

Learn to recognize symptoms and utilize the tips to make sure that you are taking care of yourself rather than what's left of you."

CRA wants to help you stay healthy and getting healthier! Join us in the race to good health by participating in our Go365 program. We are challenging CRA staff in earning points for cash rewards, **reducing stress** and becoming healthier in the process. We are challenging everyone to reach Silver status in the first 12 weeks of your Go365 program year.

Here are all the ways you can earn Points in Go365:

- Activities - 75 Points every day to get healthier
- Recommendations - 100 Points created just for you based on your Health Assessment responses
- Go365 Kids - 50 Points for activities that are good for kids' health
- Challenges - 100 Points against friends and co-workers

While you can earn any qualified activity, here are popular activities you may complete to reach Silver status in the first 12 weeks of your Go365 program year.

- Value Health Assessment (all sections) 500
- Bonus Health Assessment 90-day completion (all sections) 250
- Bonus First step Health Assessment (once per lifetime) (all sections) 500
- Biometric screening completion 2,000

In health change biometric screening results:

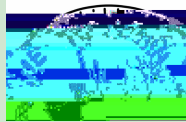
- Blood pressure 400
- Blood glucose 400
- Cholesterol exam 200
- HbA1c test 200
- Daily Fitness Points (over 12 weeks):
 - Two fitness facility workouts per week (10 Points x 24 workouts) 240
 - Complete an organized 5K walk or run 250
 - Use a fitness calculator (x1)

There are even more points for family participation, so get the family involved and let's reduce stress and improve our health!!

1. Online at Go365.com

- Sign up for Go365 - 500 Points
- Complete Health Assessment (all sections) 500
- Complete First Step Health Assessment (once per lifetime) 500
- Complete Biometric Screening 2,000
- Complete 24 workouts at fitness facility 240
- Complete 5K walk or run 250
- Use fitness calculator (x1)

CHECK IT OUT!!



Know any students who are blind, have low vision, or have a physical disability? Learn what the NLS program from the Library of Congress can do for them.

National Library Service for the Blind and Physically Handicapped.

<https://www.loc.gov/programs/national-library-service-for-the-blind-and-physically-handicapped>

Check out the Pinterest "School Based PT" by Therapy in Motion DPT for some great activity ideas

<https://pin.it/5ur2yaxgjresog>

Check out 50 Fine Motor Activity Ideas

at

WWW.GROWINGHANDSONKIDS.COM



[Check Out these interesting courses for SLPs on CRA University. Free CEUs!!](#)

**Collaborative Consultation:
Supporting Students with Autism in
the Classroom**

Presented by Tara Warwick, MS, OTR/L

**Course: #4144 Level: Intermediate 1
Hour**

The purpose of this course is to provide tools and strategies for therapists sools and ssd stratedo forda a tksafr t-

