



June 2025 - 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



	Class Title	Date	Day	Time	Location
Nutrition	Calm Your Gut: Nutrition Solutions for GI Upset	2nd	Monday	12-1pm	N County Water Reclamation - 10500 Goodlette-Frank Rd, 2nd Floor Conference Room
	Unpacking the Metabolic Syndrome SPANISH: ¿Qué es el Síndrome Metabólico?	5th	Thursday	6:30-7:30am	Davis Road & Bridge - 4800 Davis Blvd
	Fasting: Beyond Food	9th	Monday	5:15-6:15pm	Risk Management - 3311 Tamiami Trail E, Training Room
	Cracking the Carb Conundrum	10th	Tuesday	4-5pm	Immokalee Road & Bridge - 415 Sgt Joe Jones Rd
	Boosting Brain Power	11th	Wednesday	12-1pm	Everglades City, City Hall - 102 S Copeland St, City Hall Council Chambers
	Iron Boost: Energize Your Health	13th	Friday	12-1pm	Risk Management - 3311 Tamiami Trail E, Training Room
	Cracking the Carb Conundrum	18th	Wednesday	12-1pm	N County Regional Water Plant - 8005 Vanderbilt Beach Rd
	Cracking the Carb Conundrum	19th	Thursday	4-5pm	Station 11, N Collier Fire Rescue & Maintenance - 18665 Immokalee Rd
	Comfort in Every Bite	23rd	Monday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	Fasting: Beyond Food	26th	Thursday	5:15-6:15pm	Marco Island Tax Collectors - 5/3 Bank, 650 E Elkcam Cir
	Calm Your Gut: Nutrition Solutions for GI Upset	30th	Monday	12-1pm	S County Water Reclamation - 5600 Warren St, breakroom
Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Dance Yourself Slim	6th	Friday	12-1pm	Growth Management - 2800 Horseshoe Dr N, Rooms 609/610
	Bands Everywhere	17th	Tuesday	12-1pm	S County Water Treatment Plant - 3851 City Gate Dr, Large Conference Room
	Fitness Center Program	Jan-Sep	3 consecutive months	Workout 30min, 6x/mo	Any of the 4 CCG Park & Recreation Fitness Facilities. CCG Park & Rec Membership Required. Employee Memberships \$4.69 per paycheck.
Emotional Wellness	<i>Secrets to a Happy Marriage</i> M. Susie Rosbottom, LMFT	25th	Wednesday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr N, Rooms 609/610
Group Stress Reduction	Mindful Eating	3rd	Tuesday	12-1pm	Property Appraisers - 3950 Radio Rd, Conference Room
	Laughter Yoga	12th	Thursday	6:15-7:15pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
Money Matters	Saving for an Emergency	4th	Wednesday	12-1pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Saving for an Emergency	20th	Friday	12-1pm	Risk Management - 3311 Tamiami Trail E, Training Room

Register for all Wellness programs on <http://colliergov.GoSignMeUp.com>

2025 Healthy Bucks Program

\$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 chip/timed CCG Park & Rec or Gulf Coast Runners sponsored event (or a virtual race event allowed when inclement weather affects a scheduled race- specific tracking/authenticity requirements) - **\$50HB**

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

- 1) *Holiday Waist Challenge* - **\$50HB** - initial measurements taken at Wellness Waist Clinics in Aug/Sep 2024
 - Waist Circumference **Women ≤ 35 inches and Men ≤ 40 inches**
 - For women- if waist circumference is >35 inches must lose 1/2 inch
 - For men- if waist circumference is >40 inches must lose 1/2 inch
 - FINAL Waist measurement will be repeated Jan 2-9, 2025 by attending a Wellness Waist Clinic
- 2) *Holiday Fitness Challenge* - **\$50HB**
 - You must have a Park n' Rec Fitness membership and **exercise 8 times for 30 mins or more during Nov/Dec 2024**
- 3) *Off the Cuff* - Blood Pressure Program - **\$50HB**
 - **Blood Pressure < 130/90**
 - Maintain or lower your blood pressure to goal range by September 30, 2025
 - Attend a Wellness Waist - Blood Pressure Clinic during Aug/Sep 2025 to repeat your BP
- 4) *Sugar Busters* - A1C Management Program - **\$50HB**
 - **A1C < 5.7% OR** for those with **Type 1 or Type 2 Diabetes A1C < 7%**
 - Have your non-fasting A1C blood glucose drawn between July 14 and Sep 30, 2025 *by appointment only* at the Main Campus MedCenter 252-4257 or North MedCenter 315-7111
- 5) *Re-shape Your Frame* - Body Composition Program - **\$50HB** - initial measurements taken during Wellness Clinics Jan 2-9, 2025, or by appt with a Wellness Dietitian no later than Mar 31, 2025.
 - 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
 - ALL FINAL Waist measurements will be repeated Aug/Sep 2025 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, 2025. See Wellness for details.**