



AUGUST 2020 - WELLNESS PROGRAMS FOR HEALTHY BUCKS (Attend HB Programs on NON-WORK Time)

NEW HIRES & NEW HIRE SPOUSES - SEPTEMBER 30, 2020 IS THE DEADLINE TO COMPLETE THE MIDLAND HEALTH LABS & THE MEETING WITH THE HEALTH ADOVOCATES OR WELLNESS EDUCATORS. No other qualifiers required this year due to Covid-19.

\$75 Healthy Bucks Sugar Busters-A1c lab appointments at our 2 MedCenters start Friday July 24th. Call them for an appointment for this non-fasting lab.

Due to COVID-19, ALL Healthy Bucks programs will be worth \$75 Healthy Bucks until September 30, 2020. HB programs attended Jan-Mar 2020 will be upgraded to a \$75HB value prior to Allegiance file download in November 2020. \$150HB earned attending these programs; \$150HB earned by meeting the Result-based HB program goals (see 2nd page).

ALL HEALTHY BUCKS PROGRAMS WILL OBSERVE COVID PRECAUTIONS. DISPOSABLE MASKS & GLOVES WILL BE OFFERED WITH CLASS SIZE LIMITATIONS TO HONOR SOCIAL SPACING. NO WALK-INS ALLOWED. REGISTER FOR ALL SESSIONS ON <http://colliergov.GoSignMeUp.com>. Wellness can assist w/registration if needed, 239-252-6092

	\$75 Healthy Bucks Program Options:	AUG Dates	Day	Time	Location
Nutrition	Sheet-pan Meals for Better Health	4th	Tuesday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Meatless Monday Meals	5th	Wednesday	5:15-6:10pm	Immokalee Library - 417 N. 1st St. Rooms A
	No Lonely Carbs Sin Carbohidratos Solitarios	6th	Thursday	12-1pm	Pelican Bay Services - 2600 Watergate Way
	Carb Control--Is It New to You?	11th	Tuesday	5:15-6:15pm	No. Collier Gov't Center-2335 Orange Blossom Dr. Town Hall Rm
	Sheet-pan Meals for Better Health	12th	Wednesday	5:15-6:15pm	Immokalee Road & Bridge-425 Sgt. Joe Jones Road, Train. Rm
	Healthy Snack Options to Enjoy	17th	Monday	12:10-1:00pm	102 SW Copeland Street, Everglades City,Counsel Chambers
	Alternative Grains for Your Plate	17th	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
	No Lonely Carbs Sin Carbohidratos Solitarios	18th	Tuesday	7-8am	N.Collier Regional Park - 15000 Livingston Rd, Admin Bldg A&C
	Healthy Snack Options to Enjoy Bocadillos Saludables pare Disfrutar	19th	Wednesday	5:15-6:15pm	Road & Bridge - 4800 Davis Blvd.
	Carb Control--Is It New to You?	24th	Monday	12-1pm	Main Campus - Risk Management Training Room
	Meatless Monday Meals Comidas de Lunes sin Carne	25th	Tuesday	12-1pm	Veterans Community Park- -1895 Veterans Park Dr., Rms A & B
	Alternative Grains for Your Plate	26th	Wednesday	5:15-6:15pm	GMD Plan. & Reg. - 2800 N.Horseshoe Dr. Rm 609/610
	No Lonely Carbs	27th	Thursday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Healthy Snack Options to Enjoy	31st	Monday	12-1pm	Main Campus - Risk Management Training Room
Hot Topics	Feed Your Gut Flora	3rd	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room
	Feed Your Gut Flora	11th	Tuesday	12-1pm	GMD Planning & Regulations - 2800 N.Horseshoe Dr. Rm 609/610
	Feed Your Gut Flora	20th	Thursday	12-1pm	No. Collier Gov't Center-2335 Orange Blossom Dr. Town Hall Rm
Money Matters	Saving Food Dollars	19th	Wednesday	12-1pm	Main Campus - Risk Management Training Room
	Financial Check-up 101	20th	Thursday	5:15-6:15pm	Main Campus - Risk Management Training Room
Fitness (Active Exercise Session)	Chair Yoga Exercises	5th	Wednesday	12-1pm	Main Campus - Risk Management Training Room
	Chair Stretching Exercises	31st	Monday	5:15-6:15pm	Main Campus - Risk Management Training Room

MORE PROGRAMS: FITNESS, THE GREAT OUTDOORS, RESULT-BASED HEALTHY BUCKS, & 2021 HOLIDAY WEIGH-IN CHALLENGE PROGRAMS ON SECOND PAGE



