

# The State Health Plan Moves More!

On a Friday afternoon in April, State Health Plan employees took to the blacktop to jump-start their worksite wellness “Move More” program. Combining fitness with fun, employees learned new ways to incorporate wellness into their daily activities and cycled through several high-energy exercise stations.

“I am personally excited about the success of the State Health Plan’s wellness committee,” said George C. Stokes, executive administrator of the State Health Plan and co-chair of the worksite wellness committee, Plan 4 Wellness. “We are truly ‘walking the talk.’ The State Health Plan will continue to lead efforts in the state to help other agencies and organizations to establish wellness programs.”

The event, designed by Plan 4 Wellness, shuttled teams through a variety of aerobic exercise stations including a version of Simon Says that included chair exercises; a head-to-head, fast-paced egg and spoon race; a yoga and stretching station; and an ever-challenging Electric Slide station. Everyone finished up with a group walk.

At the morning staff meeting, special guest Cameron Graham, a project manager for the Physical Activity and Nutrition Branch of the NC Division of Public Health, delivered opening remarks and charged staff members to continue to ‘move more’ after the kickoff event.

“I had a great time and picked up some useful exercise tips,” said Carol Garner, benefits specialist for the Plan. “As a new employee, participation in the ‘Move More’ kickoff helped me to feel more like a part of our great team. I continued to practice the electric slide over the weekend—where no one could see me, of course!”

“Employee health and wellness is essential to the success of any organization,” said State Health Plan Medical Director Nancy Henley, MD. “Worksite wellness programs are an effective, efficient way to help employees make healthy decisions and reduce stress. The ‘Move More’ event demonstrated the importance of worksite wellness at the State Health Plan and agencies and schools across the state.”

## Key steps

- Create a name for your program that says something about your worksite. The State Health Plan chose “Plan 4 Wellness.”
- Design a kick-off event that gets everyone excited about the new worksite wellness program. The State Health Plan designed interactive fitness stations to get everyone involved.
- Think outside the box - don’t be afraid to provide activities that were popular in your childhood. The Plan 4 Wellness committee organized a game of Simon Says to help everyone Move More.
- Invite leadership to participate in activities. State Health Plan executive administrator George Stokes co-chairs the wellness committee and encourages other leaders to “walk the talk” as well.
- For more ideas, handouts, and tools for worksite wellness, visit [www.shpnc.org](http://www.shpnc.org).