

WALKING THE WALK:

Bringing teachers and school staff on-board with wellness

OBJECTIVES:

- 1. Discuss the relationship of employee health programs to school wellness policy implementation.**

- 2. Describe at least five ways to effectively promote wellness policy changes to teachers and other school staff.**
 - A. It's all about SUCCESS at school.**

 - B. It's all about FEELING GOOD.**

 - C. It's EASIER than you think.**

 - D. It's FUN and TASTY.**

 - E. REPEAT as necessary.**

3. Identify easily accessible resources for nutrition and physical activity programs that can be focused on school employees.

Big Sky State Games – Shape Up Montana and Big Sky Fit Kids
www.bigskygames.org/

CDC Healthier Worksite Initiative
www.cdc.gov/nccdphp/dnpa/hwi/index.htm

Diabetes at Work
www.diabetesatwork.org/diabetesatwork/

DHPE School Employee Wellness
www.schoolempwell.org/

Eat Right Montana’s Healthy Families Campaign
<http://www.eatrightmontana.org/eatrighthealthyfamilies.htm>

National Institutes of Health: Portion Distortion slides
<http://hin.nhlbi.nih.gov/portion>

North Carolina’s ~ Eat Smart, Move More in the Worksite
www.eatsmartmovemorenc.com/resources/worksite.htm

President’s Challenge ~ You’re It. Get Fit!
www.presidentschallenge.org/

Wisconsin Worksite Wellness Resource Kit
<http://dhfs.wisconsin.gov/health/physicalactivity/Sites/Worksitekit.htm>