

2011-2012

Pinellas County Schools District Wellness Program Report



Summary

At Pinellas County Schools, the goal of our wellness program is to encourage healthy eating, physical activity, and a healthy, emotionally balanced lifestyle for our staff. With such a large population of employees and retirees, we target many areas of wellness for not only our employees and family members with low level risks, but also for those members who are struggling with chronic diseases. We are committed to providing resources, tools and incentives to our staff which support personal health improvements and achieving a healthy lifestyle.

Our branding is Be SMART.

- S** - Stay active
- M** - Manage disease
- A** - Avoid alcohol, tobacco and drugs
- R** - Recognize risk factors
- T** - Think positive



Three basic, but valuable ideas; developing resiliency to stress, healthy eating, and engaging in activity, are the foundation of our initiatives. During 2009-2010, we focused on emotional well-being strategies for handling stress, and the value of our Employee Assistance Program at all schools. During the 2010-2011 school year, our focus was Nutrition—"Eat SMART". In 2011-2012, we emphasized physical activity, with "SMART Moves" as the overall campaign.

As part of the 2011-2012 "SMART Moves" campaign, district fitness programs including yoga, Zumba and Bootcamps were held at various times, days and locations throughout the district. "Fitness Spotter" was created as a way for staff to access any fitness program that the Wellness Champions have organized at their worksite. A twelve week "Train for a 5K!" program was held in 3 locations, ending with a 5K run. Wellness Champions were charged with creating a measured walking map at their worksite and promoting that to staff. They were also to have a program based around the map or another physical activity program based upon the interest on the staff survey. A "Try-It" Paddleboarding class was held the week after school ended and was open to all employees plus one guest after the district wellness interest survey showed there was a large interest in this type of activity.

At the district level, in 2010, we organized a staff health fair (called Health IQ) at all of our high schools. In the spring of 2011, we conducted the Health IQ for food service, administration building staff, all of the middle schools and exceptional schools. In 2012, we targeted half of the elementary schools and will finish the second half in 2013.

We have a variety of other programs that touch our employees. These include a Diabetic CARE program and support group, as well as a Smoking Cessation CARE program. In addition to our full time wellness coordinator, we have an onsite Aon representative who works with wellness, a part-time wellness coordinator that is dedicated to our bus drivers who have special challenges and needs, and a part time nutritionist who does healthy cooking demos and lectures.

We are proud to say that our Be SMART wellness program continues to generate enthusiasm and positive morale in these tough times. Staff comments can be seen at the end of this report. At the district level and onsite at each work location, we are committed to providing a safe and healthy environment in which to learn and work.

Highlights

- Chosen by the Tampa Bay Business Journal as one of the Healthiest Employers for 2011
- 125 Wellness Champions, 92% of worksites had a Wellness Champion (of eligible worksites with greater than 30 staff)
 - Fitness Programs – 176 programs, 2869 participants (may not all be unique numbers)
 - A few programs include:
 - 70 Walking programs or walk events, 1319 participants
 - 20 Yoga programs, 227 participants
 - 22 Zumba programs, 240 participants
 - Nutrition Programs
 - 59 Nutrition seminars, over 1070 participants
 - 31 Weight Loss/Fitness Challenge programs, over 531 participants
 - 1032 Participants involved in other healthy eating type programs (separate from nutrition seminars).
 - Stress / Mental Health Programs
 - 21 Stress/ Mental Health seminars, 534 participants
 - CPR/AED programs
 - 20 programs, 293 participants
- 28 Health & Wellness Fairs with 1313 participants, 925+ referrals. See separate Health Fair report for additional details.
- 441 Diabetics enrolled in Diabetes CARE program. 8 diabetes support groups at WPSC were held with an average attendance of 6.
- Transportation Wellness Program – 6 bus compounds
 - Participants lost a total of 830 pounds this year, making the 4 year total weight-loss 3,630 pounds. See separate Transportation Wellness Report for details & staff comments.
- Employee Assistance Program
 - Utilization 7% (typical 1-3%)
 - Monthly Employee & Supervisor Newsletters
 - Participation in 28 Health Fairs
 - Facilitated 60 seminars/trainings in 2011
 - 67% of cases resolved in CCW EAP, preventing unnecessary usage of medical plan
 - Top problems identified (Anxiety/Stress 26%, Marital/Relationships 18%, Legal 18%) will be focal points during next year's program within the 2012-2013 stress campaign.
 - See EAP report for additional data



