FREE Kaiser Permanente Fitness & Health Education Classes available to all District 27J Employees this Winter/Spring

As part of the SD27J Employee Wellness Program, Kaiser Permanente will be sponsoring the listed Fitness and Health Education Classes for March.

**Monday March 3rd**
Yoga - Northeast Elementary .......... 3:45 p.m.
Zumba - Thimmig Elementary .......... 3:50 p.m.
Cross Fit - South Elementary .......... 4:00 p.m.
Cross Fit - Pennock Elementary .......... 4:00 p.m.

**Tuesday March 4th**
Swimming SD27J Pool .................. 5:30 a.m.
Yoga - Brighton High School .......... 3:15 p.m.
Pilates - Stuart Middle School .......... 3:15 p.m.
Boot Camp - Prairie View High School ..3:30 p.m.
Yoga – West Ridge Elementary .......... 4:15 p.m.

**Wednesday March 5th**
Cardio Dance – Transportation .......... 3:45 p.m.

**Thursday March 6th**
Swimming SD27J Pool .................. 5:30 a.m.
Lose Weight - Admin .................. 12:00 p.m.
Yoga – Turnberry Elementary .......... 4:00 p.m.

**Monday March 10th**
Yoga - Northeast Elementary .......... 3:45 p.m.
Zumba - Thimmig Elementary .......... 3:50 p.m.
Cross Fit - South Elementary .......... 4:00 p.m.
Cross Fit - Pennock Elementary .......... 4:00 p.m.

**Tuesday March 11th**
Swimming SD27J Pool .................. 5:30 a.m.
Yoga - Brighton High School .......... 3:15 p.m.
Pilates - Stuart Middle School .......... 3:15 p.m.
Boot Camp – Prairie View High School ..3:30 p.m.
Yoga – West Ridge Elementary .......... 4:15 p.m.

**Wednesday March 12**
Cardio Dance – Transportation .......... 3:45 p.m.

**Thursday March 13th**
Swimming SD27J Pool .................. 5:30 a.m.
Yoga – Turnberry Elementary .......... 4:00 p.m.

**Monday March 17th**
Zumba - Thimmig Elementary .......... 3:50 p.m.
Cross Fit - Pennock Elementary .......... 4:00 p.m.

**Tuesday March 18th**
Swimming SD27J Pool .................. 5:30 a.m.
Cross Fit – Prairie View Middle School ..3:00 p.m.
Yoga - Brighton High School .......... 3:15 p.m.
Pilates - Stuart Middle School .......... 3:15 p.m.
Boot Camp – Prairie View High School ..3:30 p.m.
Yoga – West Ridge Elementary .......... 4:15 p.m.

**Wednesday March 19th**
Cardio Dance – Transportation .......... 3:45 p.m.

**Thursday March 20th**
Swimming SD27J Pool .................. 5:30 a.m.
Yoga – Turnberry Elementary .......... 4:00 p.m.

**Monday March 31st**
Zumba - Thimmig Elementary .......... 3:50 p.m.
Cross Fit - Pennock Elementary .......... 4:00 p.m.
27 J Spring Break Boot Camp

An intense and fun packed class to hit your fitness needs! Our group boot camp sessions are built on three core fundamental trainings: Cardio, Strength and Conditioning and Agility.

1 HOUR LONG BOOTCAMP
LEAD BY CERTIFIED COACH

TUESDAY, MARCH 25
And
THURSDAY, MARCH 27
7:30 AM

NO BARBELLS/ OLYMPIC LIFTING
$15
CLASS SIZE IS LIMITED

CrossFit Salvo
975 Platte River Blvd
Brighton, CO 80601

www.crossfitsalvo.com
303-659-0991
info@crossfitsalvo.com
Are you as old (or as young) as you think you are?

Take a FREE Polar "Real Body Age" Fitness Assessment test at your District 27J school or building and find out!

Test your:
- Upper body flexibility (sit and reach).
- Upper body strength using a static bar.
- Sub-Max VO₂ (measure of cardiovascular health using a heart rate monitor chest strap - no physical exertion required.)
- Height, weight, % body fat, % lean muscle tissue, and metabolic rate (using a bio-impedance scale - no calipers or tape measures.)
- Resting heart rate and blood pressure.

It's easy - just 15 minutes!
- No extreme physical exertion.
- FREE to all regular School District 27J employees (not available to substitute or temporary employees.)
- Pre-register online for your assessment at: http://www.signupgenius.com/go/70A0F4BABA922A31-school.
- Contact Lori Marten, District 27J Wellness Coordinator, for more information! lmarten@sd27j.org or 303-655-2944.

