



## May 2024 - 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 programs on http://colliergov.GoSignMeUp.com](http://colliergov.GoSignMeUp.com)

	Class Title	Date	Day	Time	Location
Nutrition	Any Way You Slice It	6th	Monday	6:00-7:00pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	The Truth About Fats	7th	Tuesday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Animal vs Plant-based Protein	13th	Monday	5:15-6:15pm	Immokalee Community Park - 321 N First St, Immokalee
	Any Way You Slice It	14th	Tuesday	7-8am	Wastewater Collections - 6027 Shirley St, Conference Room
	Animal vs Plant-based Protein <b>Proteína Animal o Vegetal</b>	21st	Tuesday	12-1pm	Veterans Community Park - 1895 Veterans Park Dr
	Secrets of the Golden Spice	22nd	Wednesday	8-9am	Heritage Bay Government Center - 15450 Collier Blvd, Towne Hall Meeting Room
	Label Reading	28th	Tuesday	6:15-7:15pm	Golden Gate Community Center - 4701 Golden Gate Parkway, Room C
	The Truth About Fats <b>La Verdad Sobre las Grasas</b>	29th	Wednesday	12-1pm	Pelican Bay - Truist Building 801 Laurel Oak Drive
	Secrets of the Golden Spice	30th	Thursday	12-1pm	UF/IFAS Collier Extension - 14700 Immokalee Rd
Fitness <b>YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS</b>	Magic Pilates Ring Workout	2nd	Thursday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Simple Exercises for Joint Health	8th	Wednesday	5:15-6:15pm	Driver's License Building - 725 Airport Rd.
	Zumba--Movement & Music! - <b>Heritage Bay</b>	Starts 22nd	<b>WEDNESDAYS</b> May 22 - Sep 4	6:30-7:30pm	Heritage Bay Government Center- 15450 Collier Blvd, Towne Hall Meeting Room; <b>\$30 Program Fee</b>
	Fitness Center Program	Jan-Sep	<b>3 consecutive months</b>	<b>Workout 30min, 6x/mo</b>	Any of the 4 CCG Park & Recreation Fitness Facilities. CCG Park & Recreation Membership Required. <b>Employee Memberships \$4.65 per paycheck.</b>
Special Health Seminar	<b>Helping You Get "BACK" On Track! A Better Life Chiropractic</b>	<b>1st</b>	<b>Wednesday</b>	<b>12-1pm</b>	<b>Main Campus - Risk Management Building D, Training Room</b>
Emotional Wellness	Stress Management <i>Berta Garcia, LCSW</i>	15th	Wednesday	12-1pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
Group Stress Reduction	Change Your Thinking and Start Living!	16th	Thursday	12-1pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	Beat the Stress Monster	23rd	Thursday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
Money Matters	Budgeting & Savings	9th	Thursday	12-1pm	Fleet Management - 2901 County Barn Rd, 2nd Floor Training Room
	Budgeting & Savings	20th	Monday	12-1pm	South Regional Library - 8065 Lely Cultural Parkway, Auditorium
Great Outdoors	Casual Saturday Bike Ride	4th	<b>SATURDAY</b>	<b>8:00-9:00am</b>	Golden Gate Community Park - 3300 Santa Barbara Blvd. Meet near the bench in front of the gym. Wellness phone #239-571-8619

**2024 HEALTHY BUCKS PROGRAM OUTLINE ON NEXT PAGE**

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

## 2024—Healthy Bucks Program

ALL PROGRAMS WILL BE VALUED AT \$50HB, UNLESS OTHERWISE INDICATED (MAX. \$300)

### **\$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 2023
  - 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 2024 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 2023**
- 3) *Off the Cuff* - Blood Pressure Program - **\$50HB**
  - **Blood Pressure  $<$  130/90**
  - Maintain or lower your blood pressure to goal range by September 30, 2024
  - Attend a Wellness Waist - Blood Pressure Clinic during Aug/Sep 2024 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  $\leq$  7%**
  - Have your non-fasting A1C blood glucose drawn between July 15 and Sep 30, 2024 *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 with Midland Health lab draw
  - 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 2024 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, 2024. See Wellness for details.

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