

ESEBT January/February 2014 Wellness Program Board Report

- **The Wellness Challenge 2014**
 - **205** Enrolled
 - **180** Earned an incentive in Program Period II (2013)
- **Seasonal Campaigns**
 - **Iron/Man Woman**-50 pts
 - **Small Changes**=Big Results-68
 - **Healthy Heart Month:** Know your Numbers
- **Weight Watchers at Work**
 - **Meetings at Garfield, Silver Lake and new meeting just began at CRC**
 - Total collective weight loss to date 350 lbs
 - Next 12 weeks will begin next week (moving Garfield to CRC) and Silver Lake. Hoping to start a meeting at Forest View.
- **Wellness Teams**
 - Meeting individually with Wellness Teams throughout the district.
 - Highlight's: Monroe and Lowell
- **Health Promotion**
 - Wellness Wednesdays: district wide weekly newsletter, more consistent communication, weekly wellness tips, weekly **Wellness Champion**.
 - CRC: Wellness Wednesdays, Noon Stretch, Brown Bag Lunch: Sit Less, Move More.
- **Fitness Classes**
 - New system this year. Encouraging wellness teams to survey their site and request classes. Classes: Yoga at Madison, Cascade and HM Jackson, and CRC, Zumba at HM Jackson, Lowell (2x week), and Silver Lake (2x week)
- **Awards**
 - **American Heart Association:** Fit Friendly Award-Gold Status 2013 (our third year in a row).