

The Wellness Chronicle

YOUR HEALTH & FITNESS NEWS:

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c 1988 City of Dallas

Free!

AUTOMATIC MEMBERSHIP RENEWALS

by Vicki Smith

All Wellness Program memberships scheduled to expire October 1, 1988 and thereafter will be automatically renewed on the date of expiration. Subsequent payroll deductions of \$6.25 per paycheck for six months will also begin on this date. "The processing of memberships will become more efficient as a result of this procedural change," said Trip Reynolds of the Wellness Program. "Often we're (Wellness Program staff) not informed of changes to an employee's work location. This makes contacting our membership very difficult. However, we have found the practice of members contacting the program staff to be much more successful. Changing our renewal procedures in this way will encourage our membership to contact us," said Reynolds.

Persons who wish to limit their membership to one year, must submit a written Notice of Non-Renewal form to the Wellness program staff prior to their membership expiration date. Members will be contacted 30 days prior to the date of renewal to notify them of this requirement. Notice of Non-Renewal forms are available at all City Wellness Centers.

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The Wellness Chronicle is published once each month by the Cost Containment Section of the City of Dallas Personnel Department, at 1500 Marilla, Room 7/F South, Dallas, Texas 75201. (214) 820-3594. Send all correspondence to the editor-in-chief named above.

WELCOME!

by Trip Reynolds

Welcome to the first issue of the Wellness Chronicle, Volume 1, No. 1! With this publication, we will strive to accomplish these objectives: (1) To communicate information to and about Wellness Program members and related activities; and (2) To communicate information on health and fitness to benefit all City employees, including non-Wellness Program members. Our editorial policy is a mirrored reflection of these objectives. Consequently, our editors and featured columnists are charged to present research or commentary on the latest developments in health and fitness for the benefit of both Wellness Program members and non-members.



WELLNESS PRESENTATIONS

by David Reece

In our efforts to promote health awareness for City employees, the Wellness Program staff is available to conduct departmental presentations. Topics include a variety of new and innovative ideas designed to promote Wellness.

For additional information or if you would like to schedule a meeting for your department, please contact David Reece at 670-3594.

The Wellness Chronicle will be informative and fun. We will challenge you to improve or maintain your health and fitness by mostly using common sense. Hopefully, we will lead you to a healthier and much more productive lifestyle. And if we're not immediately successful, don't worry (be happy!), we're not going to give up on you!

MEMBERSHIP REFERRAL PROGRAM ANNOUNCED

by Vince Michel

All Wellness Program members who bring a guests or new members from October 24, 1988 through November 23, 1988 will receive Wellness Active Wear. That's right! So, if you didn't win any active wear during the May, 1988 grand opening of the City Hall Wellness Center, here's your chance:

Bring In	Receive
5 guests	Wellness sweat= top & pant
1-2 members	Wellness sweat= top & pant
3 members	Wellness Warm-ups

All active wear (which includes T-shirts, polo shirts, shorts, singlets, stadium cushions, shoe pockets, frisbee's and Well Bears) is on display in the Wellness Centers. Look for additional membership referral activities coming soon!

STRENGTH TRAINING & NAUTILUS

by Blake Peacock

Today with so many types of exercise machines and equipment, it is simple for the untrained individual to confuse themselves with proper techniques to increase strength. To increase strength, there is one requirement: Heavy Resistance Throughout a Full Range of Motion. By attending a Strength Training class, you can learn how to achieve maximum effectiveness in strength training, while under the complete supervision of the Wellness Center Manager. Classes are scheduled from 1:00 to 2:00 p.m. on Monday, Wednesday and Friday in the City Hall Wellness Center at LI/E/North. In future columns, I will provide you with proper Nautilus training techniques. For information contact Blake Peacock or Vince Michel at 670-7710.

GET READY FOR THE NEW YOU!



BEFORE AFTER

COMING SOON:
NEWS ABOUT THE CYCLING CLUB AND RENOVATION OF THE CITY HALL WELLNESS CENTER.