

Board of Parole
Wellness Initiative 2007
Program Summary

Healthy Snack-In

Staff brings healthy snacks on a designated day. Usually occurs last Friday of each month.

Wellness Materials

All wellness materials, recipes, newsletters, etc. will be in box outside of Wellness Coordinator's door. Materials are updated monthly.

Wellness Events

Staff is encouraged to participate in all state wellness activities including annual walk.

Fitness and Wellness Goals

Staff is encouraged to write down their fitness/wellness goals. Goals may be turned in to the Wellness Coordinator. They will be returned to the participant at the end of each 6 month period for personal review and evaluation.

Fitness and Wellness Log

Staff is encouraged to log their activities and progress each month. Sheets are turned into the Wellness Coordinator at the end of the month.

Rewards

Executive Director may reward staff members for their strides towards wellness with 8 hours of administrative leave. This will be at end of 6 month period (June 30, December 30).