



July  
2015



## Walking4 WELLNESS Challenge

Many would say that starting a walking program is the easy part. Sticking with it is the true challenge. Convincing yourself to go walking instead of finishing that last item on your to-do list at work, folding your final load of laundry, or checking social media one more time requires strength. And focus! That's it. Focus on what you really want from walking. Does

it provide you space to disconnect? Is it time you use to process through conflict or issues in your life? Do you count on walking to boost your energy levels? Reduce your feelings of stress? Next time you think about talking yourself out of taking that important daily walk—think again. You may find that you get far more from walking than you ever imagined possible.

To date, 105 SETA staff have joined the 6 week Walking4Wellness Challenge. Thanks to Plaza Del Paso and the following sites for joining the Challenge!

- Alder Grove Infant Toddler (HS)
- Crossroads (HS)
- Franklin Job Center
- Hillsdale Job Center
- Marina Vista (HS)
- Cook/Kitchen (HS)
- Galt Job Center
- Freedom Park (HS)
- Job Corps (HS)
- Plaza Del Paso
- Rancho Cordova Job Center
- Norma Johnson (HS)
- Northview (HS)
- Mark Sanders Job Center

### SETA Staff "Welfies" and Walk Moments!



### Walking Safety Tips

(by Jen Mueller & Nicole Nichols, Fitness Experts)

Walking outside is a great way to enjoy the fresh air and get a workout at the same time. Below are a few safety tips:

**FIND A BUDDY:** There is always safety in numbers. If you walk alone, tell someone your route and the time expected back.

**DRESS TO BE SEEN:** Wear reflective material and walk on well-lit streets.

**WALK FACING TRAFFIC:** Especially if there are no sidewalks or pathways on your route.

**VARY YOUR ROUTE:** This is for safety as well as enjoyment. This also prevents anyone else from memorizing your whereabouts or routine.

**BEWARE OF DRIVERS:** Walk with awareness and caution, assuming no drivers see you. Be especially cautious of driveways—most drivers are watching for oncoming cars, NOT WALKERS.

**BE AWARE OF YOUR SURROUNDINGS:** Watch for water, bike riders, cracks in the pavement, or any other hazards in your path. It can be very easy to trip and fall without warning.

**CARRY WITH YOU:** A cell phone, and if you have a dog, bring it with you for companionship and safety. Always have your I.D. with you in the event you become injured.

**WHAT NOT TO BRING WITH YOU:** Do not wear visible jewelry that may draw someone's attention. Do not wear headphones—you should always have all your senses tuned in to your immediate environment.



### Where Will Your Feet Take You?



For local hikes, and variation, here are websites Tammi Kerch in Fiscal suggests: (Thanks Tammi!)

[www.sacnaturecenter.net/](http://www.sacnaturecenter.net/) - Effie Yeaw Nature Center

[www.americanriverbiketrail.com](http://www.americanriverbiketrail.com) - ideal for walkers too

<http://arboretum.ucdavis.edu/tours.aspx> - creek, nature walk

[www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org) - Daily walks you can do alone or with a group

### July Wellness Events @ SETA

Yoga & Your Body— Wed., July 1 @ 3:30: Del Paso

Understanding Your Credit— Tues., July 14 @ 12 PM: Del Paso

Hot Walkin' Nights— Wed., July 22 @ 6:45 PM with the Sacramento Walking Sticks @ Arden Park

"SHARE YOUR SOLE" -Agency wide collection drive for gently used athletic shoes: campaign ends July 8

Take a "WELFIE"— Submit your "Welfie" to the Wellness Unit to display on the "Walking Wall"

Walking4Wellness Challenge:- START: Sun., June 28  
END: Saturday August, 8

For any inquiries regarding our wellness program,  
contact Ellen Frasz at  
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or email [wellness@delpaso.seta.net](mailto:wellness@delpaso.seta.net)

Be a  
Worksite  
Champion!



Do you have a passion, skill or talent you would like to transform into a Wellness activity? If so, we can make it happen! The Wellness Team at SETA also has resources to assist you. Contact us about our Worksite Champion program.