



## September 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
<b>NUTRITION</b>	Any Way You Slice It	3rd	Tuesday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Secrets of the Golden Spice	4th	Wednesday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Animal vs Plant-Based Protein	4th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	The Truth About Fats	5th	Thursday	5:15-6:15pm	Immokalee Community Park - 321 N First St, Immokalee
	Secrets of the Golden Spice	9th	Monday	5:15-6:15pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Any Way You Slice It <b>No Importa Como lo Cortes</b>	10th	Tuesday	<b>7-8am</b>	North Collier Regional Park - Admin. Building, 15000 Livingston Road, Admin Building Rooms A & C
	Secrets of the Golden Spice	12th	Thursday	12-1pm	Golden Gate Community Center - 4701 Golden Gate Parkway, Room C
	Label Reading <b>Lectura de Etiquetas</b>	16th	Monday	12-1pm	Veterans Community Park - 1895 Veterans Park Dr
	Label Reading	17th	Tuesday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	Any Way You Slice It	18th	Wednesday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	The Truth About Fats	19th	Thursday	12-1pm	North Reclamation Water Plant - 10500 Goodlette-Frank Rd, Conference Room
	Animal vs Plant-Based Protein	25th	Wednesday	<b>7-8am</b>	Wastewater Collections - 6027 Shirley St, Conference Room
	5 Foods to Eat and Why!	26th	Thursday	<b>6:15-7:15pm</b>	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	The Truth About Fats	30th	Monday	12-1pm	Main Campus - Risk Management Building D, Training Room
	5 Foods to Eat and Why!	30th	Monday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
<b>FITNESS</b> You will be required to exercise during all fitness sessions	Labor Day 5K Run	2nd	Monday	<b>Race Starts 7:00AM</b>	<b>Register on Gulf Coast Runners -Naples and on GoSignMeUp;</b> Registration Fees Apply. Must have a timed finish.
	Bands Everywhere	5th	Thursday	12-1pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	Simple Exercises for Joint Health	11th	Wednesday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	Stretch & Flex	26th	Thursday	12-1pm	Main Campus - Risk Management Building D, Training 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. Employee Memberships \$4.65 per paycheck.
<b>GROUP STRESS REDUCTION</b>	Change Your Thinking and Start Living!	10th	Tuesday	12-1pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	Laughter to Deal with Toxic People	24th	Tuesday	<b>6:15-7:15pm</b>	Golden Gate Community Center - 4701 Golden Gate Parkway, Room C
<b>MONEY MATTERS</b>	Investing at Work	3rd	Tuesday	<b>6:15-7:15pm</b>	Golden Gate Community Center - 4701 Golden Gate Parkway, Room C
	Investing at Work	18th	Wednesday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
<b>GREAT OUTDOORS</b>	Beginners Cycle Spin Class	7th	<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>

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

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## 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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