



# FALL WELLNESS CONFERENCE - 2019



Marion County Public Schools

# Wellness Conference - 2019

## Agenda

- |  |             |
|--|-------------|
| <input type="checkbox"/> Welcome                                   | 8:30-9:45   |
| <input type="checkbox"/> Engaging the Differences                  |             |
| <hr/>  |             |
| <input type="checkbox"/> Financial Fitness                         | 10:00-12:00 |
| <input type="checkbox"/> Active Marion Project                     |             |
| <hr/>  |             |
| <input type="checkbox"/> Mammograms and Breast<br>Cancer Awareness | 12:00-1:45  |
| <input type="checkbox"/> Employee Wellness Programs                |             |
| <hr/>  |             |
| <input type="checkbox"/> Care Coordination                         | 2:00-3:30   |
| <input type="checkbox"/> Wrap UP                                   |             |

# Wellness Conference - 2019

Welcome!

- **Laurel Lingle**  
Wellness Coordinator  
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- **Bess Gortemoller**  
Wellness Coordinator  
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# Wellness Conference - 2019

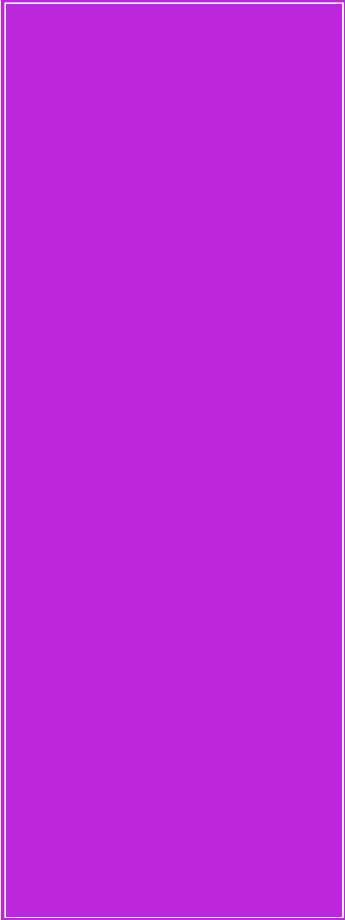
## Group Activity

- Take the number you received during registration and find the corresponding spot in the room.
- In your group, take turns answering the following questions. Each person should provide a response for each question.
- Questions
  - ▣ What is your name and where do you work?
  - ▣ How long have you been the wellness liaison?
  - ▣ What is your favorite activity outside of work?
  - ▣ If you could do anything other than what you currently do professionally, what would it be?
  - ▣ What is your dream vacation?

# Engaging the Differences

- Engaging the Differences
  - ▣ Unique interests
  - ▣ Geographic location
  - ▣ Skill set
  - ▣ Past experiences
  - ▣ Generation
  
- Generational Clues Uncovered

# Engaging the Differences

- 
- Strategies
    - ▣ Communication methods
      - Email
      - Word of mouth
      - Posters/flyers
      - Faculty meetings
      - Fax
    - ▣ Use what you've got
      - Quarterly newsletter
      - Bi-weekly emails
      - Wellness website

# Bi-Weekly Email Campaign



# Engaging the Differences

- 
- Strategies continued
    - ▣ Success Stories
      - District level
      - School-based
    - ▣ Lead by Example
      - Participate
      - Share your experiences



# Success Story



Before



After

# Engaging the Differences



- Strategies Continued

- Weekly Wellness Challenges

- Piloted at approximately 10 locations
- Email sent from Bess to Wellness Liaison to Employees at school/district location
- Focused on Fitness, Nutrition, Financial Fitness, and Stress Management

# Wellness Challenge Example

## **This week's challenge is to do 50 squats each day!**

Although squats are generally known for enhancing your best assets, they actually promote body-wide muscle building (not to be confused with a wide body)! They are also one of the best exercises for improving mobility and balance. So drop it like a squat and reap the benefits of a regular squat routine.

### **Tips for Success:**

- Form is key. Click [HERE](#) for a tutorial on proper squat form.
- Having a hard time keeping your balance? Try squatting to a chair. This will help you stay balanced and prepare you for more advanced squat variations in the future.
- Start and end your day right. Getting in a couple repetitions while you brush your teeth is a great way to incorporate this exercise into your daily routine.

# Engaging the Differences

## □ Strategies Continued

### ▣ NEW & IMPROVED Wellness Challenges

- District Wide (beginning after break)
- Email sent from [wellness.info@marion.k12.fl.us](mailto:wellness.info@marion.k12.fl.us)
- Participants take a picture of themselves completing the challenge and submit it via text to third party administrator. Participants can submit daily to improve their chances!
- Each week, winners will be randomly selected to receive an incentive for participating (Prizes will be distributed on a monthly basis).

# Engaging the Differences

## □ Strategies Continued

### ▣ NEW & IMPROVED Wellness Challenges

- Example – This week's challenge is to eat at least 5 fruits/vegetables each day.
- Bess takes a picture of herself with her snack pack and texts it to 55555 to be entered in the weekly drawing.
- By putting a thumbs up in her picture, Bess is giving permission to be used in future advertisements.



# Engaging the Differences

## □ Strategies Continued

### ▣ NEW & IMPROVED Wellness Challenges

- Example – This week's challenge is to plank for at least 1 minute every day.
- Laurel takes a picture of herself planking and texts it to 55555 to be entered in the weekly drawing.
- By putting a thumbs down in her picture, Laurel is NOT giving permission to be used in future advertisements.



# Engaging the Differences

2019/2020

Let's  
Discuss!