



# Miami County Park District

## 2023 Health & Wellness Challenge

Miami County Park District is always looking to improve the overall health and wellness of our employees as well as the community. Therefore, a voluntary wellness program has been developed to promote first the health of each staff member, that by going forward in health we can inspire the same in the community we serve.

### NEW 2023 HEALTH & WELLNESS CHALLENGE

This program will run throughout the entire 2023 calendar year. There are various ways one can earn Wellness Credits that will be converted into Wellness Time. In total, eight hours of Wellness Time can be earned each year to be used for paid time off. Look for updated opportunities to earn these credits throughout each season. The following (chart) will help define the activities and corresponding credits which can be earned.

### VOLUNTARY PROGRAM

This program is completely voluntary, no one is required to participate, however you are all very much encouraged to. Activities should be done outside of your normal working hours. All progress should be tracked and turned in to Marion at [mswanson@miamicountyparks.com](mailto:mswanson@miamicountyparks.com) when completed or before December 15. Only email tracking submissions will be accepted this year.

### ACTIVITIES

Earn up to 8 hours of wellness time by completing the following wellness activities.

#### **APHA Step Challenge (2 hours)**

The first APHA Keep It Moving Challenge began January 1, 2023 and will end the second week of April. There will be more than one chance to participate. Those who participate can earn two wellness hours. Steps will be tracked through a walking tracker app. If you don't have a fitness tracker to link to the app, you can manually add steps to the website. Various physical activities can be simply converted into steps and entered into your daily step count through the app as well.

#### **Community Events (1 hour)**

Community events include things like local 5k's, our own Trail Run series, The Tour de Donut, or fitness classes at the YMCA or other local fitness establishments. Earn one wellness hour for participation in such activities. Please provide registration confirmation for the event/activity for proof of participation.

#### **Meditation & Mindfulness (1 hour)**

Practicing meditation/mindfulness is an excellent way to combat stress and help with relaxation and sleep. Employees should complete meditation activities or use a mindfulness app to earn one wellness hour.

#### **Stress Management Activities (0.5 hours)**

Stress is a natural part of life but how we manage it can have an impact on our overall health. Complete two stress management activities and earn 0.5 hours.

## DESCRIPTION OF ACTIVITIES CONTINUED

### Preventative Care (1 hour)

We encourage you to complete as many preventative activities as are relevant to you. You can earn a total of one wellness hour for participating in any of the following activities: dental health exam, eye exam, hearing exam, mammogram/ breast exam, prostate screening, pelvic exam/pap smear, skin cancer screening, colonoscopy/Cologuard, BMI/biometric screening/bloodwork, shingles/Flu/pneumonia or other vaccine.

### Nutrition Tracking (1 hour)

This year, consider completing a nutrition tracking activity. Keeping track of what we put in our bodies is key to good health habits. Employees will gain awareness and understanding of their nutrition and if they are getting the proper nutrients. Track intake through the free MyFitnessPal app, WeightWatchers, Fitbit or use the nutrition log form found in the employee portal. Earn one hour for participation.

### Nutrition Video (0.5 hours)

It's hard to keep up with Good Food vs. Bad Food Trends. Nutrition videos are available to view at your leisure to help increase knowledge on healthy nutrition. Watch two and earn 0.5 hours for viewing the videos.

### Healthy Recipe Submission (0.5 hours)

Try two new healthy recipes and submit them along with a review of the meal and earn 0.5 hours. Find your own recipe or use one from the employee newsletter.

### Financial Health Video and Budgeting Worksheet (0.5 hours)

Financial health is linked to total health and wellness and it's equally important to be educated on and then practice good financial health habits. Videos on financial wellness and budgeting worksheets are available on the employee portal, complete any two to earn a total of 0.5 hours.

ACTIVITY	# OF HOURS	NOTES/TRACKING
APHA Step Challenge	2 hours	
Community Events	1 hour	
Meditation & Mindfulness	1 hour	
Stress Management	0.5 hour	
Preventative Care	1 hour	
Nutrition Tracking	1 hour	
Nutrition Video	0.5 hour	
Healthy Recipe Submission	0.5 hour	
Financial Health /Budgeting	0.5 hours	