- District Fitness Programs (numbers may not be unique due to recurrent sessions)
 - Yoga – 216 participants. 7 sites, 4 eight-week sessions.
 - Zumba – 132 participants, 5 sites, 3 eight-week sessions.
 - Bootcamp – 73 participants, 3 sites, 2 eight-week sessions
 - Train for a 5K – 59 participants, 3 locations, 1 twelve-week session followed by a 5K race (29 participants to complete race)
- Flu Shots
 - ____ flu shots given at ____ worksites
- Health Coaching
 - Jan – Dec 2011: 69 participants enrolled (telephonic & online)
 - (Weight management = 26, Tobacco Cessation = 34, Healthy Eating = 3, Physical Activity = 4, Stress = 2))
 - Jan – March 2012: 16 participants were enrolled in health coaching
 - (Weight management = 6, Tobacco Cessation = 8, Stress = 1, Healthy Eating = 1)
- Challenges
 - 298 Participants in Hydration Challenge
- Traveling Bandanas program
 - 155 bandanas given out per individual staff request. 50 staff submitted a Traveling Bandanas photo and motivational info, which was promoted in the newsletter and posted on wellness website.
- “Try-It” Paddleboard & Kayak class
 - 76 participated at Philippe Park, Safety Harbor.



Communications

- 18 SMART START Newsletters
- New posters at beginning of school year for diabetes, smoking cessation, health coaching, onsite wellness programs. New EAP poster quarterly.
- 4011 participants completed the Wellness Interest Survey at the beginning of the school year. All data filtered by worksite and shared with each Wellness Champion.
- 1241 participants completed the Year-End Wellness Survey at the end of the school year.
- Reviewed the wellness program at HPO's meeting on June 28, 2011 (4th year).
- Will review program at SHAC meeting in August 2011.



Onsite Wellness Programs by Location

PCS Staff are surveyed to determine their needs & interests. This year, 4011 staff completed the online survey. The results, specific for each location, are reviewed by their onsite Wellness Champion and a wellness plan is created to guide the program throughout the year. Champions were required to have 1 fitness program, a measured walking map and one program from the top 5 areas of interest. A follow up wellness survey was completed by 1241 participants at the end of the school year to get feedback on all programs at the district and worksite level and to steer programming for the next school year.

The programs are listed below for each worksite with the number in attendance in parenthesis.

Administration Building

- Build a better salad (43)
- Walk Wise Bike Smart (35)
- Lighten up your menu (35)

Anona Elementary

- Protein what's for dinner (10)
- Sensational Seasonings (19)
- Health IQ Health Fair (32)

Azalea Elementary

- Jingle Bell Run (11)
- Walking program (4)
- Health IQ Health Fair (55)
- Standup Paddle boarding & Kayak (17)

Azalea Middle

- First aid/CPR (8)
- Zumba (11)
- Take Shape for Life (17)
- Walking the park
- Boost your snacking power

Bardmoor Elementary

- Walk this Way (35)
- Knowledge is Power (wellness library) (38)
- Build a Better Salad (21)
- Health IQ Health Fair (42)

Bauder Elementary

- Yoga classes (DVD's) (6)
- Health IQ Health Fair (58)



Bay Point Elementary

- Healthy recipes folder in outlook
- Walking Wednesdays (9)
- Yoga (9)
- Health IQ Health Fair (48)

Bay Point Middle

- Walking program (15)
- Staff kickball (17)
- Salad days (13)
- Staff softball (25)

Bay Vista Fundamental

- Turkey Trot Run/walk with salad day (25)
- Boot Camp/Nutrition tips (33)
- Health IQ Health Fair (38)

Bayside High

- Wellness Champion although no programs

Bear Creek Elementary

- Snack smart (31)
- Health IQ Health Fair (40)
- Our pledge to physical fitness (16)

