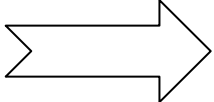


# **STEP UP TO THE WELLNESS CHALLENGE**

**Seven Steps in Seven Months**

**Healthier Habits**  **Healthier You**



## **MORGAN SCHOOL DISTRICT PROGRAM GUIDE**

**(Developed from Wasatch School District Wellness Program)**

# **WELCOME TO THE PROGRAM**

**THE WELLNESS COMMITTEE IS EXCITED TO INTRODUCE YOU TO THE MORGAN SCHOOL DISTRICT WELLNESS PROGRAM FOR THE 2011-2012 SCHOOL YEAR.**

**THIS 7 STEP PROGRAM IS A WELLNESS BUILDING PROGRAM. EACH MONTH A DIFFERENT WELLNESS THEME WILL BE INTRODUCED. YOU WILL ADD AN ADDITIONAL STEP EACH MONTH WHILE CONTINUING TO INCORPORATE THE PAST WELLNESS STEPS IN YOUR LIFE. YOU CAN CHOOSE TO PARTICIPATE IN ONE OR ALL OF THE STEPS. YOU ARE FREE TO DESIGN THE PROGRAM SO THAT IT PERSONALLY FITS YOUR QUEST FOR WELLNESS.**

**EACH MONTH WE WILL HAVE A GOAL, SEVERAL ACTIVITIES THAT PROMOTE WELLNESS, AND A GUEST SPEAKER ON THE THEME. A TRACKER SHEET IS INCLUDED IN EACH SECTION TO TRACK PROGRESS ON YOUR GOAL. IT IS ALL ON THE HONOR SYSTEM. AN INCENTIVE PRIZE DRAWING WILL TAKE PLACE AT THE END OF EACH MONTH FOR THOSE WHO REACH THEIR GOAL.**

**EACH MONTH THE TRACKER SHEET WILL BE TURNED IN TO YOUR BUILDING REPRESENTATIVE AND THEY WILL PUT YOUR TICKETS IN THE DRAWING FOR THE PRIZE.**

**THE BUILDING REPS ARE:**

**MORGAN HIGH SCHOOL: BRAD MATTHEWS  
MORGAN MIDDLE SCHOOL: GINA STUART  
MORGAN ELEMENTARY: FERN DENT  
MOUNTAIN GREEN ELEM: ANNETTE WALLER**

**THE WELLNESS PACKET WILL BE POSTED ON THE DISTRICT WEBSITE. ANY ADDITIONAL INFORMATION SUCH AS MONTHLY ACTIVITIES, SPEAKERS, INCENTIVES AND PRIZE WINNERS WILL ALSO BE POSTED ON A MONTHLY BASIS.**

**OUR GOAL FOR THIS YEAR IS TO UNITE AND ENCOURAGE THE EMPLOYEES OF MORGAN SCHOOL DISTRICT TO IMPROVE OVERALL HEALTH AND WELLNESS. WE HOPE ALL DISTRICT EMPLOYEES WILL PARTICIPATE IN AT LEAST ONE PORTION OF THE WELLNESS PROGRAM AND SEE THE BENEFITS OF A HEALTHIER LIFESTYLE.**

**Assessment Information**

We will be using Select Health's "My Health Score" to assess where we are today and evaluate areas we have improved along the way.

*Get a Reward* for taking the Assessment  
(see below)

To access the survey follow these steps:

Log on to the Select Health Website [www.selecthealth.org](http://www.selecthealth.org)

Login (set-up if necessary) to 'My Health' on right hand side of home page

Select 'Health and Wellness' on left side of My Health home page

Select 'My Health Score'

Select 'My Health Score' under Get Started

Select Take My Health Score Now

The survey takes about 15 minutes to take, there are a series of questions concerning your medical history, health habits, eating and exercising habits. Some things it would be good to know before you start are:

Height and Weight

Latest Blood Pressure (was available at Health Fair)

Cholesterol Count (was available at Health Fair)

Body Mass Index (BMI) - you can get a basic calculation at

[www.nhlbisupport.com/bmi/](http://www.nhlbisupport.com/bmi/)

Body Fat - you can get a basic calculation at

[www.healthstatus.com/calculate/body-fat-percentage-calculator](http://www.healthstatus.com/calculate/body-fat-percentage-calculator)

Blood Sugar

Waist measurement

Resting Pulse Rate

Once you have taken the survey, you can print off a recap of your results. You can re-visit the site any time you want and update your information to see if you have improved your score. You can also set up the survey for other members of your family.

