



The Wellness Committee

news to help us live stronger

At Norwalk Community College

NCC Walking Club Returns

Let's get active! NCC Wellness Committee will be bringing back the Walking Club starting Tuesday, December 6th, 2022. Walk briskly around campus with us every Tuesday from 10:00-10:30 am. Meet outside of the Computer Lab (W150) on West Campus at 10:00 am sharp.

Wellness Walks – Enjoy Our Outdoor Walking Trail!

These walks are intended to last from 15-30 minutes. For more information about the outdoor Wellness Walking Course. Please take a look at Wellness Walks Map All participants can access the Wellness Walks Calculator below and determine the total calories expended by entering body weight and time taken to walk the outdoor course. Wellness Walks Calculator

Body Breaks a Huge Success!

This spring we ran our “Body Breaks Beyond” video series. It was a 4-week program to get our faculty and staff moving more and sitting less. It is an exercise plan that can be done at your desk or in the comfort of your home. Check out the videos here to get started.

Body Breaks Beyond Week 1 - YouTube

Body Breaks Beyond Week 2 - YouTube

Body Breaks Beyond Week 3 - YouTube

Body Breaks Beyond Week 4 - YouTube

Body Breaks Beyond Testimonials

“I found that participating in the Body Breaks Beyond! program that my muscle tone increased overall, especially in my legs and arms. It also gave me additional energy. In addition, it gave motivation to exercise at least those three times a week.” – Gregory L. Riley, Sr., Assistant Professor of Criminal Justice.

“I really enjoyed participating in the Body Breaks Beyond! program. It was such a well-organized, informative and a professionally presented program. It motivated me to get moving more during my week and it was easy to follow. I found it to be a good stress reliever as well.” - Jennifer Wood Heslin, Early Childhood Education Coordinator and Professor.

“In 30 minutes, done from just about any location, Body Breaks Beyond! is a total body work-out, building tone and strength from head to toe. I liked the easy-to-follow program and found it be both invigorating and calming. I looked forward to the three times/week regimen as a natural part of my routine.” - Jane Lazgin, Adjunct Professor, English As A Second Language

“Participating with Body Breaks Beyond! this year was phenomenal. Participating provided me with exercises that I can do almost anywhere. It allows me to exercise at my desk, move around in the office, or watch TV at home. The exercises were simple to remember and perform. The exercises helped energize me and I always felt better after each session.”
– Maohlicia Carolus, Program Director, Medical Assistant/Medical Office Management.

2022 Health Risk Assessment (HRA)

The Health Risk Assessment (HRA) is a voluntary survey open to all faculty and staff here at NCC. This survey is completed electronically with guaranteed anonymity. The data collected from the HRA assessment provides the Wellness Committee with information to identify and address the specific health and wellness needs of the campus. For those individuals willing to share their information, the HRA can also act as a method of determining progress made with lifestyle changes and/or exercise prescriptions.

[Read the HRA Summary Report 2022](#)

2022-2023 Interest Survey

The interest survey is sent out by the Wellness Committee for planning purposes to determine the needs of the faculty, staff, and students towards health and well-being. Below is a link to the results of the current survey.

[Interest Survey 2022 SM RESULTS](#)

Statewide Programs On-Line

Did you know that your health plan offers monthly well-being seminars presented by Wellspark? The topics include the seven chronic condition basics along with related health and well-being topics.

- Tuning in to your body, Turning up Your Mind
- Stress Warning Signals and Intro to the Relaxation Response
- Developing Stress Hardiness
- Coronary Artery Disease Basics
- Asthma Basics
- Heart Disease (HF/CHF) Basics

Seminars are open to all employees, their spouses, and dependents. Participants can attend as many seminars as they want.

Please Join The Wellness Committee for our next meeting:

December 15th at 2:30 pm in H007

We meet on the Third Thursday of the month. Same place. Same time.

Hope you had a great weekend!