

Incentives

Each participant will receive a pedometer at the start of the program.

Additional incentives to be included for this program may include the following:

Healthy lunch for participants

Walking/exercise CD's & DVD's

Gift certificates at local gyms & spas

Gift certificates at local sporting goods shops

Workout gear

Bikes, treadmills or other sports equipment, depending upon donations and funding for the program



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Family and Community Health Sciences at Rutgers Cooperative Extension

For more than 60 years, FCHS has partnered with NJ schools, business, institutions of higher education, professional associations, healthcare providers, state agencies, and community groups.

FCHS is your local authority on personal wellness, nutrition, and healthy lifestyles programs.

FCHS curricula are research-based and our programs can be easily evaluated to demonstrate impact.

RUTGERS

New Jersey Agricultural Experiment Station

Atlantic/Ocean Counties

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RUTGERS

New Jersey Agricultural Experiment Station

GET MOVING- GET HEALTHY NEW JERSEY... WORKFORCE

13-Session Employee Wellness Program



www.njaes.rutgers.edu



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Get Moving-Get Healthy NJ...Workforce

Research shows that healthy employees are productive employees. According to Healthy Workforce 2010, health promotion is an investment in human capital. Employees are more likely to be on the job and performing well when they are in optimal physical and psychological health. They are also likely to be attracted to, remain with, and value a company that obviously values them. In short, a company's productivity depends on employee health. Reduced absenteeism, a reduction of employee health risks, job satisfaction, and employee morale are all part of improved productivity.

Regular physical activity helps prevent many chronic diseases and conditions, such as heart disease, colon cancer, Type 2 Diabetes, osteoporosis, and conditions related to obesity, such as stroke and arthritis. (U.S. Dept. of Health & Human Services). Each year, an estimated 250,000 deaths are attributed to lack of physical activity. (American Cancer Society)

Lunch 'n Learn Series

The Workplace Wellness program includes a 13-session 10,000 Steps A Day walking program, a series of informational presentations, access to online Calorie Calculator, Target Heart Rate Calculator, and BMI Calculator, motivational email messages, links to health & fitness articles, and other resources via the Get Moving-Get Healthy NJ...Workforce Newsletter. Incentives and prizes will be presented to participants who complete the 13-week program. Note that the 10,000 Steps A Day program will run continuously throughout program, while session presentations are offered on scheduled dates.

Session 1

Program overview, 3-Day Dietary Recall, MyPyramid Plan, and start the 10,000 Step A Day program, and the Walk NJ Point to Point program

Session 2

Lighten Up the Fat presentation, My Calorie Calculator

Session 3

Color Your Plate presentation, Target Heart Rate Calculator

Session 4

Cancer Screenings 101 – Atlantic County Healthy Living Coalition/Shore Memorial Hospital

Session 5 & 6

Keys to Arthritis Management- The Arthritis Foundation

Session 7

Stress Less Seminary – Living Well Holistic Center

Session 8

Emergency Preparedness- Atlantic County Health Dept.

Session 9

Cancer Prevention with a Healthy Diet – American Cancer Society

Session 10

What Everyone Needs to Know About Women's Health - AtlantiCare



[Www.aclink.org/rce-atlantic](http://www.aclink.org/rce-atlantic)

Session 11

Don't Be a Victim: Simple Self Defense for Everyone

Session 12

What Everyone Needs to Know About Diabetes – Diabetes Educator, NJAES.

Session 13

Extending and Enhancing Your Healthy Lifestyle presentation and celebration event

Program Goals

Eating habits resulting from a fast-paced lifestyle and frequent meals eaten on the run lead to diets high in fat, sodium, and calories, possibly increasing the risk for major disease. Creating a healthy lifestyle can improve one's overall sense of wellness. As a result of this wellness program the participants will learn:



How eating nutritious foods can contribute to a healthy lifestyle



Strategies for changing eating and exercise habits



Practical tips for adapting lifestyle

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