KECC Off to Good Start

CHFS employees have contributed $11,950 toward this year's Kentucky Employees Charitable Campaign.

CHFS Campaign Coordinator Mary Spalding said she is excited about the results so far.

"We have already received such tremendous support from our co-workers," said Spalding. "The committee is really motivated toward helping Cabinet employees reach our goal this year."

Spalding cited recent contributions by the Department for Income Support. That office has had a fundraiser and turned in most of its donation forms for KECC. Its current contribution more than doubles what the group contributed last year.

Cabinet Staff Helping Families at State Fair

By Anya Armes Weber

Cabinet staff is helping hundreds of families at the Kentucky State Fair in Louisville's Kentucky Fair and Exposition Center.

The fair continues this week and ends on Sunday, Aug. 30.

About 60,000 people are expected to visit the Cabinet exhibit in the South Wing's Health Horizons area. Guests can get information to help their families' health and well-being through free screenings and educational activities.

The fair is one of the Cabinet's best outreach opportunities, enabling staff to personally connect with Kentuckians from all walks of life.

Read the news release on CHFS State Fair activities for the Cabinet's complete fair calendar and more information.

Adoption Resource Center Staff Receives Donation from Hot Rods Personnel

Baseball fundraiser helps Western Kentucky adoption programs

By Anya Armes Weber

A Western Kentucky fundraiser has garnered $10,000 for adoption programs.

The Bowling Green Hot Rods, Class A affiliate of the Tampa Bay Rays, made the donation to the Adoption Resource Center (ARC) in Bowling Green earlier this month.

The money was raised through $1 donations for Hot Rods decals.

The ARC works closely with the Cabinet's Special Needs Adoption Program (SNAP) to find homes for the more than 800 children in the state foster care system who await adoptive homes.

Adoptions Services Branch Manager Mike Grimes said the fundraiser is great news for SNAP.

"We're very proud of partnerships like this that work to recruit and raise awareness of adoption," he said. "This will be a huge help for SNAP staff in the Bowling Green area."
Learn more about adoption at the ARC Web site or at the SNAP Web site.

Living Well: Exercise or No Exercise?

Have you joined social networking groups like Twitter or Facebook? If you have, you are probably receiving constant updates, posts, photos, notifications, requests, group invites and downloaded clips from the Web. I am a part of a social networking group and received messages from two different groups I belong to regarding a recent Time magazine article, "Why Exercise Won't Make You Thin."

In summary, the *Time* article author discusses his commitment to fitness and strong relationships with the VersaClimber, his personal trainer and group fitness classes. He developed these relationships because he, like many Americans, assumed if you exercise you will lose weight. The author writes that he exercised often, sometimes obsessively, for years and then one day asked himself, why am I doing this? The author says he has never been overweight and maintains a regular exercise routine, but still has a gut. The author concludes that exercise has made him hungrier – which challenges his weight. In conclusion, he finds weight control is more about what you eat, not how hard you try to work it off when it comes to weight loss.

If you do not like physical activity, I'm sure you would be eager to read this article. But beware! Studies that cannot be disputed show the undeniable benefits of physical activity.

The social networking groups that posted this article were not spreading it to educate us on a new discovery. Rather, it seems, they were saying: Can you believe this made the cover of *Time* magazine? For those who routinely engage in some type of physical activity, they do so willingly because they enjoy it. Active people do not engage in regular activity for the same reasons, but all will say working out is a necessary part of their lifestyle. Let's review the benefits of cardiovascular exercise:

- Improves heart and lung health
- Raises metabolism
- Increases efficiency in burning fat
- Strengthens immune system
- Increases muscle mass
- Increases skeletal health (bone density)
- Increases life span
- Combats chronic diseases
- Manages diabetes (depending on the type)
- Increases self-esteem
- Improves mood

- Increases energy levels
- Promotes better sleep

The key to weight management involves many different factors, but the benefits of exercise should not be thrown out because of one article. So whether you get news updates via a social networking site, read headlines in the grocery store line, receive magazines in the mail or surf the Internet, remember what really works for weight management: regular physical activity and eating healthy.

Employee Enrichment

By Anya Armes Weber

Ehow.com gives these suggestions for better time management.

Make a list. Include deadlines for the most pressing tasks.

Know your energy meter. Plan your most complicated projects for the time when you are most alert.

Plan for personal time. You will feel better. Get up a little earlier to exercise, or stay up 30 minutes later to catch up on your favorite TV show. A lunch with friends or family can be a welcome break.

Prioritize your work. Focus on the tasks that promise the greatest rewards. Some of your work may serve purpose for other projects.

Overcome procrastination. This is a habit many people fall into, but you can get out of it if you make the effort.

Avoid perfectionism. Don’t waste time obsessively perfecting a task when you could better spend the time on something else.