

Ideas for promoting workplace wellness from past winners of health and wellness grants:

**Cottage Grove** did a healthy luncheon where employees prepared their “healthy” recipe dishes for all the employees to sample. We ended up with some really good dishes! We had 2 bicycle drawings for those who provided a dish and we gave away prizes to promote exercise and healthy eating and gave each employee a coffee/water mug.

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**The City of Monmouth** has used the grant for several years to promote health. We have mostly done pedometer challenges. We did a Biggest Loser weight loss program and last year we had a special points program that was created by someone who is no longer with the City. We didn't have much response to it.

We have already kicked off the year with a 6 week pedometer challenge. We are requiring teams of 4 people this year. The team with the most miles will win a ham or turkey for the holidays. Then we will be using a program available at CIS called the Old Switcheroo. The team with the highest ranking at the end of the challenges will win a grad prize. You can find it and other ideas on their website.

We end our challenges in September with a city employee and families picnic and give out awards. We have had a lot of fun with this!

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**The City of Reedsport** bought the employees really nice water bottles last year.

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**Stayton** has received a couple of grants over the past few years from CIS and we put on a Healthy Luncheon for employees one year and hosted a health/wellness fair another year. The “healthy lunch” that was provided for employees included a build your own sandwich, baked chips instead of fried, lots of veggies and other low calorie/nutritious offerings. All employees that attended both events were given tickets for drawings such as gift cards to local healthy eateries, sports stores, grocery stores, etc.

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**City of Cornelius** has received this grant several times in a row. Each year we form a wellness committee made of employees who volunteer. Sometimes we have health contests, other times wellness speakers to do lunch presentations, or we have also held them during business hours and has 2 sessions so staff could rotate out to attend.

We also distribute wellness flyers and one time even had a healthy meals potluck for all to share ideas and recipes. We use the funds to pay for the speakers or materials and prizes for contests. One year we used the funds for pedometers and water

bottles for all participants... that was a popular contest since the results were easily measured in steps or miles. I have noticed the contests that allow for the formation of teams are most successful as it creates completion and camaraderie among the staff.

Below are some sample programs Cornelius has done:

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### **CORNELIUS' WALK ACROSS AMERICA**

**The City invites all employees to join the Walk Across America Challenge. The City was recently rewarded a Healthy Benefit grant through CIS. The primary purpose of this challenge is to increase activity level and establish a healthier life style.**

The Walk Across America is a 26- week challenge starting March 1<sup>st</sup> and ending August 31<sup>st</sup>. During this 26-week period challenge teams of fives will walk, run, jump, swim, or any other form of physical activity that will help get their team across America. Teams will try to accumulate enough miles to cross the United States on a predetermined 3,200-mile route. To successfully accomplish this trek each team member needs to walk an average of 3 ½ miles per day. See conversion chart to calculate how many steps each activity is equivalent to.

Along the way teams will have the chance to win prizes. Awards for completion of this program include a water bottle, exercise towel, sports bag, energy bars, sports drinks, insulated bag and the winning team will be awarded with year subscription to a health and fitness magazine. However, the reward from this program is not just the prizes received, but a better understanding and knowledge of fitness and the reward of accomplishment upon completing the program.

I hope all employees will take the opportunity to start a more active life style. Maybe you heard the recent guidelines about walking 10,000 steps per day. How far is 10,000 steps, for the average person that works out to be 5 miles a day.

Health Benefits of Exercise and Physical Activity:

- Reduce the risk of developing and/or dying from heart disease
- Reduce high blood pressure or the risk of developing high blood pressure
- Reduce high cholesterol or the risk of developing high cholesterol
- Reduce the risk of developing colon cancer and breast cancer
- Reduce the risk of developing diabetes
- Reduce or maintain body weight or body fat
- Build and maintain healthy muscles, bones, and joints
- Reduce depression and anxiety

- Improve psychological well-being
- Enhanced work, recreation, and sport performance

Before under taking any exercise program please consult your physician.

### **Walk America PRIZE LIST**

#### **JOINING –Pedometer**

|                     |                                 |
|---------------------|---------------------------------|
| <b>500 - MILES</b>  | <b>Water Bottle</b>             |
| <b>1000 - MILES</b> | <b>Six Pack of Energy Bars</b>  |
| <b>1500 - MILES</b> | <b>Six Pack Of Sports Drink</b> |
| <b>2000 - MILES</b> | <b>Exercise Towel</b>           |
| <b>2500 - MILES</b> | <b>Insulated Bag</b>            |
| <b>3200 - MILES</b> | <b>Sports Bag</b>               |

**First team to cross America will receive a year subscription to a health and fitness magazine.**

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### **February “American Heart Month”**

**With February being national heart month this is a great a time to make the commitment to a new you.**

**The City would like to invite all employees to join in and make the commitment for 8 weeks to a healthier you. The primary purpose of this challenge is to increase activity level and establish a healthier life style.**

**Fitness experts say you're much more likely to stick to a workout routine if you put it in writing and have some one your accountable to. That’s why everyone who signs up will be asked to sign a personal fitness contract. Your contract will outline minor and major goal you’ll set for yourself. Also everyone will be assigned a fitness buddy. It will be important for you and your fitness buddy to have great communication and encourage each other to stick with your commitment.**

**At the end of our eight weeks we will all get together to celebrate all of our hard work with a potluck. But this potluck will have a twist, you must bring a healthy dish. This would be a great opportunity to share our success stories. During our lunchtime, Lieutenant Steve Black has graciously offered to speak with us on the benefits of eating right and having a activity life style.**

**“Getting Fit on Route 66”**



**The City would like to invite all employees to join the “Getting Fit on Route 66” Challenge! The primary purpose of this challenge is to increase activity level and promote a healthy lifestyle.**

“ Getting Fit on Route 66” is a 8- week challenge starting May 25th and ending July 17<sup>th</sup>. During this 8-week challenge participants will need to walk, run, jump, swim, or complete some form of physical activity (see attached sheet for approved activities and conversion chart) that will help get The City of Cornelius across Route 66! Participants will work together as one big team submitting exercise/mileage each Monday. Our goal is to accumulate enough miles to cross 2,400-miles along Route 66! To successfully accomplish this trek, participants will need to do a qualifying exercise for a minimum of 3 miles per day, 5 days a week. Keep in mind, the more we work out, the faster we will make it across!

Maybe you heard the recent guidelines about walking 10,000 steps per day. How far is 10,000 steps? For the average person that calculates to 5 miles a day.

Along the way participants will have the opportunity to win prizes. However, the reward from this program is not just the prizes received, but a better understanding and knowledge of fitness and the reward of accomplishment upon completing the program.

**I would like to congratulate you in advance for making the commitment to Get Fit on Route 66. Good luck and happy trekking.**

Sign up begin on 5/13/2009 email [afischer@ci.cornelius.or.us](mailto:afischer@ci.cornelius.or.us)

**Before under taking any exercise program please consult your physician.**