After you have taken your survey, print off a record of your actions under

'Rewards' (check status) and turn it in to your Wellness Building Rep or the District

Office and you will receive \$10.00 and a certificate good for a 10 day free membership at Ogden Athletic Club.

**STEP UP TO THE CHALLENGE!**

**Step 1 - Aerobic Fitness**

**October 17<sup>th</sup> – 31<sup>st</sup>**

**Step 2 - Nutrition**

**November**

**Step 3- Stress Reduction**

**December**

**Step 4- Organization/Time Management**

**January**

**Step 5 -Strength Training and Stretching**

**February**

**Step 6- Sleep**

**March**

**Step 7 - Disease Prevention**

**April**

**STEP 1: Aerobic Fitness**



**Oct 17th –Nov 6**

**GOAL---30 minutes of aerobic exercise  
4 days a week**

**Points:**

**All 4 workouts= 50 points per week**

**If less than 4 days = 10 points per workout**

**Incentives:**

**150 Points = 3 Tickets for Prize Drawing**

**100-140 Points= 2 Tickets for Prize Drawing**

**90-100 Points= 1 Ticket for Prize Drawing**

**AEROBIC FITNESS**

**TRACKING CALENDAR**

## OCTOBER 17<sup>TH</sup>-NOVEMBER 6<sup>TH</sup>

Name \_\_\_\_\_ Work Location \_\_\_\_\_

**GOAL: 30 MINUTES OF AEROBIC EXERCISE--4 DAYS A WEEK**

	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	#Days of 30 minutes/ Point Total
<b>WEEK 1 Oct 17-23</b>	Activity:  Minutes:	Activity:  Minutes:	Activity:  Minutes:	Activity:  Minutes:	Activity:  Minutes:	Activity:  Minutes:	Activity:  Minutes:	
<b>WEEK 2 Oct 24-30</b>	Activity:  Minutes:	Activity:  Minutes:	Activity:  Minutes:	Activity:  Minutes:	Activity:  Minutes:	Activity:  Minutes:	Activity:  Minutes:	
<b>WEEK 3 Oct 31-Nov 6</b>	Activity:  Minutes:	Activity:  Minutes:	Activity:  Minutes:	Activity:  Minutes:	Activity:  Minutes:	Activity:  Minutes:	Activity:  Minutes:	

**\*\*\*\*\* Turn this sheet in to your building rep by November 7<sup>th</sup> to be placed in the monthly drawing for the October prizes.**

## Step 2: Nutrition



**November 1<sup>st</sup>-29<sup>th</sup>**

**Goal #1: Consume 15 servings of fruits and vegetables each week.**

**\*\*OR\*\***

**Goal #2: Drink 2 liters of water---4 days a week.**

**POINTS FOR GOAL #1:**

**15 Servings each week= 50 points per week**

**12-14 Servings each week= 40 points per week**

**10-11 Servings each week= 30 points per week**

**Incentives for Goal #1:**

**200-190 Points = 3 Tickets for Prize Drawing**

**160-189 Points = 2 Tickets for Prize Drawing**

**120-159 Points = 1 Ticket for Prize Drawing**

## **Points for Goal #2**

**4 days of 2 liters of water = 50 points per week**

**Less than 4 days = 10 points per day of 2 liters of water**

## **Incentives for Goal #2**

**200-170 Points = 3 Tickets in Prize Drawing**

**140-169 Points = 2 Tickets in Prize Drawing**

**120-139 Points = 1 Ticket in Prize Drawing**

**OCTOBER 31<sup>ST</sup>-NOVEMBER 27<sup>TH</sup>**

Name \_\_\_\_\_ Work Location \_\_\_\_\_

**GOAL: Consume 15 Servings of fruits and vegetables each week. List the fruits and vegetables that you consume each day and serving size in boxes below.**

	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>Servings Consumed/ Point Total</b>
<b>WEEK 1</b> Oct 31-Nov 6								
<b>WEEK 2</b> Nov 7-13								
<b>WEEK 3</b> Nov 14-20								
<b>WEEK 4</b> Nov 21-27								

**\*\*\*\*\* Turn this sheet in to your building rep by November 30th to be placed in the monthly drawing for the November prizes.**

**OCTOBER 31<sup>ST</sup>-NOVEMBER 27<sup>TH</sup>**

Name \_\_\_\_\_ Work Location \_\_\_\_\_

**GOAL: Drink 2 liters of water, 4 days a week**

	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>Liters Consumed/ Point Total</b>
<b>WEEK 1</b> Oct 31-Nov 6								
<b>WEEK 2</b> Nov 7-13								
<b>WEEK 3</b> Nov 14-20								
<b>WEEK 4</b> Nov 21-27								

