

"He who has health,
has hope, and he who
has hope, has
everything."

-Arabian Proverb

Special Points of Interest

- We now have 66 members, with new members joining every week!
- The showers are almost ready for use! Thank you for your patience as we expand and improve our facilities.
- Attending training? Pick up a form from SD&T to use the WTC for free on days you have training.

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We want to thank the Friends of Juvenile Justice and Colonial Life Supplemental Insurance for their generous support of programs at the WTC.

Hours of Operation:
Monday—Friday
10:00—7:00

Manager:
Jack Cameron
803.896.9245

The Motivator

SCDJJ WELLNESS AND TRAINING CENTER

VOLUME 1, ISSUE 1

OCTOBER 10, 2007

WTC to have Grand Opening Oct. 17

The WTC Grand Opening, hosted by the Wellness Advisory Board and the Friends of Juvenile Justice, will be held on October 17, 2007. The focus of the celebration will be on enhancing employees' knowledge of health and fitness and to show the services provided by the WTC.

The program will begin at 10:00 a.m. with an overview of the WTC, its staff, and programs. At 11:00 a.m. the keynote speaker, Ramsey Mahkuli will give a presentation on physical fitness and health. Mr. Mahkuli is a certified physical fitness instructor and will be working with WTC in the future to in-



The WTC is equipped with two treadmills, four stationary bikes and multiple weight stations

struct classes. Throughout the morning, representatives from Palmetto Health and the Department of Health and Environmental Control will provide information on various health topics and answer your questions. Palmetto Health will also be providing a pre-screening for diabetes.

The afternoon will focus on fitness with a volleyball tournament and aerobics.

In addition to being an educational and fun opportunity, employees can earn training hours by attending the morning sessions. To receive credit, employees should register with Brenda Taylor in Staff Development and Training. She can be reached at bgtayl@scdjj.net.

Anyone who has not joined the WTC can arrive at the Grand Opening Celebration at 9:30 a.m. to complete the membership forms.

A Word from the WTC Manager



Hello everyone. As the manager of WTC, I would like to take this time to thank all the members of the WTC. You have really taken advantage of the center.

An important thing to remember is CONSISTENCY. Being consistent will make the mind push the body to reach its goal. We have some groups that

are doing an outstanding job in the Wellness Center. Most of you have gone from two to three days a week to three to four days a week and that's super! "Good job" goes out especially in the following area: Staff Development and Training, Willow Lane teachers, Rehabilitative Services, and the Infirmary. You guys are doing outstanding! To the rest of our members, keep working hard. I see what you are doing and it's great work! Hope to see

all of you at the Grand Opening!

-Jack Cameron



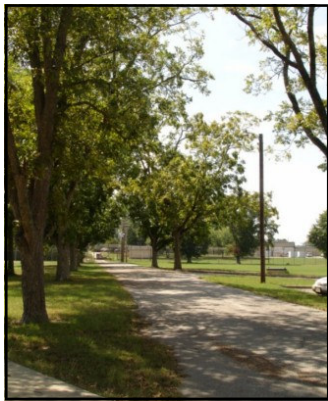
Jack trains Derrick Whitten (Staff Development and Training).

Cardio Classes Coming Soon

It pays to join!
Save money by
paying in advance:
\$2 per day
\$10 per month
\$30 per quarter
\$110 per year



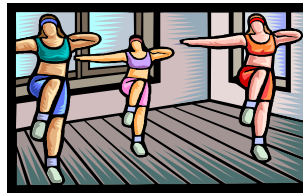
It's time to get outside and get moving! With cooler fall weather here, take advantage of the Walking Path, located outside of the WTC. Walking will burn calories and help you build muscle. In fact, walking 30 minutes can burn up to 250 calories! So grab a partner and hit the Walking for Wellness Path the next time you're at the WTC.



As the WTC grows, so does its programs. Cardio classes will be offered at the WTC starting soon. Classes will be held twice per week and will be led by a certified instructor. Classes will begin at 5:30 p.m. to allow for maximum participation. Initially, kick-boxing and aerobics will be offered with more classes offered in the future. More information will be given once details are finalized.

Research has shown that individual workouts

can be enhanced through participation in a group exercise class. Participants in group exercise are



more likely to regularly work out and be consistent due to the accountability factor in having classmates. Also, the

added social interaction of classes can decrease stress levels more than an individual workout does.

Please take advantage of this new offering from the WTC. Get to know your co-workers, have fun, and maximize your workout all at the same time!

Need to focus on strength training? Free weights are now ready for use!

Healthy Tips for Everyday Living

- 1. Move more.** Make it a daily challenge to find ways to move your body. Climb stairs if given the choice. Park away from the building. Walk your dog. Chase your kids. Mow the lawn. Anything that moves your limbs is a fitness tool and a stress buster.
- 2. Cut fat.** Avoid the obvious foods, such as fried foods, burgers, and other fatty meats. Dairy products should be eaten in low-fat versions.
- 3. Quit smoking.**
- 4. Reduce Stress.** Easier

said than done, but stress busters come in several forms. Spend 30 minutes a day doing something you like, such as taking a bath, going for a walk, reading, playing with your dog, listening to soothing music. Meditate. Get a massage. Lift weights.

- 5. Protect yourself from pollution.** Avoid smoke-filled rooms, high traffic areas, and breathing in highway fumes.
- 6. Wear your seat belt.**
- 7. Floss your teeth.** Recent studies make a direct

connection between longevity and teeth flossing. Why? Perhaps it's because people who floss tend to be more health conscious than people who don't.

- 8. Avoid excessive drinking.** Studies show that a glass of wine a day can help protect against heart disease, but more than that can cause other health problems such as liver and kidney disease and cancer.
- 9. Keep a positive mental outlook.** There's a connection between living well, being healthy and having a cheerful outlook on life.

Adapted from <http://www.health-fitness-tips.com>

Be Proactive: Get Yourself Ready for the Holiday Season

The most popular New Year's resolution by far is to lose weight. After Thanksgiving feasts, holiday office parties, and family celebrations, it is almost impossible to go from November to January in the same clothing size. This year, anticipate the extra food and extra calories so they don't creep up on you all at once.

An average Thanksgiving meal can pack in between 1500 and 3000 calories—that's over a day's worth of calories in one meal! Unless you plan on making a low-fat feast, plan on cutting calories a few weeks before the holiday season with smaller portions and healthier choices.

The best way to be pro-

active is to increase your activity before and during the holiday season. Add in a walk during your lunch break. Stay at the gym an extra twenty minutes. If you're not already a member of the WTC, now is the time to join— not January. Get a jump start on your New Year's resolution and your body will thank you.

Comments? Questions? Ideas? Contact Celita Proffitt with Staff Development and Training. 803.896.9160 or cbprof@scdjj.net.

Inside Story Headline



Caption describing picture or graphic.

“To catch the reader's attention, place an interesting sentence or quote from the story here.”

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile

new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thou-

sands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.



Organization

SCDJJ Wellness and Training Center

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 803.896.9345

Fax: 803.896.9741

Your business tag line here.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.



Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

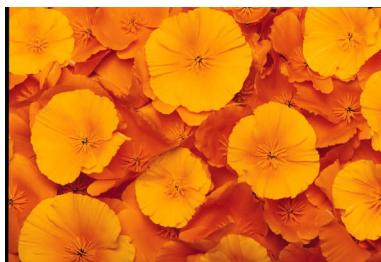
If you have any prices of standard products or services, you can include

a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual

charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.