



**SANTA FE TRAIL SCHOOL DISTRICT #434
WELLNESS PROGRAM**

2021-2022

USD 434 WELLNESS PROGRAM

This program is available to all USD 434 District Employees.

Three Lakes teachers and paras working in USD 434 buildings may also participate in wellness program.

Three Lakes employees may only earn Shirts & Such merchandise if they complete Level 2.

Three Lakes employees may only earn \$150 Walmart gift card or the Fitbit Activity Tracker if they complete Level 3.

WELLNESS PROGRAM

Participating in the wellness program is optional. There are four levels available to complete if you choose to participate in the wellness program. You must complete them in chronological order. You can start the program at any point during the school year. If you choose to start the program later in the school year it will prevent you from being able to complete the program in its entirety but it is an option if you choose.

This wellness program is a great way to provide self care and can even be fun! You can practice healthy habits and get some pretty great incentives too!

LEVEL 1

1. View the Wellness Program Orientation slide show.
2. Complete the Wellness Scavenger Hunt.
3. Complete one Wellness Activity.
4. Must complete one monthly challenge.

Target Completion Date: October 31, 2021

Incentives (You get both!)

District Wellness T-shirt (please let your wellness representative know your shirt size).

District Wellness Wrist Lanyard Keychain.

LEVEL 2

1. Successfully complete all requirements of Level 1.
2. Complete a preventative exam (physical, well woman exam, well man exam, eye exam, dental check, mammogram, colonoscopy, or other preventative exam). NOTE: Getting a flu shot or any vaccination alone will not count as a preventative exam.
3. Complete 3 district wellness approved activities or events. Only 2 of the 3 can be “on your own” activities.
4. Complete at least one additional monthly challenge (two total).

Target Completion Date: January 31, 2022

Incentives (choose 1)

Up to \$75 (including tax) merchandise from Shirts & Such

\$75 Wellness Stipend (you will be taxed)

Earn a wellness day

NOTE: Three Lakes Employees may only earn merchandise from Shirts & Such.

LEVEL 3

1. Successfully complete all of Level 1 & 2 requirements.
2. Complete 4 more district approved wellness activities. Only 2 of the 4 activities can be “on your own” activities. (8 total activities).
3. Complete at least 2 additional monthly challenges (4 total).

Completion Date: May 1, 2022 (EVERYTHING MUST BE COMPLETED AND TURNED IN BY THIS DATE)

Incentives (choose 1)

\$150 Walmart Gift Card

\$150 Wellness Stipend (you will be taxed)

Fitbit Activity Tracker

NOTE: Three Lakes Employees may only earn \$150 Walmart gift card OR the Fitbit Activity Tracker.

LEVEL 4

1. Successfully complete all of Level 1, 2 & 3 requirements.
2. Complete all monthly challenges.
3. Complete at least 3 group wellness activities, total of 8 wellness activities.
4. Participated in at least 4 district sponsored wellness events, excluding “on your own” activities.

Incentive

Eligible for a grand prize.

*Prize will be available at the **Back to School Breakfast August 2022**. District employees must still be employed by the district to remain eligible for the prize. Three Lakes employees must continue to be working in one of the Santa Fe Trail School District USD 434 buildings to remain eligible for the prize.

MONTHLY CHALLENGES

September – These Shoes are Made for Walking

7,000 steps per day, 3.5 miles or 75 minutes

October – Got Water?

Drink 72 ounces of water per day

November – Sleep Like a Rock

7 hours of sleep per night, 4 out of 7 nights per week

December – Project Zero

No weight gain during the holiday period for the month. The goal is to weigh the same or less.

MONTHLY CHALLENGES

January – Have a Healthy Snack at Work

The goal is to eat healthier at work. Bring a morning and/or afternoon snack.
(Think protein bars, shakes, fruit, cheese, yogurt, peanut butter)

February – All about ME

Find a minimum of 30 minutes 4 days a week to enjoy “me time”.

March – Taste the Rainbow

Make at least 1/2 of your total plate fruits and/or vegetables for lunch and dinner.

April – Get off the Grid

Leave your phone and email alone for at least an hour per day, 4 out of 7 days per week.

MONTHLY CHALLENGE BONUS

Present a measurable health goal to your wellness representative, follow through and meet that goal by May 1, 2022. This will count for 1 monthly challenge that could not be met for any reason.

PREVENTATIVE EXAMS

We encourage employees to take preventative measures with health care providers to catch potential health concerns before they become a problem.

A participant just has to complete one preventative exam. Have your provider complete the preventative health care form. No results needed.

Possible preventative exams include but are not limited to Physical, Well Woman/Man Exam, Dental Exam, Eye Exam, Mammogram, Colonoscopy.

Note: Getting a flu shot or any other vaccination alone without an exam will NOT count as a preventative exam, but are encouraged. Your wellness rep does not need results or your bill.

ON YOUR OWN ACTIVITIES

It's AWESOME you are taking the initiative to work out on your own! You can earn wellness activities for doing so!

12 Separate Sessions

Minimum of 30 minutes

During a calendar month (September 1 – September 31)

*More than 12 sessions in a month will not earn you additional wellness credits.

*Activities last longer than 30 minutes will not earn you additional wellness credits.

Examples of activities that will count include but are not limited to working out on your own at your gym, going for a jog, walking your dog, riding a bike.

Wellness Activities can be earned through the months of August to April.

GROUP WELLNESS ACTIVITIES

This is an organized activity with a group that has the potential to improve your health. You must complete six 30-60 minute sessions in a calendar month to earn a wellness activity.

Some examples of activities include instructor led activities at your gym, Jazzercise, Yoga, Organized Run (5k, 10k, half marathon), a group led workout with coworkers.

If you belong to weight loss group (for example weight watchers) meetings can count as a session. Or any healthy eating classes.

Total of 3 group activities must be completed.

Note: You may only complete an on-your-own activity OR a group activity monthly.

QUESTIONS

Please contact your building wellness committee representative with any questions.

SAC: Sarah Dehn Ext 4101 sdehn@usd434.us

OAC: Dusty Rolla Ext 2181 drolla@usd434.us

CAC: Kristy Markham Ext 3122 kmarkham@usd434.us

SFTHS: Trisha Graham Ext 1172 tgraham@usd434.us