers and Classes

The Fitness Centers and group fitness classes are offered to City employees through the Department of Personnel and its BeeFit Employee Wellness Program. Employees can join the Fitness Centers or take classes for **FREE!** To join, contact Wellness Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov or at 314-622-4849.



Carnahan Fitness Center

This Fitness Center is located on the 7th floor of the Carnahan Courthouse Building, 1114 Market St., Room 770, St. Louis, MO 63101. The Fitness Center is equipped with elliptical machines, treadmills, bikes, locker rooms with showers, abdominal machines, a Hoist cable/smith machine, free weights and much more.



1520 Fitness Center

This Fitness Center is located on the 2nd floor of the 1520 Market building, Room 286B, St. Louis, MO 63103. The Fitness Center is equipped with a treadmill, elliptical machines, bike, free weights, stability balance balls and more.

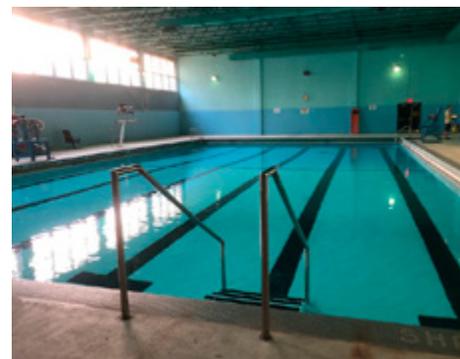
Personal Trainer at the Fitness Centers

Wellness Coordinator Cathy Hargrove is a Certified Personal Trainer who can help members with questions about the fitness equipment and its proper usage. She will be at the Carnahan Fitness Center on Tuesdays from 12-1:30 p.m. and the 1520 Fitness Center on Thursdays from 12-1:30 p.m.



Group Fitness Classes

Group fitness classes can be an exciting way for you to achieve your fitness goals, control health conditions and manage weight in a supportive and safe environment. Classes are taught by certified fitness instructors. Go to the **Employee Wellness** web page for the class schedule.



Parks and Recreation

The Recreation Division of the City of St. Louis offers facilities and classes to all citizens of the City of St. Louis. Classes from Hip Hop Water Aerobics to Floor Aerobics are offered. Facilities include indoor/outdoor pools, weight rooms, tennis courts and more. Check out all the Recreation Division's offerings on the **Recreation Division** web page.

3 WAYS TO STICK TO YOUR WORKOUT

Sticking to an exercise program can be a challenge, but here are ways to be successful.

Convenience

Where you plan to exercise, whether at home, a park or a fitness center, it needs to be convenient for your lifestyle. Some find it easier to exercise at the City Fitness Center before or after work or during their lunch hour. Others find it convenient to attend a class during the lunch hour while some choose to exercise in their own home. When considering where to exercise, think about the time to get there. Lack of time is the biggest barrier for those who do not exercise. When you pick a place that is convenient and close, you can eliminate that excuse for not exercising.

Do what you enjoy

If you enjoy something, you are more likely to repeat it. The same goes for exercise. When exercising, complete activities you enjoy. If you like dancing, attend a fitness class like the Floor Aerobics offered through the Recreation Division. Do not enjoy any form of exercise? Then pair it up with something you do enjoy, for example, place the treadmill in front of your TV or read a book as you exercise on the elliptical machine.

Consistency

If you can exercise consistently, then it will become a habit like, for example, brushing your teeth. It will become part of your daily routine and ingrained into your lifestyle. How many days you exercise will depend on your schedule. Be realistic and pick the number of days you know you can easily include into your daily routine. Consistency is one of the first steps in reaching your New Year's resolution goals.

natura)(y slim[®] Happy New You!

Ever wonder how some people can eat all their favorite foods and not gain weight?

Naturally Slim is an online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or spending hours prepping "approved" foods. The City of St. Louis gives you the chance to learn how to eat the foods you enjoy while reducing your risk of developing serious conditions, like diabetes or heart disease. Naturally Slim is available at NO COST to you and is accessible via computers and mobile devices so you can participate whenever it's convenient, wherever you are.

Space is limited.

Apply between January 6-21, 2020 at www.naturallyslim.com/STLCity.

The Naturally Slim program starts February 3, 2020. Employees, spouses, domestic partners, adult dependents (over age 18), and retirees covered under the City of St. Louis Anthem medical plans are eligible to participate.

Naturally Slim Employee Testimonial

"I never felt like I was on a diet."

Roberta Steele, a City employee who works in the Medical Examiner office, enrolled in the Naturally Slim program last year. She loved the program because it was easy, and she never felt deprived of any food. She learned new eating habits like controlling overeating by not eating all the food left on her plate if she was full or satisfied. The online tutorials were instrumental in helping her learn basic meal skills that lead to her weight loss. She stated, "I never felt like I was on a diet. I ate when I was hungry, ate slowly and stopped when I was full."

She lost 17 pounds and 8 ½ inches in 10 weeks and strongly recommends the program to her co-workers!



Provided by:
Department of Personnel and BJC HealthCare
for the BeeFit Wellness Program

For more information:
Contact Cathy Hargrove at 314-622-4849 or
hargrovec@stlouis-mo.gov

Look for us on:  

BJC HealthCare