

Wellness Program Report June 2016

- Communication, Promotion, and Support
 - Weekly Wellness + Monthly “Print and Post” PDF
 - January: 216
 - February: 124
 - March: 124
 - April: 91
 - May/June: 171
- Spring 2016 Programming/Activities
 - EPS National Parks Tour
 - 74 participants, from 22 (of 29) locations (70 participants in 2015 Spring Challenge)
 - 61 participants recorded physical activity during the campaign
 - 37 completed the campaign (logging 18 or more days)
 - Overall logged 7, 837 miles totaling 80,000 minutes of physical activity
 - Washington Bikes Bike Everywhere Challenge
 - 3 official teams, 24 participants’ road 3,041.7 miles (46 participants in 2015)
- Onsite Opportunities
 - Weight Watchers
 - Spring 2016
 - 505.4 lb. lost (49 participants, 3 classes - Penny Creek, Garfield, CRC)
- ESEBT Employee Wellness Program Plan
 - Annual Wellness Program Report
 - 2016-2017 Proposed Budget (draft)
- Transition Preparations
 - Communications Strategy
 - Scheduling of Fall/Spring activities
 - Wellness Teams
 - Updating training documents