

SANTA FE TRAIL SCHOOL DISTRICT #434 WELLNESS PROGRAM

You can't pour from an empty cup.
Take care of yourself first.

FOUR LEVELS WILL BE OFFERED

- Level 1 - Red
- Level 2 - White
- Level 3 - Blue
- Level 4 - Yellow

LEVEL 1 – RED

1. Attend a Wellness Program Orientation Meeting.
2. Attend the district sponsored Health Fair at the Blue and White Scrimmage.
3. Participate in one wellness activity.
4. Must participate in one monthly challenge.

Target Completion Date: October 31, 2018

Incentives

District Wellness T-shirt or Tank Top.

District Wellness Cinch Bag.

LEVEL 2 - WHITE

1. Successfully complete all requirements of Level 1.
2. Complete a preventative exam (physical, well woman exam, well man exam, eye exam, dental check, mammogram, colonoscopy, or other preventative exam). NOTE: Getting a flu shot alone will not count as a preventative exam.
3. Complete 3 district wellness approved activities or events. Only 2 of the 3 can be “on your own” activities.
4. Participate in at least one additional monthly challenge (two total).

Target Completion Date: January 31, 2019

Incentives (choose 1)

\$75 Wellness Stipend (you will be taxed)

Earn a wellness day

LEVEL 3 - BLUE

1. Successfully complete all of Level 1 & 2 requirements.
2. Complete 4 more district approved wellness activities. Only 2 of the 4 activities can be “on your own” activities. (8 total activities).
3. Participate in at least 2 additional monthly challenges (4 total).

Completion Date: May 1, 2019 (EVERYTHING MUST BE COMPLETED AND TURNED IN BY THIS DATE)

Incentives (choose 1)

\$150 Wellness Stipend (you will be taxed)

Fitbit Charge 2 OR Fitbit Credit

LEVEL 4 - YELLOW

1. Successfully complete all of Level 1, 2 & 3 requirements.
2. Participated in all monthly challenges.
3. Participated in at least 2 group wellness activities.
4. Participated in at least 4 district sponsored wellness events, excluding “on your own” activities.

Incentive

Name entered into a Grand Prize Drawing Giveaway.

*Drawing will be at the Back to School Breakfast August 2018. Employees must be employed by the district at the time of the drawing to be eligible to win.

MONTHLY CHALLENGES

September – These Shoes are Made for Walking

7,000 steps per day, 3.5 miles or 75 minutes

October – Got Water?

Drink 72 ounces of water per day

November – Sleep Like a Rock

7 hours of sleep per night, 4 out of 7 nights per week

December – Project Zero

No weight gain during the holiday period for the month.
The goal is to weigh the same or less.

MONTHLY CHALLENGES

January – Have a Healthy Snack at Work

The goal is to eat healthier at work. Bring a morning and/or afternoon snack. (Think protein bars, shakes, fruit, cheese, yogurt, peanut butter)

February – All about ME

Find a minimum of 30 minutes 4 days a week to enjoy “me time”.

March – Taste the Rainbow

Make at least ½ of your total plate fruits and/or vegetables for lunch and dinner.

April – Get off the Grid

Leave your phone and email alone for at least an hour per day, 4 out of 7 days per week.

PREVENTATIVE EXAMS

We encourage employees to take preventative measures with health care providers to catch potential health concerns before they become a problem.

A participant just has to complete one preventative exam. Have your provider sent verification of your exam. No results needed.

Possible preventative exams include but are not limited to Physical, Well Woman/Man Exam, Dental Exam, Eye Exam, Mammogram, Colonoscopy.

Note: Getting a flu shot alone without an exam will NOT count as a preventative exam, but are encouraged.

ON YOUR OWN ACTIVITIES

It's AWESOME you are taking the initiative to work out on your own!
You can earn wellness activities for doing so!

12 Separate Sessions

Minimum of 30 minutes

During a calendar month (September 1 – September 31)

*More than 12 sessions in a month will not earn you additional wellness credits.

*Activities last longer than 30 minutes will not earn you additional wellness credits.

Examples of activities that will count include but are not limited to working out on your own at your gym, going for a jog, walking your dog, riding a bike.

Wellness Activities can be earned through the months of September to April.

GROUP WELLNESS ACTIVITIES

This is an organized activity with a group that has the potential to improve your health. You must complete six 30-60 minute sessions in a calendar month to earn a wellness activity.

Some examples of activities include instructor led activities at your gym, Jazzercise, Yoga, Organized Run (5k, 10k, half marathon), a group led work out with coworkers.

If you belong to weight loss group (for example weight watchers) meetings can count as a session. Or any healthy eating classes.

Total of 3 group activities must be completed.

QUESTIONS

Please contact your building wellness committee representative with any questions.

SAC:

OAC: Dusty Rolla Ext 2181 drolla@usd434.us

CAC: Kristy Markham Ext 3122 kmarkham@usd434.us

SFTHS: Trisha Graham Ext 1003 tgraham@usd434.us