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Happy Holidays!

Please share this information with staff who may not have computer access!

Boot Camp To Begin in January

As the fitness programs continue to expand, we hope to add boot camp classes starting in mid January! Just in time to kick start your New Years Eve resolutions!

Please complete the short survey below so we can determine the locations with the most interest. Only staff that would consider participating should complete the survey.

Locations, days, times will be strictly based off of staff interest according to the survey data.

Yoga and Zumba classes will also continue and a Train to Run a 5K program will be offered as well. Watch the newsletter for details!

Click here to complete the boot camp survey:



<http://www.surveymonkey.com/s/BCPCS>



Traveling Bandanas Club

Are you planning a get-away and will be doing some form of activity or exercise?

Join the **NEW Traveling Bandanas club!** For a limited time, we will be giving a blue bandana (yours to keep) to any staff member who contacts us with plans to exercise in some way while "traveling" (no specific distance for travel has been set). Candace Isackson is our first employee to submit a photo with the bandana she received, stretching on beautiful St. John's island!

Help us see how far our logo can go! See page 2 of the newsletter for more details and watch the newsletter for more info on what keeps our fellow co-workers motivated to be active and tips they have for leading a healthy lifestyle.

Thanks Candace!



Note the Quote

"Character is the ability to carry out a good resolution long after the excitement of the moment has passed."

~Cavett Robert



TRAVELING BANDANAS

Are you planning a get-away and will be doing some form of activity or exercise? Maybe walking, skiing, biking, kayaking, swimming, hiking, running a race, snowshoeing or even a scavenger hunt?

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Simply email the info below to kempfc@pcsb.org and while supplies last, you will be sent a bandana to take with you. In return, you promise to email us a picture of you and the bandana doing whatever exercise you love to do! You will be featured on our website and possibly in the SMART START Newsletter. Because supplies are limited, please only request a bandana if you are going to be able to send a picture in to us in the next 3 months.

Request A Bandana!

Email Christina Kempf, Employee Wellness Coordinator, at kempfc@pcsb.org the following:

- Your name
- Worksite & Pony route
- Where you plan to go
- When you plan to go
- What type of activity / exercise you plan to participate in
- Your commitment to email a photo back to us!

