



FEBRUARY 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

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

	Class Title	Date	Day	Time	Location
Nutrition	Fasting: Beyond Food	4th	Tuesday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	Cracking the Carb Conundrum	13th	Thursday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Comfort in Every Bite	14th	Friday	12-1pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	Unpacking the Metabolic Syndrome SPANISH: ¿Qué es el Síndrome Metabólico?	18th	Tuesday	12-1pm	Golden Gate Community Center - 4701 Golden Gate Parkway, Rooms B & C
	Boosting Brain Power SPANISH: Como Mejorar la funcion del Cerebro	19th	Wednesday	6:30-7:30am	Davis Road & Bridge - 4800 Davis Blvd
	Cracking the Carb Conundrum SPANISH: Resolviendo el Enigma de los Carbohidratos	20th	Thursday	12-1pm	Veterans Community Park - 1895 Veterans Park Dr
	Iron Boost: Energize Your Health	20th	Thursday	4-5pm	Immokalee Road & Bridge - 415 Sgt Joe Jones Rd (behind Fleet building)
	Calm Your Gut: Nutrition Solutions for GI Upset	24th	Monday	12-1pm	102 S Copeland St, City Hall Council Chambers
	Fasting: Beyond Food	25th	Tuesday	12-1pm	N County Regional Water Plant - 8005 Vanderbilt Beach Rd
	Boosting Brain Power	27th	Thursday	7-8am	Water Distribution & Utilities - 4420 Mercantile Ave, Training Room
	Calm Your Gut: Nutrition Solutions for GI Upset	28th	Friday	12-1pm	Main Campus - Risk Management Building D, Training Room
Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Flexibility on the Go	7th	Friday	12-1pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Picayune 10 Miler	15th	SATURDAY	See Registration for Details	Register on Gulf Coast Runners -Naples <i>and</i> on GoSignMeUp; Registration Fees Apply. Must have a timed finish.
	Walk Away the Pounds	21st	Friday	12-1pm	Main Campus - Risk Management Building D, 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 Outdoors	Gordon River Greenway Walk	8th	SATURDAY	8-9am	Gordon Rive Greenway Trailhead - 1596 Golden Gate Parkway
Emotional Wellness	<i>Building Positive Beliefs</i> Anabel Sathan, LCSW	26th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
Group Stress Reduction	Mindful Listening	6th	Thursday	12-1pm	Supervisor of Elections - 3750 Enterprise Ave, Training Room 1
	Laughter Yoga (<i>not</i> a fitness class)	11th	Tuesday	12-1pm	N County Water Reclamation - 10500 Goodlette-Frank Rd, 2nd Floor Conference Room
Money Matters	Mortgages	3rd	Monday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	Mortgages	5th	Wednesday	6:15-7:15pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room

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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 \leq 35 inches and Men \leq 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 \leq 35 inches and Men \leq 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.**