SAMPLE REPORT

MARCH Testing Locations:

Monday, March 3.......... Turnberry Elementary School........4:00 p.m.– 6:20 p.m.
Wednesday, March 5 ...... Turnberry Elementary School........2:40 p.m.– 6:20 p.m.
Thursday March 6, .......... Thimmig Elementary School........3:00 p.m.– 6:00 p.m.
Monday March 10.......... Thimmig Elementary School........3:00 p.m.– 6:00 p.m.
Wednesday, March 12...... Education Service Center............8:00 a.m.– 4:20 p.m.
Thursday, March 13 ....... Education Service Center............8:00 a.m.– 4:20 p.m.
Monday, March 31........ Transportation.............................8:40 a.m.– 2:00 p.m.
Frequently Asked Questions regarding 2014 District 27J Employee Fitness Assessment Tests

What is the purpose of a Fitness Assessment test?
This test, also called a Polar “Real Age” Fitness test, will tell you how old your body thinks it is, compared to your chronological age. It does this by evaluating various data points, such as your age, gender, height, weight, blood pressure, body fat percentage, upper body strength, sitting flexibility, and sub-max VO₂ score (a measure of cardiovascular health).

Do I have to wear special clothing or prepare in advance for a fitness assessment test?
No, no special clothing must be worn during a fitness assessment test; however, pants are preferable. You can wear the same clothing that you wear to work. Participants will be asked to remove their shoes & socks before standing on the bio-impedance scale for accurate body composition measurements.

How much does a Fitness Assessment test cost?
This test is free to all regular School District 27J employees. (Substitute and temporary employees are not eligible to participate.) District 27J employees do not have to be enrolled on one of the District 27J Kaiser Health plans to get a fitness assessment test. When done at a gym or fitness center, the cost is typically $75 to $150.

What tests are performed as part of a Fitness Assessment test?
- **Resting** sub-max VO₂, a measure of cardiovascular health (using a heart rate monitor - no physical exertion is needed).
- Resting pulse rate and blood pressure reading.
- Sit and reach (for test of flexibility).
- Static upper body strength (bicep strength test).
- Weight, percentage body fat, percentage lean muscle tissue, metabolic rate (using a bioimpedance scale - no calipers or tape measures.)

Who will get the results of my fitness assessment test?
A confidential report will be securely emailed to each participant. Individual employee results will not be given to any other party, including your employer. The only report School District 27J may see is an aggregate report, showing trends for the entire District 27J employee base. By law, School District 27J may NOT have access to your personal health information.

How do I sign up for a fitness assessment test?
Regular District 27J employees can go to this online registration site to select a location, date and time for their fitness test: [http://www.signupgenius.com/go/70A0F4BABA922A31-school](http://www.signupgenius.com/go/70A0F4BABA922A31-school). Because this web site is free to District 27J, it is paid for by advertisements. School District 27J does not endorse any of the advertisements shown on the registration web site. Information about the fitness assessments will be published in the weekly Wellness Tech Broadcast, posted on the District 27J Wellness page ([www.sd27j.org](http://www.sd27j.org)) and listed in the monthly Wellness Newsletter sent by Lori Marten, District 27J Employee Wellness Coordinator.

Are walk-ins allowed?
Typically, employees must pre-register for the fitness assessment due to the 15-20 minutes of time required to complete the test. Only if there is a “no show” will a walk-in be accepted for testing. However, please stop by the testing room if you are interested in the assessment but forgot to sign up – we will do our very best to accommodate you!
**Who will be administering the fitness assessments?**
Trained, qualified staff from Health at Work Wellness Actuaries (Benefits/wellness consultants) will be administering the fitness assessment tests. These staff members will keep all your test results confidential. No District 27J employees will be involved in administering these tests.

**Why is District 27J offering these free assessments to employees?**
District 27J's Employee Wellness Vision is to create a culture of healthy and happy employees with an increased awareness of their lifestyle choices. A healthier lifestyle is characterized by a balance of physical activity, proper nutrition and stress management. Once employees receive the results of their fitness assessment, they can establish some wellness goals and determine which areas of fitness they would like to work on. Employees may also show the results to their doctor or personal trainer, so that they can help them with their wellness goals. Hopefully, employees who strive to meet their wellness goals will become the best that they can be!

**What is VO\(_2\)? Is this just something athletic people care about?**
The VO\(_2\) score is a measure of cardiovascular health. It will tell you how efficiently your body is using oxygen, and it will also reveal the optimal exercise level for you personally, to achieve either fat loss or improved endurance. The higher your score, the stronger your heart is and the more fit you are. If your goal is to burn fat, the sub-max VO\(_2\) score will tell you how to exercise more efficiently to achieve fat loss. So no, this is not a test for "athletes" only.

