



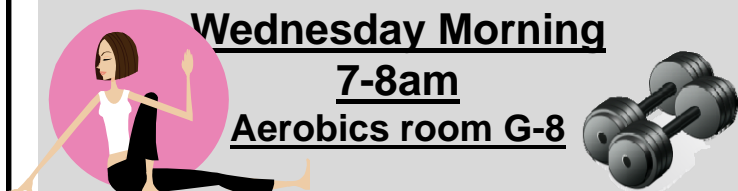
Palomar College TEAM LIFE

*Together Evaluating Assessing Managing
Life Improvements For Employees*



Fall 2010 TEAM LIFE activities

Welcome to the Fall semester 2010!
TEAM LIFE is a faculty and staff committee dedicated to increasing the health and wellness of the employees of Palomar College. Every semester we promote Health and Wellness through various activities.



Wednesday Morning

7-8am

Aerobics room G-8

CIRCUIT TRAINING EXERCISE CLASS

Join Lacey Craft and Kelly Falcone for an employee fitness class on Wednesday mornings.

This will be a circuit training class that will allow you to work out at your own level and pace. This class will include cardio, strength training, and stretching.

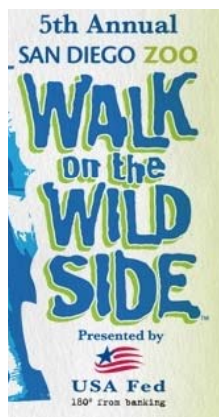
What a great way to start off your day!



Carlsbad
marathon and
half-marathon
January 23rd
2011

Would you like to complete a MARATHON or HALF-MARATHON? The Tri-City Carlsbad race is a great course and you have plenty of time to train! You can start with 1 mile! Visit the TEAM LIFE website for a training program to follow for the half or the full marathon! I hope to train with you and see you on race day!

<http://www.carlsbadmarathon.com/>



The San Diego Zoo

"WALK ON THE WILD SIDE"

Please join our Palomar College team at the Walk on the Wild Side. Entry fee is \$25 and includes a t-shirt, goodie bag, and all-day admission to the Zoo. This is a great event to support the elephants, get in shape, and meet new people. For more info and to join, visit www.sandiegozoo.org/walk and look for the group "Palomar College."



Thursdays 6-7pm Wellness Fitness Center

Employee Orientations and exercise program design

Whether you have never been to a gym or have been working out but need a new jump start to your program, we are here to help you!!! Lacey Craft and Kelly Falcone will teach you how to use the equipment in the WFC and help you design an effective program to reach your goals.

Have you ever analyzed your diet?

The following websites are a great resources for checking out the foods you eat!

• www.mypyramid.gov

• Great website to evaluate your whole diet. You can input all of the foods you eat in a day and then analyze your nutrient intake

• www.calorieking.com

• Great website to look up restaurant foods. Did you know the chicken pot pie at Claim Jumper has 2,782 calories!!!

City of San Marcos Parks and Recreation:
DISCOVER SAN MARCOS HIKES

This is a great way to get to know your city! These hikes are led by the trail experts of the City of San Marcos. You will get a great workout, as well as learn about the city and its vast hiking trails.



RANCHO DORADO/RANCHO CARRILLO

Date: Saturday, October 2, 2010

Time: 9 am to 12 pm

Info: This 4-mile hike will explore the trails of the Rancho Dorado/Rancho Carrillo area and visit Leo Carrillo Ranch Historic Park. A more challenging hike with an elevation gain of 350' (uphill to Simmons Family Park) will also be offered.

Meeting location: Carrillo Elementary School (parking lot near the trailhead), 2875 Poinsettia Lane, Carlsbad, 92009.

19th ANNUAL SAN MARCOS TRAILS DAY

Date: Saturday, November 6

Time: 9 am to 12 pm

Info: Put on your hiking shoes or saddle up your horse for the 19th Annual San Marcos Trails Day. Step back in time and hike the rural trails of San Marcos. Special access to trails not usually open to the public will allow views of South Lake, Double Peak, and the surrounding Valley of Discovery. Hikes with varying levels of difficulty will be offered.

Meeting location: South end of Santa Barbara Street, San Marcos, 92069. From Highway 78, take Twin Oaks Valley Road and go south. Turn right on Craven Road, then left on Santa Barbara Street.

TWIN OAKS VALLEY

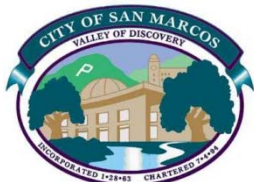
Date: Saturday, December 4

Time: 9 am to 12 pm

Info: Hike the trails south of Walnut Grove Park with an optional side trek up "P" Mountain. The hike is rated easy to moderate; hike length is 4 to 7 miles.

Meeting location: Walnut Grove Park, 1950 Sycamore Drive, San Marcos.

FURTHER INFO: www.san-marcos.net



Would you like to sign up for some local races?

Have you ever done a 5k, a triathlon, or maybe a bicycle race?

For a list of San Diego and Riverside county race events visit the following website: www.raceplace.com



TEAM LIFE
Spring 2011
events...
mark your
calendars!

•Health Dimensions Employee Health Fair February 16th.

•The "Biggest Loser" weight loss challenge.

- This weight loss challenge has taken place the past several years and usually has about 60 competitors.
- This is a team challenge in which groups of 4 sign up together to help each other reach their goals.
- There is a weekly weigh-in and prizes at the end for the team with the largest percent weight loss and we also give prizes to the top individuals.
- This is a fun way to encourage and motivate each other to make healthy lifestyle changes to reach our goals.
- Sign ups for Biggest Loser will be during the health fair on 2/16/11

We would like to hear from you!

If you have any suggestions of activities or events that would benefit the health and wellness of our employees, please let us know! Visit the TEAM LIFE website and fill-out the feedback form.

www.palomar.edu/teamlife