



Quarterly Update  
August 2014

# Corporate Health Promotion

Helping you create an environment where employees THRIVE!



## Elk Grove Unified School District brings walking paths to worksites

Elk Grove Unified School District marked the beginning of the 2nd year of the “Your Health, Your Choice” employee wellness program with a ribbon cutting ceremony at one of 19 walking paths at schools and sites. The walking paths were created with the help of Corporate Health Promotion who is also assisting San Joaquin county and Rocklin High School with their walking paths.



We were all built to move. Walking just might be the greatest single intervention for overall health benefit. The health benefits of walking are clear on so many levels, and it's the perfect workplace exercise. All you need is a comfortable pair of walking shoes. It's a great way to promote wellness and get employees active right on the job site!

## New exercise class offering: “Fit at Work”



We are excited to offer a new fitness workshop that presents creative ideas to better manage physical health and energy, while providing tools to get results using a minimalistic workout approach.

This is the perfect class for the employee who feels like they don't have time to exercise. Our health education instructor will show employees how they can workout on a short break or even at their desk. He/she will also focus on all areas

of fitness and provide practical techniques using a resistance band. Each participant will be given a band to use in class.

## Have employees who want to stop smoking?

We want to help your employees break the smoking habit for good! This cost-effective kit is designed to help employees resist the urge to use tobacco during the quit process. Each kit includes 27 items that will provide distraction from tobacco as well as valuable resource information.



Use this kit as a way to reach out to an employee who is trying to quit smoking. Quit kits can be distributed at any wellness event, health fair, or part of a tobacco cessation class. Contact us for more information about pricing.

## Flu Shots will be available late September

We want your employees to stay healthy and eliminate flu related illnesses during flu season! Bring a Kaiser Permanente flu shot clinic to your worksite anytime this fall. Clinics open September 29th and run through December.

Corporate Health Promotion will manage appointments using our web based, online scheduler. Schedule a flu clinic with your Corporate Health Promotion contact soon as dates are filling up quickly!