

Teacher, Faculty, and Staff Wellness Program Ideas

Presented by Gold Medal Schools

Criteria

☉ Silver 2

- › Write a policy that requires a yearly teacher, faculty, and staff wellness program

☉ Platinum 3

- › Plan and carry out a year long teacher, faculty, and staff wellness program

Why Wellness

- ⦿ Enhanced morale
- ⦿ Decreased turnover
- ⦿ Decreased absenteeism
- ⦿ Medical cost containment
- ⦿ Enhanced staff health status
- ⦿ Higher productivity
- ⦿ Lower health care costs

Health Staff Award

- ① Create a box for nominations
- ① Nominate someone
- ① Provide incentives

Fitness Festivals

- ◎ Demonstrate healthy activities
 - › Farmers market
 - › Healthy recipe contest
 - › Healthy cooking demonstration
 - › Sampling
 - › Physical Activity

Lunch And Learn

- ◎ Provide different learning sessions
 - > Stress control strategies
 - > Time management techniques
 - > Relaxation techniques
 - > Tips for healthy grocery shopping
 - > Dinning out
 - > Balancing work and play
 - > How to change

Wellness E-mails

From: Wellness Works
Sent: Tuesday, January 18, 2010 6:59 AM
To : Gold Medal School Employees
Subject: Layering for Exercise

One way to help ensure enjoyment of a winter walk (or run) is to make sure you're dressed properly for the weather. And the secret to that, for a winter workout, is to dress in layers.

Layer 1: Avoid 100% cotton in the first layer, next to your skin. Cotton holds perspiration. Wear underwear made from manmade fabrics to wick perspiration away from skin.

Layer 2: A zippered sweatshirt and sweatpants will keep you warm. Just open the zipper if you get too warm.

Layer 3: If needed, over the sweat suit, you can add a waterproof and windproof jacket. If it's very cold, you may want to wear a jacket made with goose down.

Hands: Mittens will keep your hands warmer than gloves.

Feet: Wear socks made from wool or manmade fabrics that keep your feet dry and warm. Avoid 100% cotton socks. Don't wear sneakers or boots that fit too tightly ... this will restrict blood flow and your feet will end up feeling colder.

Head: About 40 percent of your body heat is lost through your head. Wear a hat and cover your ears.

Lips: Don't forget lip balm with sunscreen ... even in winter!



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Walking programs

- Wellness Wednesdays
 - > Designed walks
 - > Before, after, or during school hours
- On the Move
 - > Increase physical activity
- Gold Medal Mile
- Pedometer Craze
 - > Track steps walked

Worksite Wellness Activities

- ◎ Provide wellness program activities
 - > Blood pressure
 - > Breast cancer
 - > Skin cancer
 - > Diabetes
 - > Cholesterol
 - > Eye exams
 - > Body-fat
 - > Influenza (Flu) shots
 - > Prostate cancer screenings
 - > Fitness
 - > Depression

Guilty Pleasures

Check out what you should avoid -- and then choose from our smart snack options instead.

1. Drake's Apple Fruit Pie
 - a. 440 calories
 - b. 27g fat; 8g trans fat
2. Cheetos Crunchy
 - a. 160 calories
 - b. 10g fat, 3g sat fat
3. Pop-Tarts Frosted Strawberry
 - a. 420 calories
 - b. 10g fat, 2.5g sat fat, 2g fiber



Brown-bag Wellness

- ◎ Provide awareness, health education, and support programs
 - › Diet and nutrition
 - › Prenatal care
 - › Work-life balances
 - › Cancer support groups
 - › Safety and prevention
 - › Ergonomics

Stress-Reliever Programs

- ◎ Provide stress reliever activities
 - › Laughter bulletin board
 - › Stretch breaks
 - › Group lunches or celebrations
 - › Practice time management
 - › Gratitude journal

Swap Wellness Ideas

- ◎ Staff provide
 - › Mind and body classes
 - › Swap equipment
 - › Swap healthy recipes

Wee Five

- ◎ Promote hydration, nutrition, and exercise
 - > W – drink at least five glasses of water
 - > E – eat at least five fruits and vegetables
 - > E – exercise at least three times a week

Special Interest groups

- ◎ Organize wellness groups
 - > Walking
 - > Cycling,
 - > Healthy cooking
 - > Recipe swap
 - > Yoga
 - > Gardening
 - > Stress management
 - > Weight training

Nutrition for You

- ◎ Eat more fruits and vegetables
 - › Recipes in newsletters
 - › Track progress
 - › March madness
 - › Low-fat foods to meetings
 - › Fruits and healthy snacks in teachers lounge
 - › Tasters table

Days of the Week

- ◎ Promote healthy activities all week
 - > Move it Monday
 - > Taste it Tuesday
 - > Walk it Wednesday
 - > Thirsty Thursday
 - > Fresh Friday

Pull the Plug

⦿ Encourage less...

- > Television
- > Cell phone
- > Computer
- > Video game

Start!

- ◎ Encourages to get fit and heart healthy
 - > American Heart Association
 - > www.americanheart.org/presenter.jhtml?identifier=3041223

Active For Life Challenge

- ◎ Encourages to be active by setting goals
 - > 10 week program
 - > Teams
 - > Earn points by doing physical activity and eating healthy food choices
 - > American Cancer Society
 - > www.cancer.org/docroot/PED/content/PED_1_5X_Active_For_Life.asp

Optimum Health Services

- Provides wellness activities
 - › Davis, Salt Lake valley, and Weber-Morgan
 - › Lora Erickson
 - 801-299-1601
 - blonderunner@netzero.net
 - › Weight loss classes
 - › Personal training
 - › Running coaching
 - › Community classes
 - › Wellness programs
 - › Body assessments

Weight Watchers

- ◎ Group sessions and discounts
 - > www.weightwatcher.com
 - > Kimberly Evans
 - 801-486-0125 ext 113

Altius Health Plans

- ◎ Educational programs at work
 - > Cancer
 - > Preventative health
 - > Fitness
 - > Weight management
- ◎ Quality Improvement Department
 - > 801-933-3660

Educator Mutual

- ◎ Walk the Walk Wellness program
 - > Spring
 - > www.educatorsmutual.com

PEHP Insurance

- ◎ Healthy Utah can help with Wellness Programs
 - › Blood pressure checks at school
 - › Follow-up by a school nurse
 - › Wellness newsletters
- ◎ www.healthyutah.org

Intermountain Health Plans

- ◎ Discounts to health clubs and/or fitness centers
- ◎ www.intermountainhealthcare.org/about/healthresources/Pages/home.aspx

Lose a Person

- ◎ Hold a weigh-in at the beginning of the year and at the end
 - > Provide weight loss/management tips
 - > Weigh in as a group
 - > Set a goal

Stroke Awareness

- ◎ Coordinate stroke education awareness campaign
- ◎ www.hearthishighway.org/pdfs/strokecampaign.pdf
- ◎ Sarah Davis
 - > 801-538-9209
 - > scdavis@utah.gov

Organized Events

- Compile a list of organized events in the community
 - › Race for the Cure
 - www.komenslc.org/
 - › Juvenile Diabetes Research
 - www.jdrf.org/

Organized Events

- › American Cancer Society Relay for Life
 - www.relayforlife.org/relay/
- › American Lung Association Lung Run
 - www.lungutah.org/
- › Local marathons
- › Community walks or runs

Tobacco Cessation

- ◎ Provide tobacco cessation programs
 - › Utah Department of Health
 - 1-877-220-3466

Questions

- Gold Medal Schools Guide
- Local Health Department