

Be Well at Central Piedmont Community College

Throughout the six campuses of Central Piedmont Community College (CPCC), employees are learning more about what it means to be well. Be Well, the campus employee wellness program, seeks to provide the college employees with wellness opportunities that support their desire to make healthy lifestyle choices through a multifaceted program that includes education, physical activities, nutrition workshops, and opportunities within the Charlotte community.

The Be Well committee is comprised of representatives from across the six campuses. The committee members work on a variety of programs that are highlighted on the program's Web site. This Web site also contains information about ergonomics, campus and community resources, and downloadable one-mile walking maps for each of the college campuses.

Created to help employees and students increase their physical activity during the day, the campus one-mile walking maps provide both exterior and interior walking trails. These maps were created using existing campus facility maps. To encourage employees to walk more during the day, the Be Well committee instituted a "Walking Hall of Fame" on its Web site. Employees track their mileage on a walking log, and after completing 100, 500 or 1000 miles, their photo is posted on the "Walking Hall of Fame" site. A "Look Who's Walking" page also allows employees to send in photos of themselves walking around campus to encourage others to do the same.

Central Piedmont Community College's Be Well program is providing a valuable service for employees and students at the college. By providing a comprehensive program, a well-designed Web site, individual campus activities, health articles published in the weekly e-Communicator and easy to use walking maps, Be Well at CPCC has done much to improve the mental and physical health of the employees.

Visit CPCC's Be Well Web site at: <http://www1.cpcc.edu/bewell>

Key steps

- The Be Well program has a clear mission statement that is posted on their Web site. Also, committee members are listed on the Web site by their campus location so that employees know who to contact with wellness questions or concerns.
- Be Well's colorful, well-designed logo is on the Web site, walking maps, and all Be Well campus publications. This logo helps employees to easily identify wellness events and programs.
- The walking maps were created on campus through a collaborative effort of the Center for Leadership and Staff Development, Marketing and Facilities Services. They feature indoor and outdoor routes that are accessible for all individuals across the campus.
- The walking maps are available for download on the Be Well Web site, providing easy access for all users.
- Incentives for participating in wellness programs don't always need to cost money. The "Look Who's Walking" and "Wall of Fame" provide cost effective recognition for employees who are increasing their physical activity level.