Belcher Elementary

- 6 weeks of exercise (9)
- Health coaching (50)
- Fitness (5)
- Losing weight (4)
- Health IQ Health Fair (48)

Belleair Elementary

- Hydration challenge (122)
- Salad days (41)
- The power of humor (27)
- Zumba (10)
- Walking around the world (74)
- Health IQ Health Fair (79)

Bernice Johnson Center

- Lighten Up Your Menu (15)
- Zumba & chair exercises (13)



Blanton Elementary

- Zumba (10)
- Relieving stress (15)
- Walking Club (7)
- Health IQ Health Fair (36)
- Tame your sweet tooth (12)
- Pedestrian Safety

Brooker Creek Elementary

- Health & Wellness: Scardy squirrel positive behaviors
- Zonya's diet free (17)
- You've been pinked, breast cancer awareness
- B/C on the Move (42)
- On the lookout for healthy
- Health IQ Health Fair (42)

Calvin Hunsinger

- National crime stop program (22)
- How food affects your mood (22)
- How to eat healthy (15)
- Zumba & Hula Hoop (12)

Campbell Park Elementary

- Weight loss program (20)
- Let's Get Moving, walking program (31)
- Health IQ Health Fair (37)

Carwise Middle

- Weight management (18)
- Health consultation (9)
- Chair massage (4)
- Yoga (12)

Clearwater Fundamental

- Iron Chef (all staff)

Clearwater High

- Stress relief (19)
- Shop w/the Dr (3)
- Zumba (6)
- 5K run/walk (36)
- 100 mile walk/jog contest (27)
- Laughter in the workplace (11)
- Strength training



Clearwater Intermediate

- Crime prevention & safety tips (24)
- Stretching before exercise (30)

Coachman Service Center

- Fitness/walking program (36)
- Safety Program (34)
- Transforming Stress (35)

Coachman Bus Compound

- Good sleep habits (9)
- Blood pressure & diabetes (18)
- Gang Awareness (18)
- Fun and salad day (14)
- Postural health (14)
- Zumba (9)
- Mini health fair (14)

Countryside High

- Salad bar days (22)

Cross Bayou Elementary

- Build a better salad (21)
- Salad day (21)
- Biggest Loser competition (16)
- After school fit club (14)

Curlew Creek Elementary

- Zumba (8)
- Yoga (9)
- Biggest Loser (18)
- Massage (2)
- Humana's personal health coach (15)
- Hydration challenge (5)
- Pedometer challenge (31)

Curtis Fundamental

- Buy this, not that (22)
- Hula Hooping (10)
- Health IQ Health Fair (42)

Cypress Woods Elementary

- Walking program (9)
- Yoga (20)
- Health IQ Health Fair (41)



Dixie Hollins Adult Education

- Healthy Holiday eating (9)
- Put on your walking shoes (25)
- Manage your mood through food (16)
- Walking Wednesdays (8)
- How NOT to become a victim of crime (19)

Dixie Hollins High

- Yoga P90X video (2)
- Nutrition and exercise - egg hunt (22)
- Biggest loser (14)

Douglas L. Jamerson Elementary

- Building a better salad (11)
- Movement/running (25)
- Health IQ Health Fair (38)

Drop Out Prevention

- Wellness walk/educational meeting (61)
- Wellness walk/promotion (23)

Dunedin Elementary

- Pilates (4)
- Massage therapy (6)
- Health IQ Health Fair (62)

Dunedin Highland Middle

- 100 mile club (13)
- Flag football (18)
- Salad day (37)
- Buy this, not that (21)

Dunedin High

- Protein: It's what's for dinner (11)
- 7 weeks of Fitness & Movement (14)

East Lake High

- National Crime Stop Prevention (14)
- Be Fit "Insanity workout" DVD (12)
- Lighten up your menu (20)
- Creation of walking club (26)
- Healthy Salads (37)

Eisenhower Elementary

- Movement walking club (7)
- Ways to cut back on the Big (62)
- Sugar, Salt, Fat

