



April 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	Fasting: Beyond Food	8th	Tuesday	7-8am	Water Distribution & Utilities - 4420 Mercantile Ave, Training Room
	Cracking the Carb Conundrum	8th	Tuesday	12-1pm	S County Regional Water Plant - 3851 City Gate Dr
	Boosting Brain Power SPANISH: Como Mejorar la funcion del Cerebro	10th	Thursday	12-1pm	Veterans Community Park - 1895 Veterans Park Dr
	Fasting: Beyond Food	14th	Monday	12-1pm	Everglades City - 102 S Copeland St, City Hall Council Chambers
	Unpacking the Metabolic Syndrome	15th	Tuesday	5:15-6:15pm	Risk Management - 3311 Tamiami Trail E, Training Room
	Comfort in Every Bite	22nd	Tuesday	5:15-6:15pm	Marco Island Tax Collectors - 5/3 Bank, 650 E Elkcam Cir
	Calm Your Gut: Nutrition Solutions for GI Upset	25th	Friday	12-1pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Iron Boost: Energize Your Health	28th	Monday	5:15-6:15pm	Risk Management - 3311 Tamiami Trail E, Training Room
	Cracking the Carb Conundrum SPANISH: Resolviendo el Enigma de los Carbohidratos	29th	Tuesday	6:30-7:30am	Davis Road & Bridge - 4800 Davis Blvd
	Calm Your Gut: Nutrition Solutions for GI Upset	30th	Wednesday	4-5pm	Immokalee Road & Bridge - 415 Sgt Joe Jones Rd
Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Bands Everywhere	11th	Friday	12-1pm	Growth Management - 2800 Horseshoe Dr N, Rooms 609/610
	Dance Yourself Slim	16th	Wednesday	12-1pm	N County Regional Water Plant - 8005 Vanderbilt Beach Rd
	CCPS 5K & 1 Mile	5th	Saturday	8am	Register on Gulf Coast Runners -Naples <i>and</i> on GoSignMeUp; Registration Fees Apply. Must have a timed finish.
	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	Pound the Pavement	2nd	Wednesday	Gather your largest work group and WALK AS A TEAM before work, after work, or during breaktime. Walk 30min as a team. YOU MUST TAKE A PICTURE OF TEAM WALKERS, LIST NAMES OF WALKERS AND THEIR SAP NUMBERS, AND SEND TO WELLNESS: Christiane.Rice@colliercountyfl.gov for \$25 Healthy Bucks ONLY (NO QUALIFYING CREDIT)	
	Clam Pass Beach Clean-Up	19th	Saturday	7:45-9am	Clam Pass Park - 465 Seagate Dr. Collier County beach parking pass or paid parking required. 7:45-8:00am arrival. T-shirts and tools provided. More info on GoSignMeUp.
Emotional Wellness	<i>Self-Love...Why It's So Important</i> Sandra Hack, LCSW	23rd	Wednesday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
Group Stress Reduction	Mindful Eating	10th	Thursday	6:15-7:15pm	N Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Mindful Listening	24th	Thursday	12-1pm	Risk Management - 3311 Tamiami Trail E, Training Room
Money Matters	Budgeting & Savings	17th	Thursday	12-1pm	Supervisor of Elections - 3750 Enterprise Ave, Training Room 1
	Budgeting & Savings	21st	Monday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr N, Rooms 609/610
Guest Seminar	Helping You Get "BACK" On Track! <i>A Better Life Chiropractic</i>	9th	Wednesday	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.**