

Take Action! at UNC - Pembroke

Dr. Sonia Tinsley attended the NC HealthSmart Worksite Wellness Toolkit Training Workshop in September 2006 and then formed a worksite wellness committee, *UNCP Healthy Braves*. The committee officially launched their wellness program by offering a ten-week summer physical activity program – Take Action! This fun and easy program helped employees make positive changes to their physical activity habits. It began with a kick-off event in June and ended August 2007.

Employees were invited to participate as individuals or in teams of three to five people. They kept track of their daily physical activity minutes with every ten minutes of physical activity counting as a point. Participants were provided with a worksheet to set their goals and an activity log to record their physical activity minutes. They also received a free t-shirt with the physical activity pyramid on the back.

Participants were asked to fill out a survey to rate their satisfaction with the program, identify barriers and provide suggestions for future Take Action! activities. During the course of this event, a lunch n' learn presentation was offered by the nutritionist from the Robeson County Cooperative Extension and exercise classes were provided by an instructor from the UNCP Health and Physical Education Department. At the end of the ten-week period, a wrap-up celebration was organized with a healthy lunch provided by the University Chancellor, Dr. Allen Meadors. During this celebration, Dr. Meadors presented the three individuals and teams that accumulated the most physical activity points with certificates of achievement.

The efforts of the wellness committee to help employees to move more did not end with the summer session of Take Action! Similar activities were planned for the fall with the themes – Turn “September into Steptember!,” “October is Rocktober!” and “Turkey Trot in November.” All these activities concluded with a healthy breakfast celebration. Visit www.takeactionca.com to download program materials (log sheets, survey forms etc.) that were used by the UNC-Pembroke wellness committee for this event.

Visit UNC - Pembroke Web site at www.uncp.edu

Key steps

- Plan: UNCP laid out the plan for the ten-week event before the program started. All the dates and locations were announced in advance.
- Partner: UNCP networked with resources on campus and in the local community to provide the exercise classes and lunch n' learn.
- Evaluate: UNCP surveyed participants with questions about their current physical activity level, the benefits of participating, barriers and other areas.
- Management Support: The Vice Chancellor is a member of the wellness committee and helps secure funds to organize events.



“I am glad that I could be a part of something like this. I can't wait until we start the program again in the fall.”

*Take Action! Program
Participant,
UNC - Pembroke*