**\*\*\*\*\* Turn this sheet in to your building rep by November 30th to be placed in the monthly drawing for the November prizes.**

**Step 3 -Stress Reduction**



**December 5<sup>th</sup> – January 1<sup>st</sup>**

**Goal: From the Stress Reduction Handout choose techniques of your choice and practice them:**

**10 minutes a day- 4 days a week.**

**POINTS:**

**10 minutes a day-4 days a week = 50 points per week  
Less than 4 days- 10 points per day**

**INCENTIVES:**

**200-190 Points = 3 Tickets in Prize Drawing  
170-189 Points = 2 Tickets in Prize Drawing  
150-169 Points = 1 Ticket in Prize Drawing**

## **Daily Stress Reduction Techniques**

**-Take a 10-15 minute walk after a meal.**

**-Mindfulness- If possible, go outside at least once per day and notice the simple things such as the weather, scenery, etc.**

**-During the day, notice the tension in your body (jaw, neck, diaphragm, shoulders, etc.). Breathe deeply and gently stretch and relax any tense areas.**

### **Other techniques to de-stress might be:**

- Yoga/Pilates Class**
- Bike**
- Walk**
- Read a book**
- Play a sport**
- Scrapbook or other hobby**
- Take a bath**
- Musical instrument/Singing**
- Listening to Music**
- Meditation**
- Watch a funny movie or TV show**
- Massage**

**STRESS REDUCTION- TRACKING SHEET  
DECEMBER 5<sup>TH</sup> – JANUARY 1<sup>ST</sup>**

Name \_\_\_\_\_ Work Location \_\_\_\_\_

**GOAL: Stress reduction techniques- 10 minutes, 4 days a week.**

	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b># of Days Point Total</b>
<b>WEEK 1</b> Dec 5-11	Technique:  Time:	Technique:  Time:	Technique:  Time:	Technique:  Time:	Technique:  Time:	Technique:  Time:	Technique:  Time:	
<b>WEEK 2</b> Dec 12-18	Technique:  Time:	Technique:  Time:	Technique:  Time:	Technique:  Time:	Technique:  Time:	Technique:  Time:	Technique:  Time:	
<b>WEEK 3</b> Dec 19-25	Technique:  Time:	Technique:  Time:	Technique:  Time:	Technique:  Time:	Technique:  Time:	Technique:  Time:	Technique:  Time:	
<b>WEEK 4</b> Dec 26-Jan 1	Technique:  Time:	Technique:  Time:	Technique:  Time:	Technique:  Time:	Technique:  Time:	Technique:  Time:	Technique:  Time:	

**\*\*\*\*\* Turn this sheet in to your building rep by January 3rd to be placed in the monthly drawing for the December prizes.**

# Step 4 – Organization/Time Management



**January 2<sup>nd</sup>-30<sup>th</sup>**

**GOAL #1: Organize 1 space per week at your home or at school.**

**OR**

**Goal #2: Attend Time Management Class that the district provides.**

## **POINTS #1:**

**1 Space Organized per week = 50 points**  
**Less than 4 spaces = 10 points per space**

## **POINTS #2**

**Time Management Class = 50 points**

# **INCENTIVES:**

## **Goal #1:**

**50 Points = 3 Tickets in the Prize Drawing**

**30 Points = 2 Tickets in the Prize Drawing**

**20 Points = 1 Ticket in the Prize Drawing**

**\*\*\*\*\* 10 bonus points for a “before and after” picture of your organized space!! Best picture will be featured on the website.**

## **Goal #2:**

**50 Points = 3 Tickets in the Prize Drawing**

# ORGANIZATION/TIME MANAGEMENT- TRACKER SHEET

JANUARY 2<sup>ND</sup>-30<sup>TH</sup>

**GOAL: Organize one space at your house or school each week.**

**Write a comment about what you did in the space provided.**

	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>Spaces Organized/ Point Total</b>
<b>WEEK 1</b> Jan 2-8								
<b>WEEK 2</b> Jan 9-15								
<b>WEEK 3</b> Jan 16-22								
<b>WEEK 4</b> Jan 23-30								

**\*\*\*\*\* Turn this sheet in to your building rep by Jan 31<sup>st</sup> to be placed in the monthly drawing for the January prizes.**

## **Step 5 - Strength Training And Stretching**



**February 1<sup>ST</sup>-29<sup>TH</sup>**

## **Goal:**

**Strength Training-3 days a week for 30 minutes  
Stretching- 4 days a week- Do all of the stretches  
on the sheet given in resource packet.**

