

State Board of Equalization Wellness Program

PURPOSE:

The purpose of this wellness program is to encourage employees to become more physically active and health conscious. It has been shown with healthy and more active life styles people enjoy increased cardiovascular health, weight loss, stress reduction and better overall health.

REWARDS:

This program will reward employees that complete six months of workout requirements by granting one day of administrative leave. Employees that quit smoking will be granted one day of administrative leave if they quit for six months and two days of administrative leave if they quit for one full year.

WORKOUT REQUIREMENTS:

- 1) Talk to your supervisor about your interest in the Wellness Program.
(The program should not interfere with your normal workday activities)
- 2) Complete the Liability and Consent Forms (included) and submit them to the Wellness Program Coordinator.
- 3) Begin your Wellness Program workout during your free time or break or combined break.

Examples of qualifying exercises:

Walking Aerobic dance Swimming Bicycling Dancing
Cross-country skiing Running Jogging Aquatic exercise
Stair climbing Elliptical training Rowing Weight Lifting

- 4) Track your physical activity on the Fitness Log and turn in monthly to Wellness Program Coordinator.
- 5) Minimum requirements are that the employee completes **3 hours/week or 13 hours/month of physical exercise.**

STOP USING TOBACCO REQUIREMENTS:

- 1) Talk to your supervisor about your interest in the Wellness Program.
(The program should not interfere with your normal workday activities)
- 2) Complete the Consent Form (included) and submit to the Wellness Program Coordinator.
- 3) Minimum requirement is that the employee **quits for at least six months.**

WELLNESS HEALTH CARE FOR EXTRA POINTS!

Points will be given to participants who receive wellness care and/or attend the Wyoming Health Fair. All routine exams and physicals will be worth 25 points. Attending the Health Fair and getting a flu shot will be worth 10 points.