



# 2020 IBEW Local 617-NECA Wellness Program



## MONTHLY NEWSLETTER

The NECA - IBEW Local 617 Wellness Newsletter is called "Wellness Hotwire". This monthly publication will include articles on current nutrition and exercise trends, NECA - IBEW Local 617 success stories, upcoming wellness events and challenges, healthy recipes and so much more!

To subscribe directly to the newsletter, please email Denise Brown at [denise.brown@baysport.com](mailto:denise.brown@baysport.com).

## NUTRITION COUNSELING

Meet with our Nutritionist, Patti Miller, RDN, for face-to-face, telephonic or e-mail consultations to target your specific nutritional goals.

Typical touch points are nutrition for weight loss, diabetes risk reduction, cardiovascular disease risk reduction, eating on the road, and much more.

For more information, contact Patti Miller at

[patti.miller@baysport.com](mailto:patti.miller@baysport.com).

## COMPLIMENTARY INJURY CHECK

Schedule a free injury check with a Physical Therapist at the BaySport Redwood Shores clinic to discuss concerns about your injury and receive clear guidelines for recovery. These may include specific exercise recommendations, a physical therapy plan or, if necessary, a referral to a physician.

To learn more, call the BaySport clinic at 650-593-2800.

## HEALTH SCREENINGS

"Get Your Numbers" by participating in our onsite health screenings. All members and spouses are invited. You will be screened for the following:

A fasting or nonfasting fingerstick blood test for cholesterol and blood glucose; blood pressure; and Height/Weight/Body Mass Index (BMI). Conclude the screening with a one-on-one results consultation by a health coach.

## HEALTH COACHING

Health screening participants will have the opportunity to work one-on-one with a personal Health Coach to improve their fitness, nutrition and overall wellbeing. Our programs have yielded life-changing results.

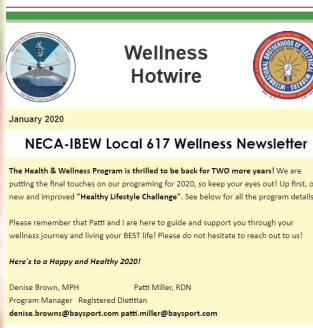
Appointments can take place over the phone and through email.

## VIRTUAL STUDIO

Our team of group exercise instructors and personal trainers have brought you a variety of fitness and mind-body classes that you can conveniently access anytime, anywhere.

New Members Enter Here: <https://baysport.com/virtual-studio-enter>

*\*The Virtual Studio password will update on the first of every month. You can find the new password in the monthly Wellness Newsletter.*



NECA - IBEW Local 617 Wellness Program Manager, Denise Brown, is available to support members with various wellness programs and events throughout the year. For more information regarding NECA - IBEW Local 617 Wellness Services, please contact Denise at [denise.brown@baysport.com](mailto:denise.brown@baysport.com).