Fairmount Park Elementary

- CPR (7)
- What's fresh near you? (21)
- Biggest loser (5)

(Morgan) Fitzgerald Middle

- Noncompetitive walking program (17)
- Salad days (15)
- Biggest Loser Contest (28)

Forest Lakes Elementary

- The sparks walking program (6)
- Wellness library
- Zumba (9)
- A tree of compliments
- Health IQ Health Fair (45)

49th Street Bus Compound

- Holiday weight loss (32)
- Gang awareness (43)
- Diabetes 101 (42)
- 100 mile club (20)
- Hula hooping (27)
- Blood pressure (35)

Fuguitt Elementary

- Boost your snacking power (17)
- Stay fit all year (40)
- Walk off the pounds (6)
- Zumba (21)

Garrison Jones Elementary

- Yoga (4)
- Chair massage (10)
- CPR (16)
- Wellness library
- Health IQ Health Fair (60)



Gibbs High

- Walking (17)
- Zumba (14)
- Walk Wise (15)

Gulfport Elementary

- AM Yoga (18)
- Summer Fitness (19)

Gus A. Stavros Institute

- Boost your snacking power (15)
- Salad day (16)
- Destination walking (16)
- Hula hooping (10)

Hamilton Disston

- Noncompetitive walking program (8)
- Salad days (18)

High Point Elementary

- Walking club (10)
- Salad days (17)
- Spring into Summer (40)
- Go Red (36)
- Sunblock Oath (36)
- Teach switch day (22)
- Health IQ Health Fair (71)
- Kickball (28)
- Health heart month

Highland Lakes Elementary

- Salad bar days (26)
- Biggest Loser contest (10)
- Zumba (6)
- CPR/First aid (13/9)
- Health IQ Health Fair (44)

James B. Sanderlin Elementary

- Healthy eating (38)
- walking club/train for a fun run (29)
- Health IQ Health Fair (37)



John M. Sexton Elementary

- Managing your mood through food (17)
- Bikini Shape-up (5)
- Health IQ Health Fair (64)

Lake St. George Elementary

- walking club (10+)
- Zumba
- Relay for Life/Health fair
- Health IQ Health Fair (44)

Lakeview Fundamental Elementary

- walking club (12)
- CPR & First aid (9)
- Health IQ Health Fair (28)

Lakewood Elementary

- Safe walk 2011 (150 - staff, students, parents)
- Kickball: Lakewood vs. Fairmount Park (20)
- Holiday turkey trot (12)
- Hula hooping (47)
- Year end - BeSmart

Lakewood High

- Wellness library
- Wellness info. Maureen & Brenda (17)
- Acupuncture (6)
- Boot Camp (6)
- Yoga (5)

Largo High

- Aerobic Fitness Program (7)

Largo Middle

- Wellness Champion although no programs

Lealman Ave Elementary

- Walking/heart health, salad (20)
- Healthy cooking seminar (22)
- Kickball team (13)
- Health IQ Health Fair (45)



Lealman Intermediate

- Walking warriors (14)
- Biggest Loser contest (10)
- Zumba (19)

Leila G. Davis Elementary

- Salad bar days (42)
- Quick & healthy, lighten up your mood (21)
- CPR (9)
- Go Red - Get moving (54)
- Health IQ Health Fair (45)

Lynch Elementary

- Health IQ Health Fair (64)

Madeira Beach Fundamental

- 100 mile club (5)
- Walking in a winter wonderland (18)
- Healthy Holiday Treats (10)
- First Aid/CPR (6)
- Pedometer walking (7)
- Boost your snacking power (11)
- Kayaking
- Salad lunch day

Madeira Beach Fundamental 6-8

- Wellness Library
- Salad days (18)
- Healthy Halloween (43)
- CPR/First Aid (82)
- Power-Serenity-Rain day walk (14)
- Build a better salad (29)
- Workout Circuit (3)
- Biggest Loser (6)

Marjorie Rawlings Elementary

- 100 Mile club (21)
- CPR/First Aid (12)
- Hula hooping/Xbox Kinect - Just dance 3 (16)

Maximo Elementary

- Health IQ Health Fair (28)



