

proACTIVE Wellness Initiative  
PRESENTS



THE FIRST Annual  
Business Competition  
(Finding Your Balance)

Feburary 1st, 2009  
through  
March 31st, 2009

Regal Beloit, Hart Tie and Lumber, BRF School  
District, Majestic Pines Casino and D&S  
Manufacturing will be having a “healthy”  
competition for fabulous prizes!

Participation is voluntary and participants' information is strictly confidential. This program has been designed to reward both those who already practice healthy behaviors AND those who make significant improvements. To earn points, there are some activities that require written verification of participation and some that are on the honor system.

If you choose to participate, you will use the pAWI Business Competition Tracking Form to earn points for healthy behaviors. At the end of the program, you will turn in your completed and verified form and required supporting documentation.

By participating in this program, employees agree to practice healthy behaviors to earn points in exchange for prize drawing entries. The maximum amount of points available is 1000. Point accumulation will be tracked by the participant on the forms provided and verified by a building representative. If you earn 1000 points, you will be eligible for the top (Level 1) drawing and every drawing thereafter—provided your name isn't drawn to win.

*Whatever level you reach is where you become eligible for prizes... so reach for the top!*

### Points:

Level 1 ~ 900-1000

Level 2 ~ 800-899

Level 3 ~ 600-799

Level 4 ~ 400-599

Level 5 ~ 300-399

### Prize Drawings:

1<sup>st</sup> \$100

2<sup>nd</sup> \$50

3<sup>rd</sup> \$25 Burnstad's Gift Card

4<sup>th</sup> \$10 Gas Cards

5<sup>th</sup> TBA

# *pAWI Business Competition*

## *Sign-up Sheet*

If you are interested in participating in the pAWI Business Competition please read the information below and return the sign-up portion of this sheet by Jan. 30<sup>th</sup> to \_\_\_\_\_.

Participation in this program is voluntary and each participant assumes any and all risks involved with participation in the program and associated activities. The program is designed to reward healthy behaviors and is completely confidential. The program terms and conditions may be changed without prior notice.

It is recommend that you consult your healthcare provider before beginning this or any exercise program, particularly if you have a heart condition, family history of heart disease, hypertension, diabetes, or other medical problem, or if you are overweight, over 35, a smoker or otherwise concerned about your health.

The proACTIVE Wellness Initiative Committee and its partners are not responsible for any injury sustained by employees while engaging in qualifying activities.

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Complete this section, detach & return to \_\_\_\_\_ by Jan. 30th.

I am interested in participating in the pAWI Business Competition and have read and understand the program sign-up sheet.

**Note:** you will receive a pAWI Business Competition information packet upon completing this entry form and your packet will contain a copy of the program details.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name (Please Print): \_\_\_\_\_

# pAWI Business Competition

Employee: \_\_\_\_\_ Business: \_\_\_\_\_

Category	Possible Points	Points Achieved	Supporting Documentation
<b><u>Prevention:</u></b>			
Blood Pressure Check (can have checked at BRMH – call first)	10	_____	_____
Flu Shot for '08-09 season	10	_____	_____
Cancer self-exams - breast, prostate, testicular	20	_____	_____
Seat Belt Use - Always	20	_____	_____
Dental Check-up within the last 6 mos.	30	_____	_____
No tobacco use (may be tested for nicotine)	70	_____	_____
Moderate alcohol use (no more than 2/day)	30	_____	_____
Review article or recipe under one of the websites on the resource list – Must provide title and author of resource, article or recipe.	20	_____	_____
Attend inservice/workshop/presentation/complete computer module on: Prevention	40	_____	_____
<b>Total Points:</b>	250		
 <b><u>Nutrition:</u></b>			
3 servings of vegetables at least 5 days a week	30	_____	_____
2-3 servings of fruit daily at least 5 days a week	30	_____	_____
0-2 servings of desserts/sweets a week	30	_____	_____
Drink 64 oz. (8 - 8 oz. cups) water daily	30	_____	_____
Complete a 3-day food log: (must be complete)	50	_____	_____
Body Composition Assessment (at BRMH - call first)	20	_____	_____
Review article or recipe under one of the websites on the resource list – Must provided title and author of resource, article or recipe.	20	_____	_____
Attend inservice/workshop/presentation/complete computer module on: Nutrition	40	_____	_____
<b>Total Points:</b>	250		

**Activity:**

Track 8-weeks' activity: 20 points per week.

