



## September 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
<b>Nutrition</b>	Boosting Brain Power	4th	Thursday	5:15-6:15pm	Immokalee Community Park - 321 N First St
	Cracking the Carb Conundrum <b>SPANISH: Resolviendo el Enigma de los Carbohidratos</b>	9th	Tuesday	7-8am	N Collier Regional Park - 15000 Livingston Rd, Admin Building Rooms A and C
	Unpacking the Metabolic Syndrome	10th	Wednesday	5:15-6:15pm	Risk Management - 3311 Tamiami Trail E, Training Room
	Boosting Brain Power <b>SPANISH: Como Mejorar la funcion del Cerebro</b>	11th	Thursday	12-1pm	Golden Gate Community Center - 4701 Golden Gate Parkway, Auditorium & Room B
	Iron Boost: Energize Your Health	17th	Wednesday	12-1pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Comfort in Every Bite <b>SPANISH: Disfrute Cada Bocado</b>	18th	Thursday	12-1pm	Veterans Community Park - 1895 Veterans Park Dr
	Boosting Brain Power	23rd	Tuesday	5:15-6:15pm	Risk Management - 3311 Tamiami Trail E, Training Room
	Unpacking the Metabolic Syndrome	24th	Wednesday	7-8am	Wastewater Collections - 6027 Shirley St, 2nd Floor Training Room
	Comfort in Every Bite	25th	Thursday	12-1pm	N County Water Reclamation - 10500 Goodlette-Frank Rd, 2nd Floor Conference Room
	Cracking the Carb Conundrum	29th	Monday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr N, Rooms 609/610
	Calm Your Gut: Nutrition Solutions for GI Upset	30th	Tuesday	6:15-7:15pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
<b>Fitness</b> YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Labor Day 5K Run	1st	Monday	7:30am	<b>Register on Gulf Coast Runners -Naples and on GoSignMeUp;</b> Registration Fees Apply. Must have a timed finish.
	Flexibility on the Go	19th	Friday	12-1pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Walk Away the Pounds	26th	Friday	12-1pm	Risk Management - 3311 Tamiami Trail E, Training Room
	Fitness Center Program	Jan-Sep	<b>3 consecutive months</b>	Workout 30min, 6x/mo	Any of the 4 CCG Park & Recreation Fitness Facilities. CCG Park & Rec Membership Required. <b>Employee Memberships \$4.69 per paycheck.</b>
<b>Great In doors</b>	Beginners Cycle Spin Class	12th	Friday	<b>5:45-6:45pm ARRIVE BY 5:30pm</b>	The Athletica Health & Fitness, 4019 Santa Barbara Blvd. <b>See GSMU for more information.</b>
<b>Group Stress Reduction</b>	Mindful Eating	2nd	Tuesday	12-1pm	Risk Management - 3311 Tamiami Trail E, Training Room
	Laughter Yoga	4th	Thursday	12-1pm	Supervisor of Elections - 3750 Enterprise Ave, Training Room 1
<b>Money Matters</b>	Identity Theft	12th	Friday	12-1pm	Growth Management - 2800 Horseshoe Dr N, Rooms 609/610
	Identity Theft	15th	Monday	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.**