McMullen Booth

- Salad day (58)
- Yoga for strength & fitness (10)
- Water challenge (8)
- Self-defense/safety (16)
- Go red walk (20)

Meadowlawn Middle

- Walking program (3)
- Boost Your Snacking Power (14)

Melrose Elementary

- CPR/First aid (22)
- Yoga (8)
- Food demo - Mediterranean salad (14)
- First Aid (11)
- Walking club challenge (13)

Mildred Helms Elementary

- Noncompetitive walking program (15)
- Strength training - stability ball (9)
- Strength training - resistance bands (6)

Mount Vernon Elementary

- Boot camp (20)

New Heights Elementary

- Mind - Body – Fitness (9)
- Walk to Key West/St Augustine (10)
- What's fresh near you (11)
- Boost your snacking power (9)
- CPR (7)
- 2nd semester walking program (16)

Nina Harris

- Hydration challenge
- Biggest loser (26)
- Wellness
- Salad day
- Diabetes walk/walking challenge (28)
- Boost your snacking power (50)



Northeast High

- Breast Cancer awareness (80)
- 100 mile walking club (10)
- Tame your sweet tooth (25)
- Humana/EAP info (17)

Northwest Elementary

- Insanity fitness (8)
- CPR (16)

North Shore Elementary

- Build a better salad (13)
- Staff kickball game (21)
- Hydration awareness (42)

Oak Grove Middle

- Strides for education 5k (17)
- National Crime Stop (18)

Oakhurst Elementary

- Salad day (32)
- Yoga club (3)
- Biggest loser (23)
- Healthy dessert recipe contest (3)
- "Soup"er bowl fun day
- Lunch with the expert: stress buster
- Cinco de Mayo taco bar
- Boost your snacking power

Oldsmar Elementary

- Healthy Options for healthy living (86)
- The biggest loser (18)
- Oldsmar El Fitness Club (17)

Orange Grove Elementary

- Walking for fitness (19)
- Buy This, Not That plus exercise punch cards (8)

Osceola High

- Walking path (6)
- Biggest loser III (29)



Osceola Middle

- Walking club (12)
- Try it class – Zumba (14)
- Boot camp (12)
- Kayak/Paddleboard try-it

Ozona Elementary

- The power of humor (63)
- Salad days (17)
- Relay for Life (37)

Palm Harbor Middle

- B PHIT! (9)
- Susan B Komen walk (26)
- Protein: It's what's for dinner (17)
- CORE class (25)
- CPR/first aid (14)
- Zumba (10)

Palm Harbor University High

- Pilates (5)
- Weight watchers (8)
- Walking paths (8)
- Paddle boarding/kayaking (57)

Pasadena Fundamental

- Skin care/relaxation (9)
- Veggies are our friends (12)
- Salad days (23)
- Walking path
- Hula Hoop for Fitness (8)
- Massage (13)
- Boost your snacking power (15)
- A new you for a New Year (11)

Paul B Stephens

- Chair massage (15)
- Walking
- Frozen Yogurt bar (101)
- Health & Fitness Challenge (27)



Perkins Elementary

- Zumba (8)
- 'Game On" Diet challenge (4)
- Walking club (5)
- Intro to Yoga (23)
- Just walk away challenge (16)
- Kickball (41)

Pinellas Central Elementary

- Buy this, not that (10)
- Zumba (14)
- Kickball

Pinellas Park Elementary

- Boost your snacking power (12)
- Kickball game (23)
- P90X video (10)
- Biggest Loser (25)
- Kickball (19)

Pinellas Park High

- Breast Cancer awareness (89)
- Healthy recipes and Salad day (115)
- Tennis challenge (6)
- Heart awareness and salad day (23)

Pinellas Park Middle

- CPR/AED (13)
- Walk a Mile (10)
- Community runs (8)

Pinellas Secondary

- 100 mile walking challenge (20)
- Walking Wednesdays (4)

