



## July 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>

	Class Title	Date	Day	Time	Location
<b>NUTRITION</b>	5 Foods to Eat and Why	3rd	Wednesday	5:15-6:15pm	Marco Island Tax Collectors - MOVED to 5/3 Bank, 650 E Elkcarn Cir, Marco Island 34145
	Label Reading	9th	Tuesday	12-1pm	Fleet Management - 2901 County Barn Rd, 2nd Floor Training Room
	5 Foods to Eat and Why	9th	Tuesday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	Animal vs Plant-Based Protein	10th	Wednesday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Label Reading	11th	Thursday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	The Truth About Fats	15th	Monday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	5 Foods to Eat and Why	16th	Tuesday	5:15-6:15pm	Driver's License Building - 725 Airport Rd
	Any Way You Slice It	17th	Wednesday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Secrets of the Golden Spice	17th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	Label Reading	18th	Thursday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Animal vs Plant-Based Protein	22nd	Monday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Animal vs Plant-based Protein <b>Proteína Animal o Vegetal</b>	23rd	Tuesday	<b>7-8am</b>	North Collier Regional Park - 15000 Livingston Rd, Admin Building, Rooms A & C
	The Truth About Fats	25th	Thursday	<b>8-9am</b>	Heritage Bay Government Center - 15450 Collier Blvd, Towne Hall Meeting Room
	The MIND Diet and More: Nutrition for a Healthy Brain!	25th	Thursday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Any Way You Slice It <b>No Importa Como lo Cortes</b>	30th	Tuesday	12-1pm	Pelican Bay - Truist Building, 801 Laurel Oak Dr
	Secrets of the Golden Spice	31st	Wednesday	<b>7-8am</b>	Wastewater Collections - 6027 Shirley St, Conference Room
Label Reading	31st	Wednesday	12-1pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610	
<b>FITNESS</b> You will be required to exercise during all fitness sessions	Stretch & Flex	2nd	Tuesday	12-1pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	Firecracker 5K	4th	Thursday	Race Starts 7:00AM	<b>Register on Gulf Coast Runners -Naples and on GoSignMeUp;</b> Registration Fees Apply. Must have a timed finish.
	Magic Pilates Ring Workout	11th	Thursday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	Simple Exercises for Joint Health	24th	Wednesday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	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>
<b>GROUP STRESS REDUCTION</b>	Laughter to Deal with Toxic People	16th	Tuesday	12-1pm	South Regional Library - 8065 Lely Cultural Blvd, Auditorium
	Change Your Thinking and Start Living!	23rd	Tuesday	5:15-6:15pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
<b>MONEY MATTERS</b>	Planning for Financial Emergencies	10th	Wednesday	5:15-6:15pm	Immokalee Community Park - 321 N First St, Immokalee, Game Room
	Planning for Financial Emergencies	30th	Tuesday	5:15-6:15pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
<b>GREAT OUTDOORS</b>	Beginners Cycle Spin Class	6th	<b>SATURDAY</b>	<b>11am-12pm</b> <b>ARRIVE 10:45am</b>	The Athletica Health & Fitness, 4019 Santa Barbara Blvd. <b>See GSMU for more information.</b>
	Canoe & Kayak Trip	13th	<b>SATURDAY</b>	<b>8-10am</b> <b>ARRIVE 7:30am</b>	Barefoot Beach - 505 Barefoot Beach Blvd, Bonita Springs 34134. 10 single-person kayaks will be provided; participants can also bring their own canoe/kayak. <b>See GSMU for more information.</b>

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

Register for all programs on <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 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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