

# *Wellness in the Works*



*2016 Physical Activity and Healthy Vending Grant Recipient*



# *A Little About Us*

- 389 full-time staff
- 50 + job classifications. Active and in the field to tied to the computer desk jockeys
- 75% work rotating 8 or 10-hour shifts
- 60% have physical standards they must maintain to keep their jobs
- Most must be ready to deal with physical confrontation or perform life saving measures at any given time.
- The majority get a 30 minute lunch break which they eat on site







# *Current Wellness Offerings*

- Bi annual Medical Physicals and Annual physical agility testing for sworn staff
- On site gym and locker rooms
- YMCA discount
- Healthways gym discount through Wellmark
- *Wellness Committee*
- Flu Shots
- Wellness Screenings
- *Wellness Presentation During New Hire Orientation*
- Ergonomic Presentation
- Financial Peace University
- Employee Assistance Program
- Chaplain Office
- Piloting Flex Work Options
- Employee Facebook Page



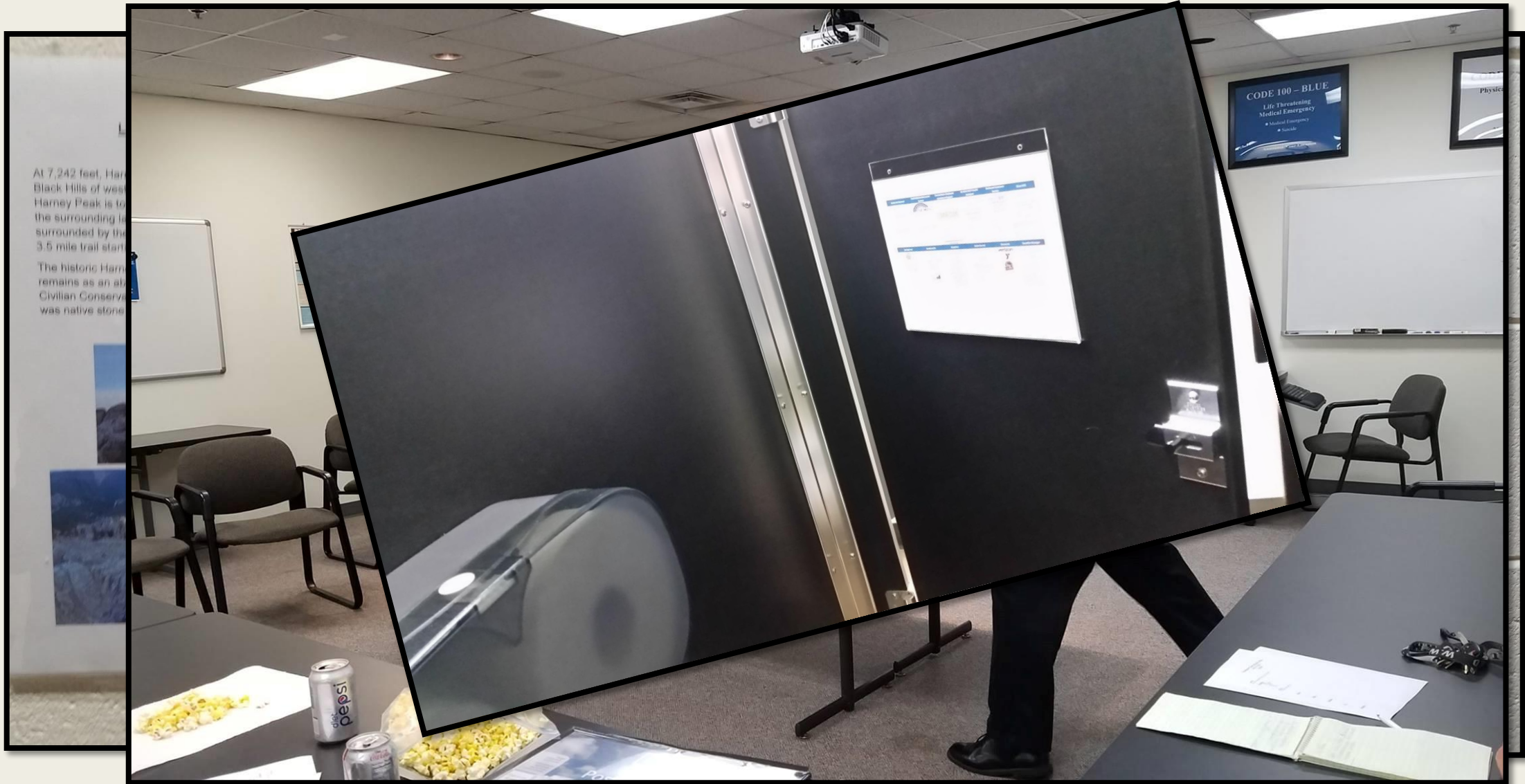


# *Current Wellness Offerings*

- Stability Balls and Ball Chairs
- Outdoor walking path Signage
- Outdoor Bike Racks
- Desk Cycle
- Ankle Weights, Kettle Bells, jump ropes, pedometers, Stretch bands and yoga mats for office staff