\*minimum of 150 minutes per week.

Wellness/Fitness event or activity (i.e. Lighten Up, etc.)

Review article or recipe under one of the websites on the resource list – Must provide title and author of resource, article or recipe.

Attend inservice/workshop/presentation/complete computer module on: Fitness

**Total Points:**

**Stress Relief:**

Do something for yourself - once each week (20 pts per week) Ideas: massage, pedicure, read a book, start a garden, join a club, journaling, call an old friend, take a bath etc.

Complete the attached stress management challenge

Review article or recipe under one of the websites on the resource list – Must provide title and author of resource, article or recipe.

Attend inservice/workshop/presentation/complete computer module on: Stress Relief

**Total Points:**

**Total Overall Points:**

Wk 1: \_\_\_\_\_  
Wk 2: \_\_\_\_\_  
Wk 3: \_\_\_\_\_  
Wk 4: \_\_\_\_\_  
Wk 5: \_\_\_\_\_  
Wk 6: \_\_\_\_\_  
Wk 7: \_\_\_\_\_  
Wk 8: \_\_\_\_\_

30 \_\_\_\_\_  
20 \_\_\_\_\_  
40 \_\_\_\_\_

250

Wk 1: \_\_\_\_\_  
Wk 2: \_\_\_\_\_  
Wk 3: \_\_\_\_\_  
Wk 4: \_\_\_\_\_  
Wk 5: \_\_\_\_\_  
Wk 6: \_\_\_\_\_  
Wk 7: \_\_\_\_\_  
Wk 8: \_\_\_\_\_

30 \_\_\_\_\_  
20 \_\_\_\_\_  
40 \_\_\_\_\_

250

1000

List Activity:

Turn in completed challenge

# Individual Participant Activity Log

Name: \_\_\_\_\_

Record your physical activity description and minutes for each day for 8 consecutive weeks.  
Track your actual time and you will score wellness points. Try to achieve the goal of 1600 minutes total for the 8 weeks.

Day of Week	Week 1 (Date: _____)	Week 2 (Date: _____)	Week 3 (Date: _____)
Example	30 minutes (15 walk, 15 weights)	45 minutes (15 run, 30 hike)	15 minutes (dance)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Weekly Totals			
	<b>GRAND TOTAL:</b>		



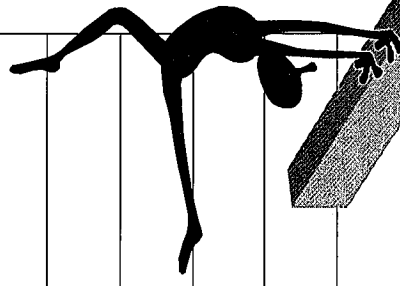
Form must be complete and turned in with your pAWI Business Competition Tracking Form

# Individual Participant Activity Log

Name: \_\_\_\_\_

Record your physical activity description and minutes for each day for 8 consecutive weeks. Track your actual time and you will score wellness points. Try to achieve the goal of 1600 minutes total for the 8 weeks.

Day of Week	Week 4 (Date: _____)	Week 5 (Date: _____)	Week 6 (Date: _____)
Example	30 minutes (15 walk, 15 weights)	45 minutes (15 run, 30 hike)	15 minutes (dance)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Weekly Totals			
		<b>GRAND TOTAL:</b>	



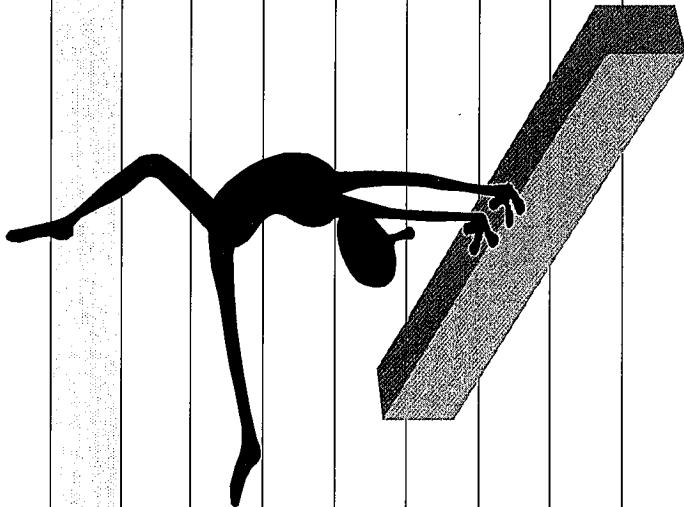
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# Individual Participant Activity Log

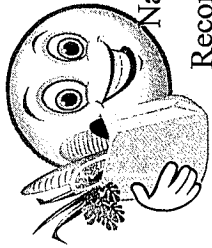
Name: \_\_\_\_\_

Record your physical activity description and minutes for each day for 8 consecutive weeks.  
Track your actual time and you will score wellness points. Try to achieve the goal of 1600 minutes total for the 8 weeks.