The MAXIMUM VO\(_2\) test is usually performed under medical supervision. During that test, the participant must push their body to maximum physical exertion, usually on a treadmill or bicycle. The test that District 27J will be offering is a SUB-MAX VO\(_2\) test. In this test, you must only lie down and rest for 3-6 minutes while wearing a heart rate monitor. Using this information and other data points, a close approximation of your MAX VO\(_2\) can be obtained.

Biometric screens (blood draws) are important and have saved lives. But if you rely only on the results of your annual blood work, you could be missing out on other important factors that can either save your life, or improve your enjoyment of life. If your blood work gives you a clean bill of health, but you can barely climb a flight of stairs without gasping for breath, then clearly you are not in your best physical condition. The Fitness Evaluation will give you a more complete view of your state of health, and provide you with clear steps for improvement.

**How much time does it take to complete a fitness assessment test?**
The fitness assessment test will take between 15 and 20 minutes. Due to the time required to complete the test, regular District 27J employees need to pre-register for their fitness assessment test at this web site: [http://www.signupgenius.com/go/70A0F4BABA922A31-school](http://www.signupgenius.com/go/70A0F4BABA922A31-school).

**Why will it benefit me to get a fitness assessment test?**
The assessments are a great way to give you a more accurate picture of your overall physical health. Many people are surprised to find that the results of their annual blood work is perfect, yet their strength is only 40% of what it should be for their age, or that they are unable to stretch forward more than a few inches! Others may find that their blood tests indicated high cholesterol, but the fitness assessments show that their flexibility and cardiovascular condition is excellent. This knowledge can give the participant a more complete picture of their health, while helping them target the specific areas that need improvement. The results of the test will assist participants in determining which areas of fitness they would like to work on, such as fat loss or better endurance. Participants may also want to show their test results to their doctor or personal trainer, so that they can help with establishing wellness goals.
Save the date and join the:
The City of Brighton Bike Brighton Sub-Committee

FAMILY FUN MOONLIGHT bike ride on Sunday March 16th- 6:30 p.m.

The ride will start and end at Benedict Park (parking lot behind Southeast Elementary)

Wear your Green!!!
Welcome to the Inaugural HAF HALF
Benefitting
Harmony Angels Foundation

This event is a fast and flat Half Marathon, 5K & 10K that starts and finishes at Carmichael Park and Harmony Angels, located at 441 S. 7th Avenue in Brighton, Colorado. The courses are run primarily on paved streets and concrete trails.

Whether you’re training for a fall marathon, looking to set a personal record in a Half Marathon, 5K or 10K - or if you’re looking to bring the family out for a casual run or walk, this is a great event for you!

The after-party will be hosted at Carmichael Park and across Southern Street at Harmony Angels Foundation headquarters. In the park there will be vendors, youth activities and music. At Harmony Angels you will be able to take advantage of some great food, free beer and learn more about the phenomenal mission and activities of the Harmony Angels Foundation!

Please be advised that there will be a 5 to 10 minute staggered start for all events - half marathon runners will start first, followed by the 10K and then the 5K. All participants will be called to the start line no later than 7:50 a.m.
STROLLERS and PETS WELCOME!!!

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<th>Event features:</th>
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**Course description:** The course is still being finalized and should be approved by the City of Brighton and available by no later than the end of April, 2014.

All events will start at Carmichael Park and wind West through the CultureFest site and then back through Brighton Eastward to trails that run North and South between Bromley Lane and 168th Avenue.

More details to come!

**Directions to start:** The Start/Finish Line for all events is at Carmichael Park, 601 Southern St., Brighton, CO

**Parking:** There will be ample parking at Carmichael Park and at Brighton City Hall, less than two blocks from the Start/Finish line.

**Awards info:** Overall Male/Female Half Marathon, 5K, 10K

Age Group Awards - ten year increments.

**Additional Info:**

**Course Time:**
- Half Marathon - 4 Hours
- 10K - 2 Hours
- 5K - 1.5 Hours

**Packet pickup:** 2014 Packet Pickup times TO BE ANNOUNCED

**Options:**
- Half Marathon Registration (8:00 am start) $45.00 2/11/2014 to 2/28/2014
- 5K Registration (8:00 am start) $30.00 2/11/2014 to 2/28/2014
- 10K Registration (8:00 am start) $35.00 2/11/2014 to 2/28/2014
- 5K Family/Team (Up to 4) (8:00 am start) $100.00 2/11/2014 to 2/28/2014
- 10K Family/Team (Up to 4) (8:00 am start) $120.00 2/11/2014 to 2/28/2014
# Employee Wellness Calendar

**March 2014**

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Get Ready for our 2\textsuperscript{nd} Annual Employee Wellness Event

When: Wednesday, April 16, 2014 3:00 – 6:00 p.m.

Where: Brighton Recreation Center

Stay Tuned!!!