## **Points:**

**3 days of strength training = 40 points per week**

**4 days of stretches = 50 points per week**

**Less than 3 days of strength = 10 points per day**

**Less than 4 days of stretches – 10 points per day**

## **Incentives:**

**360-320 Points = 3 Tickets in Prize Drawing**

**300-319 points = 2 Tickets in Prize Drawing**

**280-299 Points = 1 Ticket in Prize Drawing**

**STRENGTH TRAINING AND STRETCHES- TRACKER  
FEBRUARY 1<sup>ST</sup>- 29<sup>TH</sup>**

**GOAL: Strength- 3 days a week for 30 minutes.**

**Stretches- 4 days a week- Stretches on sheet given.**

	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUES</b>	<b>Strength Days/ Stretches Days/ Point Total</b>
<b>WEEK 1 Feb 1-7</b>	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	
<b>WEEK 2 Feb 8-14</b>	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	
<b>WEEK 3 Feb 15-21</b>	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	
<b>WEEK 4 Feb 22-29</b>	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	Strength:  Stretches:	

**\*\*\*\*\* Turn this sheet in to your building rep by March 1<sup>st</sup> to be placed in the monthly drawing for the February prizes.**

## **Step 6 – Sleep**



**March 2<sup>ND</sup>-30<sup>TH</sup>**

**Goal:**

**Sleep 7 hours a night  
5 nights a week**

**Points:**

**5 nights a week = 60 points**

**Less than 5 nights = 10 points per night**

**Incentives:**

**240-210 points = 3 Tickets in Prize Drawing**

**190-209 points = 2 Tickets in Prize Drawing**

**180-189 points = 1 Ticket in Prize Drawing**

**SLEEP—TRACKER SHEET**

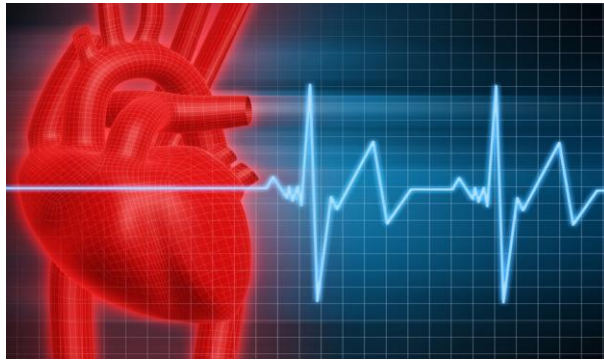
**MARCH 2<sup>ND</sup>- 29<sup>TH</sup>**

**GOAL: Sleep 7 hours a night—5 nights a week.**

	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b># of nights @ 7 hours/ Point Total</b>
<b>WEEK 1 Mar 2-8</b>	HOURS:	HOURS:	HOURS:	HOURS:	HOURS:	HOURS:	HOURS:	
<b>WEEK 2 Mar 9-15</b>	HOURS:	HOURS:	HOURS:	HOURS:	HOURS:	HOURS:	HOURS:	
<b>WEEK 3 Mar 16-22</b>	HOURS:	HOURS:	HOURS:	HOURS:	HOURS:	HOURS:	HOURS:	
<b>WEEK 4 Mar 23-29</b>	HOURS:	HOURS:	HOURS:	HOURS:	HOURS:	HOURS:	HOURS:	

**\*\*\*\*\* Turn this sheet in to your building rep by April 2<sup>nd</sup> to be placed in the monthly drawing for the March prizes.**

# **Step 7- Disease Prevention**



**Goal:**

**Preventative Health Check-ups  
(Yearly Physical, Mammogram etc.)**

**AND**

**Redo Health Assessment from the beginning of  
the school year and track improvements.**

**Points:**

**Health Check-up (sometime this school year) = 50 pts.**

**Redo Health Assessment/Write down areas of  
improvement = 50 points**

**Incentives:**

**100 points = 3 Tickets for Prize Drawing**

**50 points = 2 Tickets for Prize Drawing**

**DISEASE PREVENTION- TRACKING SHEET**

**APRIL 1<sup>ST</sup>- 30<sup>TH</sup>**

**GOAL#1: GO TO A PREVENTATIVE HEALTH CHECK-UP  
SOMETIME THIS SCHOOL YEAR.**

**GOAL#2: REDO HEALTH ASSESSMENT FROM OCTOBER  
AND WRITE DOWN AREAS OF IMPROVEMENT.**

**I HAVE BEEN TO A PREVENTATIVE HEALTH CHECK-UP  
THIS SCHOOL YEAR.**

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**Signature**

**I HAVE FINISHED MY POST-HEALTH ASSESSMENT.**

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**Signature**

**Areas of improvement:**

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