Day of Week	Week 7 (Date: _____)	Week 8 (Date: _____)
Example	30 minutes (15 walk, 15 weights)	45 minutes (15 run, 30 hike)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Weekly Totals		
		<b>GRAND TOTAL:</b>



Form must be complete and turned in with your pAWI Business Competition Tracking Form



# Individual 3-DAY FOOD LOG

Name: \_\_\_\_\_ Quarter: \_\_\_\_\_ Year: \_\_\_\_\_

Record your eating habits for three consecutive days. Complete the form by tracking everything you eat and recommended food groups and you will earn wellness points. You may wish to transfer your information into the website [www.mypyramid.gov](http://www.mypyramid.gov) for an analysis. Retain completed form with your pAWI Business Competition Tracking Form until completion of program.

Day of Week	Day 1 (Date: _____)	Day 2 (Date: _____)	Day 3 (Date: _____)
Example	Large bagel w/cream cheese 6 oz orange juice	Baked Cod, white rice, carrots, grapes, sugar-free jello, small lettuce salad w/1 tbsp fat-free Italian dressing, skim milk	Swiss steak (4 oz), lettuce salad w/1 tbsp bleu cheese & French dressing, baked potato, green beans, 1 roll w/1 tsp butter, 6 oz. glass red wine
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			

**Food Groups:** Fruits (2)○○○ Whole-grain starches (3)○○○ Low-fat Dairy (3)○○○ Vegetables (3)○○○ Water (8)○○○○○○○

*Recommended daily servings are indicated in ( )*

Fruits (2)○○○  
Whole-grain starches (3)○○○  
Low-fat Dairy (3)○○○  
Vegetables (3)○○○  
Water (8)○○○○○○○

**proACTIVE Wellness Initiative**  
**pAWI Business Competition - 2009**  
*“Working Together for a Healthier Tomorrow - Let’s Get Healthier”*

**“Stress Management Challenge”**

**What is Stress?**

Stress is the ‘wear and tear’ our bodies experience as we adjust to our continually changing environment. It has physical and emotional effects on us and can create both positive and negative feelings.

Stress can help compel us into action. It can help us reach new awareness and perspectives. It can also become negative and lead to health problems like headaches, upset stomach, insomnia, high blood pressure, heart attack and stroke.

We all need to determine how we do not become overwhelmed by stress. We all have different physiological and psychological responses to stress. Each person is different. What can be distressing for one can be exciting for another.

It has been found that most illness is related to unrelieved stress. So, how can we manage stress better?

- Become aware of your stressors and your emotional and physical response
- Recognize what you can change - prioritize
- Reduce the intensity of your emotional reactions to stress
- Learn to moderate your physical reactions to stress with relaxation
- Do something for the “kid” in you
- Build your physical reserves through proper nutrition and exercise
- Maintain your emotional reserves through supportive relationships

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**Challenge:** I accept this challenge \_\_\_\_\_ (name) \_\_\_\_\_ (date)

1) List activities and responsibilities on your “plate”.

\_\_\_\_\_

2) List two or three you could give up and circle the one you **WILL** give up.

\_\_\_\_\_

3) What relaxing activity/exercise will you add to your “plate” and what time of day will you do it? \_\_\_\_\_

***Expect some frustrations, failures and sorrows. Always be kind and gentle with yourself – be a friend to yourself.***



▪ **General Health Information:**

[www.thecommunityguide.org/](http://www.thecommunityguide.org/) CDC - Guide to Community Preventive Services

[www.intelihealth.com/IH/ihtIH/WSIHW000/408/408.html](http://www.intelihealth.com/IH/ihtIH/WSIHW000/408/408.html)

[www.nhlbi.nih.gov/health/](http://www.nhlbi.nih.gov/health/) National Heart, Lung and Blood Institute - "Stay Young at Heart" recipes

