

Wellness Principle: School Employee Wellness

Promising Practice: Wellness Area

Aim: An onsite wellness area has the potential to empower school personnel to take a more active approach toward improving their health and wellness. Staff has access to nutrition and physical activity materials that they may “check out” to use at home or work.

Wellness Area Two well known factors associated with physical activity include convenience and cost. An onsite wellness area with physical activity and nutrition resources address both of these obstacles.

Getting Started How To's :

1. Introduce Wellness Area concept to the Wellness Committee and Principal
 - ❖ Introduce the concept of the wellness area to the wellness committee and principal. Discuss potential location and areas to use. Get approval and support from the principal.
2. Survey Wellness Committee (WC) for Ideas
 - ❖ Provide WC with a list of sample ideas for DVD's, equipment and books that the Wellness Area can supply. Ask for specific requests or input before purchasing equipment.
3. Order Equipment and Resources
 - ❖ Label all DVD's, equipment and books with school name. Potential equipment for wellness area includes:
 - Physical activity DVDs ([Collage Video](#) provides opportunities to view video samples online)
 - Other video sources:
 - Relaxation videos: www.relax.com
 - Yoga portal: www.yogaeverywhere.com
 - [Gaiam Yoga: AM/PM Yoga tape](#)
 - [Gaiam Pilates tapes](#)
 - Fitness equipment (variety of hand weights, resistance bands, stability balls, yoga mats, any equipment to compliment videos purchased) Exercise equipment: www.fitness1st.com
 - Healthy cookbooks, magazines and recipes (examples include: *Eating on the Run*, *Cooking Light*, *Super Fast Suppers*, *The 4-Ingredient Diabetes Cookbook*, *101 Weight Loss Tips*, *Eat This Not That*, *Cooking Light Weeknight*).



- Sample workout handouts, walking route maps, community activities
 - Exergaming resources (wii fit, dance-dance revolution)
 - Pedometers
- ❖ Provide a check-out log for participants to document use. (See sample check out log).
- 4. Monitor Wellness Area Use
 - ❖ Ask for a volunteer from the wellness committee to monitor wellness area use and when possible solicit donations from staff, gyms or other sources.
 - ❖ Review checkout log and place “return reminder” postcards in mailboxes. (See sample Return Reminder Postcard).
- 5. Publicize and Promote Wellness Area
 - ❖ Display promotional posters around school announcing Wellness Area. See sample stall talkers and posters.
- 6. Integrate into Group Fitness
 - ❖ Consider using wellness area equipment to lead or supplement staff group fitness sessions.
- 7. End of Semester
 - ❖ Collect all DVD’s, books and equipment into a box for the summer.
- 8. Update and supplement Wellness Area with new materials on a periodic basis.

Keys to Success: Be sure to have a wellness area volunteer “champion” to keep tabs on equipment checkout, inventory and keep materials updated is essential to maintain interest.

More Information: [Ace Fitness](#)
[President’s Council on Fitness, Sports & Nutrition](#)
[UDSA’s MyPlate](#)
[Nutrition.gov](#)

References: ACTION! Toolkit: A Worksite Wellness Program for Elementary School Personnel. Tulane University School of Public Health and Tropical Medicine (2009).

To: _____

Award

Great job using

*But it's time to return it to the
Wellness Area. Thanks!*



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CHECK IT OUT!



Wellness Equipment
CHECK OUT LOG

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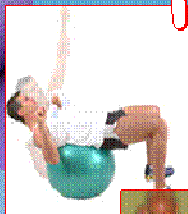


Wellness Equipment Check Out

| <u>Your Name</u> | <u>Video Name</u> | <u>Equipment Description</u> (i.e. 5 lb Hand Weights, Exercise Balls, Floor Mats, Resistance Cords etc.) | <u>Books</u> | <u>Date Out</u> | <u>Date In</u> |
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Please Return Equipment Within 1 Week So All Can Share

Check Out Your School's New Wellness Area!



- * Books!
- * Recipes!
- * Videos!
- * Fitness Equipment!

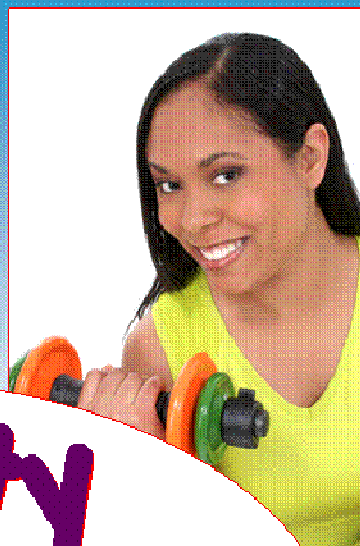
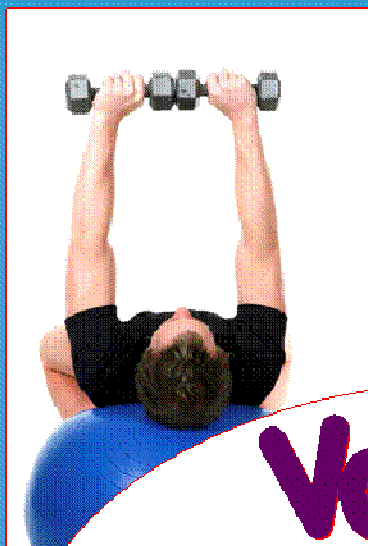


**For
Everyone!**

Fun, Free and Easy as 1, 2, 3!

- 1. Select the items you want to checkout from the storage cart in the staff lounge.**
- 2. Checkout the items using the log book to use the items at home or work.**
- 3. Return the items no later than 1 week after checkout.**

***Be kind and wipe the surface of fitness equipment clean before returning .**



Variety

The best activity is the one you will do!

There are videos and equipment for all fitness levels in your school's **NEW** wellness area!

