



FEBRUARY 2024 - WELLNESS PROGRAM OPTIONS FOR HEALTHY BUCKS & HEALTH SMART QUALIFYING

Wellness aims to design programs that will address the 5 Health Smart risk factors monitored during the insurance qualifying process: blood pressure, triglycerides, LDL cholesterol, waist circumference, and A1c (blood sugar).

Each of the below programs can earn you \$50HB or one hour of qualifying education unless otherwise indicated.

REMINDER: YOU MUST ARRIVE NO LATER THAN 5 MIN AFTER THE START OF THE CLASS TO RECEIVE CREDIT



[Register for all programs on http://colliergov.GoSignMeUp.com](http://colliergov.GoSignMeUp.com)

	Class Title	Date	Day	Time	Location
Nutrition	5 Foods to Eat and Why!	5th	Monday	12-1pm	Main Campus - Risk Management Building D, Training Room
	The MIND Diet and More: Nutrition for a Healthy Brain!	7th	Wednesday	12-1pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	Animal vs Plant-Based Protein	8th	Thursday	6-7pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Secrets of the Golden Spice	12th	Monday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	The MIND Diet and More: Nutrition for a Healthy Brain!	13th	Tuesday	12-1pm	North Reclamation Water Plant - 10500 Goodlette-Frank Rd, Conference Room
	The Truth About Fats La Verdad Sobre las Grasas	15th	Thursday	7-8am	Road & Bridge - 4800 Davis Blvd
	5 Foods to Eat and Why!	21st	Wednesday	12-1pm	Everglades City, City Hall Council Chamber - 102 SW Copeland St
	Any Way You Slice It No Importa Como lo Cortes	22nd	Thursday	12-1pm	Veterans Community Park - 1895 Veterans Park Dr
	You're the Chef: Garlic Lemon Chicken	22nd	Thursday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	Animal vs Plant-Based Protein	26th	Monday	12-1pm	North Collier Regional Water Plant - 8005 Vanderbilt Beach Rd
	Supermarket Tour	27th	Tuesday	5:15-6:15pm	Publix - Pine Ridge/Airport - 2310 Rine Ridge Rd, meet near Customer Service. Wellness phone #239-571-8619
	The Truth About Fats	28th	Wednesday	7-8am	Water Distribution & Utility - 4420 Mercantile Ave, Room E-37
	Any Way You Slice It	29th	Thursday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Stretch & Flex	8th	Thursday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Picayune 10 Miler Race	10th	SATURDAY	Race Starts 8:00AM	Sabal Palm Hiking Trail - 541 Sabal Palm Rd
	Simple Exercises for Joint Health	27th	Tuesday	12-1pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	Fitness Center Program	Jan-Sep	3 consecutive months	Workout 30min, 6x/mo	Any of the 4 CCG Park & Recreation Fitness Facilities. CCG Park & Recreation Membership Required. Employee Memberships \$4.69 per paycheck.
Emotional Wellness	Building Self-Esteem <i>Anabel Sathan, LCSW</i>	21st	Wednesday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
Group Stress Reduction	Beat the Stress Monster	13th	Tuesday	5:15-6:15pm	Golden Gate Community Center - 4701 Golden Gate Parkway, Room C
	Laughter to Deal with Toxic People	29th	Thursday	12-1pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
Money Matters	Mortgages	6th	Tuesday	4-5pm	Immokalee Road & Bridge - 425 Sgt Joe Jones Rd
	Mortgages	20th	Tuesday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
Great Outdoors	Gordon River Greenway Walk	24th	SATURDAY	8:30-9:30am	Gordon Rive Greenway Trailhead - 1596 Golden Gate Parkway

2024 HEALTHY BUCKS PROGRAM OUTLINE ON NEXT PAGE

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2024—Healthy Bucks Program

ALL PROGRAMS WILL BE VALUED AT \$50HB, UNLESS OTHERWISE INDICATED (MAX. \$300)

\$150 Maximum Healthy Bucks earned by participating in these programs:

- 1) Wellness Education Sessions—Topics on the latest Nutrition, Fitness, Stress Reduction, Emotional Wellness, Money Matters, Great Outdoors - **\$50HB**
- 2) Wellness Group Fitness Programs - Employee Wellness Fitness Center - **\$50HB**
 - Participate in the Wellness-sponsored Exercise Programs (Zumba, Pilates, Yoga, etc)
 - \$30 registration fee is required for all non-Park n'Rec fitness members)
 - must attend 12 of 16 exercise sessions (*Wellness group fitness free with Fitness membership*)
- 3) Fitness Center Program—Join the Employee Wellness Fitness Center or Park n' Rec Centers - **\$50HB**
 - must exercise for 30 mins. 6 times per month for 3 consecutive months at CCG Fitness Centers
 - fitness membership required by payroll deduct
- 4) Complete a timed CCG Park n'Rec or chip/timed Gulf Coast Runners' sponsored Event or a Virtual Race event—allowed due to COVID (specific tracking/authenticity requirements) - **\$50HB**

The Remainder \$150 Healthy Bucks earned by participating in these RESULT-BASED HB programs:

- 1.) Complete the Holiday Waist Challenge **OR** Holiday Fitness Challenge - **\$50HB**
- 2.) *Off the Cuff* - Blood Pressure Program - **\$50HB**
 - **Blood Pressure < 130/90**
 - Maintain or lower your blood pressure to goal range by September 30, 2024
 - Attend a Wellness Blood Pressure - Weight Clinic during Aug. 1st—Sept. 26, 2024 to repeat your BP
- 3.) *Sugar Busters* - A1C Management Program - **\$50HB**
 - **A1C < 5.7% OR** for those with **Type 1 or Type 2 Diabetes A1C ≤ 7%**
 - You will be required to have your non-fasting A1C blood glucose drawn starting July 15, 2024.
 - All repeat non-fasting A1C blood draws conducted by appointment at the Main Campus MedCenter, 252-4257 or North MedCenter 315-7111 starting July 15 — September 27, 2024.
- 4.) *Re-shape Your Frame* - Body Composition Program - **\$50HB—initial measurements taken with Midland Health lab draw**
 - **Waist Circumference Women ≤ 35 inches and Men ≤ 40 inches**
 - **For women- if waist circumference is 36-40 inches must lose 1 inch; if > 40 inches must lose 2 inches**
 - **For men- if waist circumference is 41-45 inches must lose 1 inch; if > 45 inches must lose 2 inches**
 - **MUST measure-IN for Re-Shape Your Frame by 1/31/24, either by attending a clinic or by scheduling an appointment with a Wellness Dietitian.**
 - **ALL FINAL Waist measurements will be repeated August 1st - September 26, 2024 by attending a Wellness Waist - Blood Pressure Clinic.**

*Alternative Result-based HB programs are available for those who may not consider the above options feasible. Must register by January 31, 2024. See Wellness for details.

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