

MARCH 2020

GROUP EXERCISE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CATHERINE DODD WELLNESS CENTER 1145 Market St., 1 st Floor	12:10 – 12:55pm YOGA (Limit 30) 1:10 – 1:55pm TOTAL BODY TONING	1:10 – 01:55 Tai Chi	12:10 – 12:55pm ZUMBA® (Limit 35) 1:10 – 1:55pm FELDENKRAIS 5:15 – 6:00pm YOGA	12:10 – 12:55pm PILATES	1:10 – 1:55pm YOGA (Limit 30)
CITY HALL South Light Court					

CHECK ONLINE FOR ADDITIONAL CLASSES, UPDATES, AND CANCELLATIONS: <https://sfhss.org/class-cancellations>

WELL-BEING EVENTS

LOCATION: 1145 Market Street, Suite 100
Unless indicated otherwise.

CLASS CANCELLATIONS

SFHSS Wellness Center

- 3/3, 3/10, 3/17 -Tai Chi
- 3/12, 3/19 – Pilates
- **Total Body Condition Canceled for all of MARCH**
- **Tuesday Meditation Classes ALL of MARCH**
- Tuesday evening Zumba is Canceled indefinitely

City Hall

***NOTE: All City Hall Classes are Canceled through Friday, March 27th, 2020**

OPEN USE HOURS

The Wellness Center is available for Open Use Monday-Friday, 11:00am-12:00pm and 1:00-2:00pm. To use the space during another time, please email well-being@sfgov.org.

QUESTIONS? Call 415-554-0643

Participation in activities at the SFHSS Wellness Center is strictly voluntary. Before embarking on any physical activity program, I should consult my personal health care provider. Participating in physical activity may involve certain risks and I assume all associated risks. Any injuries suffered in conjunction with participation shall not be subject to reimbursement under any workers' compensation law or any other applicable law.

ERGONOMICS TRAINING

Friday, March 13th
9:00am – 11:00am

Ergonomics is the science that studies how to best make the work environment fit the worker. The goal of ergonomics is to help prevent injury and increase comfort and productivity. When ergonomic principles are applied in the work environment, visual and musculoskeletal discomfort and fatigue can be significantly reduced. By making adjustments to your work area and personal practices, you can minimize the risk factors that can contribute to injuries. HSS has partnered with the Department of Public Health to bring the monthly Ergonomics Training for employees to the Wellness Center. Employees can attend this 2-hour class during the workday with supervisor approval.

Registration Required:

<https://ergotraining2020.eventbrite.com>

For a complete list of 2020 trainings visit:

https://sfhss.org/sites/default/files/2019-12/OfficeErgonomics_Flyer_0.pdf Register for the class that works best for you.

Better Every Day.

SAN FRANCISCO
 HEALTH SERVICE SYSTEM

sfhss.org/well-being

MONTH 2020

WELL-BEING EVENTS

March is National Nutrition Month!

This campaign promotes healthy eating habits, nutrition education, and it celebrates the people who promote these healthy Habits. This month highlights the importance of food choices that affect our overall health and well-being. Eat for the Health of it! Eat Right – Academy of Nutrition and Dietetics highlight some key messages:

- ✓ Eat a Variety of Nutritious food every day!
- ✓ Include healthful food from all food groups
- ✓ Hydrate Healthfully
- ✓ Learn how to read Nutrition Facts Panels (check out the new nutrition label!)
- ✓ Practice portion control
- ✓ Take time to enjoy your food

For more Information visit:

<https://www.eatright.org/food/resources/national-nutrition-month>

Eating With The Seasonings!

There are many benefits to eating with the seasons! Seasonal food is fresher, more nutritious, and environmentally healthy!

- It's better for your Health. Seasonal produce is generally harvested at its peak, so it retains its full nutrient and vitamin content.
- It tastes better! Take a trip to your nearest Farmers Market to find out!
- It reduces your carbon footprint: Out of season produce travels long distances to reach our plates. The longer distance our food travels, the negative impact on our environment increases.
- Supports your community! Purchasing fresh locally grown foods helps support local farms!
- It costs less! Purchasing seasonal produce cuts the costs accumulated in growing and transportation of produce that results in its high prices.

Click here to learn more:

<https://www.seasonalfoodguide.org/why-eat-seasonally>

For a list of seasonal fruits and veggies visit [SF Environment!](#)

NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 225mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

— Serving sizes updated

— Calories: larger type

— Updated daily values

— Actual amounts declared

— New footnote

New:
added sugars

Change
in nutrients
required

Check Out A Farmers Market Near You!

Support your community – find fresh, local produce at Farmers Markets!

Find a Farmers Market near you:

San Francisco:

<https://sfenvironment.org/farmers-markets-in-sf>

Greater Bay Area:

<https://pcfma.org/>

<https://cuesa.org/markets>