

ESEBT Board Report June 2013

- **The Wellness Challenge 2013**
 - **276** actively logging in to date for Program Period I (January-June) 2013
 - **Program Period I ends June 30th.**
- **Seasonal Campaigns**
 - **Sit Less Move More**
 - **158 participants (see attached survey)**
Goal was to encourage more movement throughout the day targeting our more sedentary population.
- **Weight Watchers at Work**
 - **Total collective weight loss = 900 pounds to date**
 - 3 meetings: Garfield and Eisenhower, and Penny Creek-meetings end next week.
- **Summer Challenges 2013**
 - Nutrition Challenge
 - Fitness Challenge
- **Wellness Program Survey 2013**
 - **700 Respondents (see attached results)**
- **Wellness Teams**
 - Re-established Wellness Teams at **most** every site
 - Over 75 Wellness Team Members district wide
- **Summer Plans**
 - Strategic Plan for 2013-2014 School Year
 - Revisit Goals
 - Incorporate Survey Feedback
 - Programming
 - Seasonal Campaigns
 - Fitness Classes
 - Weight Watchers/Weight Management
 - Educational Classes
 - Plan Fall Flu Vaccine Clinics and Health Fairs
 - CRC Fitness Facility
 - Wellness Bulletin Boards at Sites
 - Community Outreach