\$75 Healthy Bucks Program Options:		AUG Dates	Day	Time	Location
Fitness NO Yoga or Zumba Classes Labor Day - Sept 7th	Yoga for Men & Women - \$30 Program Fee (FREE W/fitness membership)	Starts 3rd	Every Mon. & Wed. 8/3 - 9/28	12-1pm	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session.
	Zumba - Easy & Fun! - \$30 Program Fee (FREE W/fitness membership)	Starts 3rd	Every Mon. & Wed. 8/3 - 9/28	5:30-6:30pm	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session.
	Strength Conditioning - \$30 Prgm Fee (FREE W/fitness membership)	Starts 4th	Every Tues. & Thur. 8/4 - 9/24	5:30-6:30pm	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session.
	Basic Pilates - \$30 Program Fee (FREE W/fitness membership)	Starts 4th	Every Tues. & Thur. 8/4 - 9/24	12-1pm	Employee Wellness Fitness Center - Main Campus, 3327 East Tamiami Trail, (Building next to Facilities). \$30 Payment due 1st session.
	VIRTUAL Tropicool 5K Run, Run/Walk, Walk sponsored by Gulf Coast Runners	15th to 16th	Saturday to Sunday	VIRTUAL RACE due to COVID	Register through Gulfcoast Runners - Naples webpage. Race Registration Fees Apply. You must submit proof of participation using your GPS race tracker (not pedometer) which shows your name, displays route and finish time for Wellness to verify.
	Fitness Center Program - CCG Park & Recreation Membership <u>Required</u>	Sign up anytime	work-out 30 mins. at least 6x/month for 3 <u>consecutive</u> months	payroll deduct for 1 year membership	Any of the 6 CCG Park & Recreation Fitness Facilities-Includes Main Campus Employee Wellness Fitness Center (Register on 7/31 date in GoSignMeUp System)
The Great Outdoors	Water Aerobics - A certified NCH instructor will lead you through water exercises in their heated outdoor pool. Bring a towel & sun	8th	SATURDAY	9:30-10:30AM	NCH Healthcare Briggs Wellness Center, 399 Tamiami Trail N., #101, Naples T:624-2750 ***SUBJECT TO CANCELLATION DUE TO RAIN***

***** Register for all programs on <http://colliergov.gosignmeup.com> *****

Earn \$150 Healthy Bucks by participating in these programs for your yearly maximum of \$300 Healthy Bucks:

- 1.) *Off the Cuff* - Blood Pressure Program - \$75HB **Blood Pressure < 130/90**
 - Maintain or lower your initial Midland Health Lab Blood Pressure by August - September 30, 2020
 - Attend a Wellness Blood Pressure - Weight Clinic in August or by September 27, 2018 to repeat your BP
- 2.) *Sugar Busters* - A1C Management Program - \$75HB **A1C < 5.7% OR** for those with **Type 1 or Type 2 Diabetes A1C ≤ 7%**
 - Maintain or lower your initial Midland Health Lab A1C value by September 30, 2020
 - You will be required to repeat your non-fasting A1c lab test by appointment at the Main Campus MedCenter 239-252-4257 or North MedCenter 239-315-7111 **starting July 24th - September 30, 2020.**
- 3.) *Re-shape Your Frame* - Body Composition Program - \$75HB **Maintain a BMI < 25 OR**
 - if **BMI is 25-29.9** then lose 5% of initial Midland Health weight recorded;
 - if **BMI is ≥ 30**, then lose 10% of initial Midland Health weight recorded.
 - OR YOU CAN SELECT:
 - **Waist Circumference Women < 35 inches Men < 40 inches**
 - OR YOU CAN SELECT:
 - **Percent Body Fat** (reserved for muscular individuals only) **Women ≤ 31% Men ≤ 24%**
 - Must Call Wellness to be have a % Body Fat Test
 - ALL FINAL BMI & Waist measurements will be repeated in August or by September 30, 2020 by attending a Wellness Weight - BP Clinic.

Remember, you might have already received \$75HB for meeting this years' Holiday Weight Challenge or Holiday Fitness Challenge goal as a result-based HB program.

August & September Wellness Clinic Calendars for Blood Pressure & Weight Measurements will be available mid July on the Wellness SharePoint wellnessweb.colliergov.net Select "Calendar" icon and scroll down page.



2021 HOLIDAY WEIGHT CHALLENGE - \$75 RESULT-BASED HEALTHY BUCKS
 WEIGH-IN SESSIONS FOR THE 2021 HOLIDAY WEIGHT CHALLENGE WILL BE CONDUCTED DURING THE 2020 AUG/SEPT WELLNESS CLINICS. WEIGH-OUTS WILL BE CONDUCTED JANUARY 4-12, 2021. MAINTAIN A BMI LESS THAN 25 AT WEIGH-OUT OR LOSE 1 POUND AT WEIGH-OUT IF BMI WAS 25 AND ABOVE AT WEIGH-IN FOR \$75HB.