

Worksite Wellness at the General Assembly



comprehensive wellness program.

The worksite wellness committee at the NC General Assembly has offered its employees a well-

The *Legislative Employee Wellness Program* has focused on three levels: environmental, interpersonal and individual. At the environmental level, the committee installed bike racks and implemented a stairwell initiative, encouraging employees to take the stairs.

To provide interpersonal opportunities, the committee began sponsoring family-friendly, local 5k walks/runs in the fall of

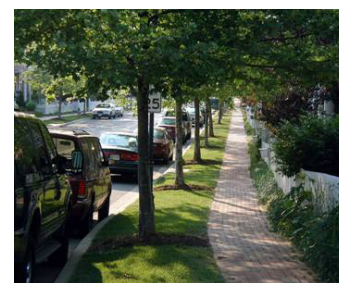
2005 and continues to promote employee walking groups. To provide wellness information at the individual level, an intranet Web site and two on-site communication stations were set up, which are updated monthly. Materials from the NC HealthSmart Worksite Wellness Toolkit are a major contributor to the Web site, along with other information available through the NC HealthSmart Program.

Spring Is Here - Get Outside and Get Moving

Spring is here and the good weather can help motivate employees to get outside and be more physically active. If employees made New Year Resolutions about increasing their physical activity then your committee can remind them that it's not too late. They can still work towards their goals by taking advantage of the warmer temperatures and longer days.

Encourage employees to take a short walk during their lunch break or organize some outdoor team activities. If your worksite has a walking map of the area, make it available and remind employees to use it to plan their walk. Look through the *Move More* workbook of the Worksite Wellness Toolkit, which offers suggestions and resources to implement activities that can

help your employees become more physically active. It can also be downloaded online at www.shpnc.org/worksite-wellness.html.



Year-End Worksite Wellness Survey 2008

Your wellness committee has received an e-mail from the Worksite Wellness Team requesting the completion of the year-end worksite wellness survey. This survey is available online. Only one completed survey is needed from each wellness committee. We request that your committee take the time to fill out this short survey. Your feedback will greatly help our Team enhance the current technical assistance program.

At the close of the survey period, there will be a drawing for up to four items that will help committees with their work, including USB flash drives, digital camera and a laminator.



National Employee Health and Fitness Day

National Employee Health and Fitness Day™ (NEHF) is celebrated on the third Wednesday in May. Administered annually by the National Association for Health and Fitness, NEHF is a national health observance, created to promote the benefits of physical activity for individuals through their worksite health promotion activities. Last year the wellness committee

at the Central Piedmont Community College (CPCC) offered its employees a variety of fun activities to celebrate this day. To read more about this successful event, see a listing of exhibitors and activities and view pictures, visit the CPCC wellness Web site at www1.cpcc.edu/bewell. This year the National Association for Health and Fitness is

encouraging worksites to use America On The Move (www.americaonthemove.org) or the President's Council Challenge (www.fitness.gov) in planning a NEHF day celebration on May 21, 2008. For more information visit www.physicalfitness.org.



Active for Life Online Program

Active for Life, an American Cancer Society employee wellness program, is a flexible 10-week program that uses individual and group strategies to encourage people to be more active on a regular basis. Employees can set their own goals by taking an honest look at their current activity level and making realistic improvements. The program makes it clear to

participants that they don't have to be an athlete to participate. Personal goals can be moderate (like walking, yard work or taking the stairs) or more intense (like running or tennis). Participants receive points for the time they are active throughout the day. This motivational record helps employees monitor their progress so they experience a sense of accomplishment as they move

toward their personal goal. Coworkers share a sense of teamwork and peer encouragement by being part of the program. For more information about starting the *Active for Life* program at your workplace, contact your local American Cancer Society (www.cancer.org/docroot/com/com_0.asp) or call 1-800-ACS-2345.

Worksite Wellness Webinars

Several webinars have been scheduled for April 2008.

Upcoming topics include:

- Helping Employees Manage Arthritis
- Community College Conference Call
- Ergonomics for Reducing Workplace Stress



Chai Tea Mix

Ingredients:

- 1 cup nonfat dry milk powder
- 1 cup powdered non-dairy creamer
- 1 cup French vanilla flavored powdered non-dairy creamer
- 1 ½ cups sugar
- 1 ½ cups unsweetened instant tea
- 2 tsp ground ginger
- 2 tsp ground cinnamon
- 1 tsp ground cloves
- 1 tsp ground cardamom

Directions: In a large bowl combine first five ingredients. Stir in ginger, cinnamon, cloves and cardamom. In a blender or food processor, blend 1 cup at a time until mixture is the consistency of fine powder. To make tea, stir 2 heaping tablespoons of chai tea mixture into a mug of hot water.

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