

# 2016-2017 INFORMATION & CALENDAR



## 1st Quarter 2016

## 2nd Quarter 2016

Jul

Aug

Sep

Oct

Nov & Dec

### Wellness Goals

This challenge will help you establish and set an action plan to reach your wellness goals.

### Pedometer

Try to meet the goal of 10,000 steps per day. Pedometers available. \$25 to individual with the most steps.

### Sleep Challenge

How often do you focus on getting quality sleep? Make an effort to get 6+ hours of sleep each night.

### Healthy Breakfast

Try to eat a healthy breakfast every day. Log your meal and approx. calories each day. \$25 to individual with healthiest choices and most creative.

### Holiday Maintain, Don't Gain

Say no to holiday weight gain and make conscious healthy eating decisions to maintain your weight.

## 3rd Quarter 2017

## 4th Quarter 2017

Jan & Feb

Mar

Apr

May

Jun

### Weight Loss

Make a plan to lose. Challenge yourself to start the new year off right with lose extra weight. \$50 to male and female who have largest percentage weight loss.

### 5-2-1 Almost None

Eat 5 fruit and veggies each day, <2 hrs. of screen time, 1 hr. of activity and almost no sugary drinks

### Food Journaling

Keep track of your daily meals detailing proteins, grains, fruits, veggies and other foods/ beverages consumed.

### Take Time for 2

Participate in the County's annual 2 mile walk to the historic court house.

### Wellness Goals

This challenge will have you look back on your year of progress toward wellness goals.

## Physical Activity Logs

Keep track of all your physical activity. For each day you engage in any physical activity, whether low intensity or high intensity, jot down the activity you did and the duration in minutes.

### Examples of Physical Activity:

Running, walking, biking, jogging, yoga, bowling, swimming, dancing, weight lifting, canoeing, hiking, golfing, moderate yard work, etc.

### How to Earn Points:

*1200 minutes of physical activity/quarter = 2 points*

You must complete the Physical Activity Log each quarter and submit for credit.

## Wellness Opportunity Vouchers

Do you enjoy participating in wellness and financial education classes or seminars? Do you take proactive measures and seek preventative care? Do you participate in organized community fitness events? Document participation for points.

### Examples of Wellness Opportunities:

Healthy living classes (Crescent, Rec Center, Senior Center, etc.), financial education classes, Weight Watchers, preventative screening, tobacco cessation program, donate blood, organized events (5K, half-marathon), etc.

### How to Earn Points:

*Participation in one wellness opportunity = 1 point*

You must complete the Wellness Opportunity Voucher and submit for credit.

To receive credit for your Well@Work Points, you must submit your Challenge Logs, Physical Activity Logs and Wellness Opportunity Vouchers on time – each log has the deadline for submission on the form, Wellness Opportunity Vouchers must be submitted within 30 days of the event.

\* To earn a \$50 Visa Gift Card you must earn at least 1 point in each category AND earn a minimum of 5 total points - limit one gift card/person.

\* The participant with the most points will earn an additional \$50 Visa Gift Card.

The most up-to-date information and detailed program information is available online at [jacksonnc.org/well-at-work.html](http://jacksonnc.org/well-at-work.html)

Monthly emails will be sent containing information about how to participate in monthly challenges, available wellness opportunities, reminders about deadlines for submitting points, and much more! If you have questions about the program, please contact:

Well@Work Committee  
at  
[wellatwork@jacksonnc.org](mailto:wellatwork@jacksonnc.org) or 631-2212

Submit all points documentation either electronically to [wellatwork@jacksonnc.org](mailto:wellatwork@jacksonnc.org) or via interdepartmental mail to Jenifer Pressley, Recreation Dept.



Jackson County Employee Wellness Program