- Indoor and outdoor enclosed stairwells
- Active 15 minute breaks
- Stairwell signage
- *Employee Groups*
- *Family Support-Resilience Training*
- *Wellness Trainings-role specific*
- Healthy Vending Codes
- Healthy Vending Options
- Active Meeting Activities



# *Current Wellness Offerings-Physical Activity Grant*





## TAKE THE STAIRS!

### Six facts to get you moving

1. The same workout intensity of 30 minutes of jogging can be achieved in 15 minutes of climbing the stairs.
2. In one minute, a 150-pound person burns approximately 10 calories walking up the stairs, and only 1.5 calories riding in an elevator.
3. For buildings with five floors or less, studies show it is almost always quicker to take the stairs. Taking the stairs can save office workers up to 15 minutes a day.
4. Climbing stairs engages every major muscle in your lower body including glutes, hamstrings, quadriceps, and calves.
5. Even though going down stairs burns fewer calories than climbing up, it increases your balance and coordination.
6. Climbing stairs regularly reduces your risk of heart disease, diabetes, and strokes.



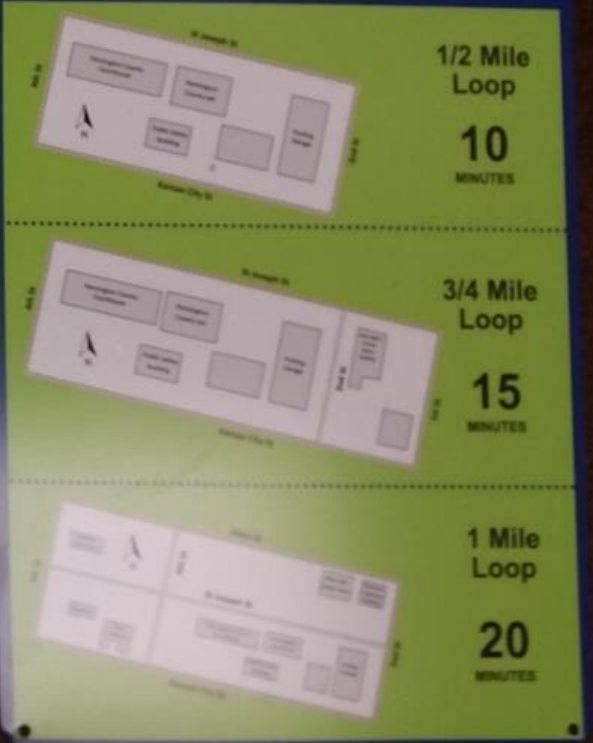
## TAKE THE STAIRS!

A study by the University of Geneva found that after 12 weeks, people who began to regularly climb the stairs:

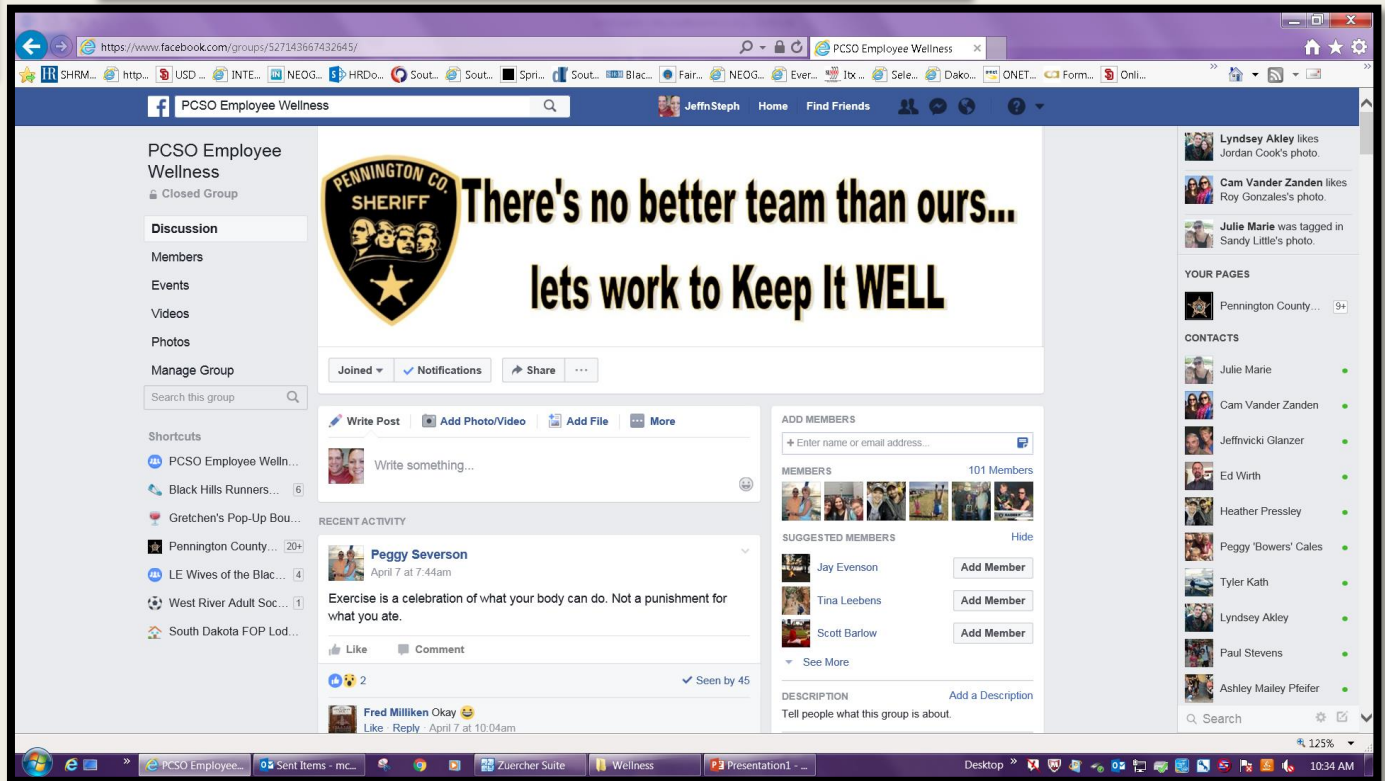
- ♦ Reduced their risk of dying prematurely by 15%
- ♦ Increased their lung capacity
- ♦ Improved their blood pressure and cholesterol measurements
- ♦ Saw a drop in their weight, body fat, and measurements



HAVE A FEW MINUTES?  
GO ON A WALK!









# *Current Wellness Offerings-Healthy Vending Grant*





# Wellness Competitions

## THE BIGGEST LOSER PCSO Edition

**Who:** You! Team members may include significant others and adult dependents

**When:** February 1st through May 1st

**Cost:** \$10 per person or \$15 per team

### Challenge Categories:

Female Biggest Loser-weight loss percentage

Male Biggest Loser-weight loss percentage

Team Biggest Loser- weight loss percentage

"The Cincher"- the participant who loses the most overall inches (chest, waist, hips)

"The Shredder"- the participant who loses the most pounds

**How:** Submit your name, your team name( if applicable) and your payment to Steph McCoy or Sarah Vogel by January 28th

Weight Ins, A Tracking /reporting system and mini challenges will be required to keep participants motivated!



**Who:** ALL PCSO Employees who want to maintain or improve their health or are just a little competitive

**What:** Points based weekly submissions for health habits. Will require a weigh in each week.

**When:** Challenge begins November 1st and ends January 1st

**How:** Contact your division wellness rep to sign up. \$20 entry fee .

**Incentive:** The total entry fee amount will be divided up for the top finisher in each division and an overall winner. Additional prizes will be awarded dependent on participation.

An Awards Ceremony/Celebration will be held the first week of January 2016.  
Further instructions will be sent to all participants upon receipt of the entry fee.

**The Average American will  
Gain 4-7 lbs between  
Thanksgiving and New Years'**



Step Challenges  
Scavenger Hunts  
80% and Top Dog  
Group Hikes  
Newsletter Highlights  
Coming Soon...Tech  
Olympics







ONE TIME FITS ALL  
COMMUNICATION PLATFORM  
WELLNESS COORDINATOR VACANCY  
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ADVICE

CONSISTENT AND PERSISTENT  
SUPPORT FROM THE TOP  
INCLUDE LINE LEVEL STAFF IN PLANNING  
YOU WILL NOT APPEAL TO EVERYONE  
VARIETY OF WAYS TO ENGAGE  
THERE ARE A LOT OF FREE RESOURCES TO  
SAVE YOU TIME AND CREATIVE ABILITY