Plumb Elementary

- Relaxing the ties that bind (16)
- Staff fitness challenge - Presidential adult (9)
- Quick & health, Lighten up you Menu" (22)
- Relaxing the Ties that Bind



pTEC-Clearwater

- Salad day (8)
- Lighten up your menu (9)
- Sensational seasonings (8)
- Walking club

pTEC-St. Petersburg

- Yoga (7)
- Stay fit while you sit (13)
- Toning workshop (12)
- Quick & Healthy (11)
- Walking across America (15)

RL Sanders Exceptional

- Wellness Champion although no programs

Ridgecrest Elementary

- Walking program (7)

Safety Harbor Elementary

- The weight of Stress (12)
- Zumba (7)
- Chair massage (16)
- Hydration challenge (10)
- CPR/First Aid (11)
- Hoop fun (5)
- Yoga (2)

Safety Harbor Middle

- Zumba (22)
- Basketball
- Volley Ball (25)
- Running/walking team (7)

San Jose Elementary

- What's fresh near you (15)

Sandy Lane Elementary

- Zumba (4)
- Humor in the workplace (32)

Sawgrass Lake Elementary

- Biggest loser (16)



Seminole High

- Wellness Champion although no programs

Seminole Middle

- 100 Mile walking club
- Boost your snacking (17)
- Humana Professional health coach (35)

Seminole Vo-Ed Center

- Veggies are your friend (14)

Seventy Fourth St. Elementary

- Run across America (12)

Shore Acres Elementary

- Biggest loser (18)
- Chair massage
- Wellness staff meeting (42)
- Biggest loser (16)
- Aerobics (12)

Skycrest Elementary

- Walking program (2)
- Wellness workshop (9)
- Salad days (13)
- Protein: it's what's for dinner (12)
- What's fresh near you (18)
- Weekly salad (7)
- Exercise group after work (2)

Skyview Elementary

- Laughter (50)
- Movement challenge (19)

Social Workers

- Safety for Social Workers, Iron Chef competition, Inter-office competition (pocket calendars)(97)
- Stress management/salad bar lunch (26)
- Wellness picnic/hula hoop demo (48)
- Fitness challenge (27)

Southern Oak Elementary

- Humana Health coaching (12)
- Biggest Loser (12)
- JDRF walk (5)



St. Petersburg High

- Yoga for fitness/strength (7)
- Walking/running group (6)
- CPR/AED (6)
- Zumba (9)
- 4-week bootcamp (12)
- Wellness library

Starkey Elementary

- Work site walking (5)
- CPR/AED (12)
- Ladies only self-defense (4)
- Walk wise (8)
- Buy this, Not that (18)

Sunset Hills Elementary

- Quitting cold turkey (34)
- Walking for wellness (15)
- Healthy Soup-er Bowl Party (6)

Sutherland Elementary

- Wellness Champion although no programs

Tarpon Springs Elementary

- Weight loss (10)
- Stress relief/Yoga after FCAT (7)

Tarpon Springs Fundamental

- Salad day (21)
- CPR (10)
- Wellness Library
- Wellness Jar (10)
- Movement the wellness program (38)

**Tarpon Springs High**

- Weekly Wellness updates (177)
- Walk to Sunset Bch (5)
- De-stress your holidays: digital cookbook, yoga (12), humor lecture (24), having a party - no problem (24)
- Get out and play (100)
- Make your own hula hoop workshop (7)
- Walk about - walking for health (21)
- Water Wise (82)

Tarpon Springs Middle

- Buy this, not that (15)
- Yoga - an overview (12)

Title 1

- Boost your snacking power (9)
- Salad day (14)
- Buy this, not that (12)

Tomlinson Adult Center

- Relieving holiday stress (17)
- Food, hormones & overall health (13)
- Walking club
- Yoga

Tyrone Middle

- Walking to fitness (20)
- Biggest loser

Walsingham Elementary

- Traveling touch – massage (9)
- Country line dancing (16)
- Walking (15)
- Biggest loser

WPSC – Main Building

- Healthy holiday eating (5)
- Chair yoga (12)

WPSC – Maintenance

- Healthy holiday eating (38)
- Fuel your life with positive energy (47)
- Chair yoga (33)
- Build a better salad (33)
- Upper body stretching (52)

