



July 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 | 8th | Tuesday | 5:15-6:15pm | Drivers License - 725 S Airport Pulling Rd, Conference Room |
| | Fasting: Beyond Food | 11th | Friday | 12-1pm | Growth Management - 2800 Horseshoe Dr N, Rooms 609/610 |
| | Comfort in Every Bite | 15th | Tuesday | 12-1pm | Fleet Management - 2901 County Barn Rd, 2nd Floor Training Room |
| | Unpacking the Metabolic Syndrome SPANISH: ¿Qué es el Síndrome Metabólico? | 16th | Wednesday | 7-8am | N Collier Regional Park - 15000 Livingston Rd, Admin Building Rooms A and C |
| | Boosting Brain Power | 17th | Thursday | 5:15-6:15pm | Growth Management - 2800 Horseshoe Dr N, Rooms 609/610 |
| | Fasting: Beyond Food | 18th | Friday | 8-9am | Heritage Bay - 15450 Collier Blvd, Towne Hall Meeting Room |
| | Unpacking the Metabolic Syndrome | 21st | Monday | 12-1pm | Risk Management - 3311 Tamiami Trail E, Training Room |
| | Comfort in Every Bite | 23rd | Wednesday | 6:15-7:15pm | N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room |
| | Cracking the Carb Conundrum SPANISH: Resolviendo el Enigma de los Carbohidratos | 24th | Thursday | 12-1pm | Pelican Bay - Truist Building 801 Laurel Oak Drive |
| | Cracking the Carb Conundrum | 29th | Tuesday | 12-1pm | Water Distribution & Utilities - 4420 Mercantile Ave, Training Room |
| | Iron Boost: Energize Your Health | 31st | Thursday | 7-8am | Wastewater Collections - 6027 Shirley St, 2nd Floor Training Room |
| Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS | Firecracker 5K | 4th | Friday | Race Starts 7:00AM | Register on Gulf Coast Runners -Naples and on GoSignMeUp; Registration Fees Apply. Must have a timed finish. |
| | Walk Away the Pounds | 9th | Wednesday | 12-1pm | N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room |
| | Flexibility on the Go | 25th | Friday | 12-1pm | Risk Management - 3311 Tamiami Trail E, Training 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. |
| Great In doors | Beginners Cycle Spin Class | 11th | Friday | 5:45-6:45pm ARRIVE BY 5:35pm | The Athletica Health & Fitness, 4019 Santa Barbara Blvd. See GSMU for more information. |
| Group Stress Reduction | Mindful Eating | 10th | Thursday | 5:15-6:15pm | Risk Management - 3311 Tamiami Trail E, Training Room |
| | Mindful Listening | 22nd | Tuesday | 5:15-6:15pm | Risk Management - 3311 Tamiami Trail E, Training Room |
| Money Matters | Boosting Credit | 28th | Monday | 12-1pm | S Regional Library - 8065 Lely Cultural Parkway, Auditorium |
| | Boosting Credit | 30th | Wednesday | 5:15-6:15pm | Immokalee Community Park - 321 N First St |

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.**