Woodlawn Elementary

- Zumba (4)
- Healthy salad day (34)
- Eating Healthy, What's Fresh Near You (27)
- Yoga (8)
- Fruit Smoothie Day (18)



Staff comments

I personally want to say thank you for this edition of the Smart Start Newsletter. I was really feeling down this morning (tearing up now) because it seems so hard to lose these last 20lbs. I've been doing a boot camp for a year now and I absolutely love it, but I get so angry with myself because I eat all the wrong foods; which profit me nothing. I cried all the way to work this morning because I don't want to be an emotional eater anymore and thinking of joining Weight Watchers. I said all of that to say this, please continue to put out this newsletter because you don't know whose lives you're touching. Reading the success stories says I can and I will. Again thank you and be encouraged and despite of what anyone thinks or says, if you could change one life, and you have, it's well worth it!

I have never had a heart attack, but I was overweight. I was on prescription medication for high blood pressure, high cholesterol, and 2 prescriptions for diabetes. Last year I also lost 70 lbs. following a special diet, but without weight loss medication or shots. I am no longer on any prescription medication and all of my blood work continues to remain in the normal range even after being off all medication for 6 months.

I just wanted to say that the SUP (Stand Up Paddleboard) event on Saturday was fantastic! I greatly appreciate the opportunity to try out the boards and kayaks and wanted to express what a great time my children and friends had trying it out. Thanks again for setting up this great opportunity.

Thanks for all the encouragement and support that you, and people like you, are giving those of us here at the School Board.

I'm grateful for the program and have benefited tremendously!

Being consistently aware of wellness helps people to change which will help us to be in better health... Thank you....

CARE program is wonderful! EAP program is wonderful! Thank you!!!!

The Wellness program has always been an excellent support for staff.

THANK YOU THANK YOU THANK YOU . The Wellness Program is Wonderful .Love having it at my worksite.

Thank you for making these programs accessible. With work and family commitments, it is often hard to make time to take care of myself and the wellness programs make it easier for me to do this.

Keep this going. It can save lives.

Excellent job, Wellness Staff! These areas are often overlooked, but are so important for our employees to perform their best for our PCS's students!!

It is so great to have a proactive program that promotes, encourages and supports health and wellness at the workplace. A healthy lifestyle can help prevent chronic illnesses and disease and save the district money in the long run. I appreciate our wellness champion and this program.

Because of this program I think twice about what I am eating. Would like to learn more about how the food we eat & exercise affect our bodies. Keep up the good work!

I would like to take this opportunity to say how much I have enjoyed the Yoga at Coachman Service Center. It has had a positive impact on my health. I am not as stressed when I go to Yoga once a week. I so look forward to going. Thanks for all you have done for the district. I want you to know I appreciate it very much!!

The Wellness Program has some very relevant benefits to me personally and my school!
This is a very good and much-needed program. Keep up the good work.

The diabetes program is wonderful.

I attended several of the Wellness programs and found it to be very valuable to me. I have started a much healthier way of eating and exercising now because of the programs. Thank you.

The program is positive and enlightening. Thank you very much for your efforts on our behalf.

Thank you very much for helping me to be health conscious, my work load is very heavy, and I need keep my health my number one priority. Thanks for a job well done.

Thank you so much for doing this program. It has been lots of fun and has made me get up from my desk at break and take a walk and get some fresh air. It has also motivated me to get to the gym in the evenings so I can turn in more miles. Also has helped me maintain my weight loss. Thanks again.

The reason I had the boldness to sign up for the 5k was my success in taking a yoga class offered earlier.

I have no idea if you just pass the newsletter along or if you are involved in the writing and planning of the "SMART START" newsletter - but - please tell anyone involved that I truly enjoy reading the newsletter and have started implementing many of their suggestions.

Many people have told me how great I look...some don't even recognize me and I think I have inspired some in my department to jump on the weight loss bandwagon. I have learned it is more about health and how I feel then about the number lost. It is a good gauge but the real success comes from the great feelings (more energy, clothes fit better, off some meds etc.). I think it is great our District is pro wellness! I am now myself!!

Traveling Bandanas Club Members