[www.health.gov/nhic](http://www.health.gov/nhic) National Health Information Center

[www.healthfinder.gov/](http://www.healthfinder.gov/) Healthfinder (USDHHS) provides links to reviewed resources

▪ **Headache:** [www.headaches.org](http://www.headaches.org)

▪ **Internet Verification:** [www.hon.ch/](http://www.hon.ch/) Health on the Net Foundation (HonCode) verifies legitimate website - display their HonCode logo if approved

▪ **Jackson County Resources:** [jacksoncountyresources.com/](http://jacksoncountyresources.com/)

▪ **Kids Health (Growth, Development, Behavior, Infections, Nutrition/Meals, Fitness, etc.):** [kidshealth.org/parent/food/general/family\\_meals.html](http://kidshealth.org/parent/food/general/family_meals.html)

▪ **Lighten Up (Challenge):** [www.sportsinwisconsin.com/lightenup](http://www.sportsinwisconsin.com/lightenup) Lighten Up Wisconsin

▪ **Liver:** [www.liverfoundation.org](http://www.liverfoundation.org)

▪ **Lung:** [www.lungusa.org](http://www.lungusa.org)

▪ **Meals/menu planning:** [www.cookinglight.com/cooking/](http://www.cookinglight.com/cooking/) Cooking Light Magazine  
[www.aicr.org/site/PageServer](http://www.aicr.org/site/PageServer) Recipes from American Institute for Cancer Research

[www.recipelink.com/](http://www.recipelink.com/) Links to more than 10,000 cooking sites

[www.mealsforyou.com/](http://www.mealsforyou.com/)

[www.diabetes.org/nutrition-and-recipes/nutrition/overview.jsp](http://www.diabetes.org/nutrition-and-recipes/nutrition/overview.jsp)

[www.intelihealth.com/IH/ihtIH/WSIHW000/325/14205.html](http://www.intelihealth.com/IH/ihtIH/WSIHW000/325/14205.html)

Healthy recipes

[www.deliciousdecisions.org](http://www.deliciousdecisions.org) Created by American Heart Association

[www.allrecipes.com/Recipes/Main.aspx](http://www.allrecipes.com/Recipes/Main.aspx) Rated Recipes

▪ **Monthly Calendar of National Observances:** [www.health.gov/nhic/](http://www.health.gov/nhic/)

▪ **Nutrition (and Drugs):** [www.mypyramid.gov/](http://www.mypyramid.gov/) MyPyramid Eating Plans and Nutrition, with good information for kids

[www.vrg.org/](http://www.vrg.org/) The Vegetarian Resource Group

[www.eatright.org/cps/rde/xchg/ada/hs.xsl/index.html](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/index.html)

[www.ama-assn.org/](http://www.ama-assn.org/)

- [www.fastfoodfacts.info/](http://www.fastfoodfacts.info/) Fast Food Facts
- [www.cfsan.fda.gov/](http://www.cfsan.fda.gov/) FDA U.S. Food and Drug Administration
- [www.cfsan.fda.gov/~dms/foodlab.html](http://www.cfsan.fda.gov/~dms/foodlab.html) How to Understand & Use Nutrition Facts Labels
- [www.tqnyc.org/NYC063364/home.htm](http://www.tqnyc.org/NYC063364/home.htm) Nutrition Top 10 Lists
- [www.hungry-girl.com/](http://www.hungry-girl.com/) Hungry Girl - Tips & Tricks for Hungry Chicks (this site is approved by Weight Watchers®)
- [www.thedailyplate.com](http://www.thedailyplate.com) Helps with tracking and eating smarter
- [www.aboutproduce.com](http://www.aboutproduce.com) Recipes and info on fresh produce
- **Osteoporosis:** [www.nof.org](http://www.nof.org)
- **Safety:** [www.nsc.org](http://www.nsc.org) National Safety Council
- **Scams:** <http://www.ftc.gov/bcp/consumer.shtm>  
Federal Trade Commission (FTC)
- **Sleep:** [www.sleepfoundation.org](http://www.sleepfoundation.org) National Sleep Foundation
- [www.ninds.nih.gov/](http://www.ninds.nih.gov/) National Institute of Neurological Disorders and Stroke
- [www.nhlbi.nih.gov/](http://www.nhlbi.nih.gov/) National Heart Lung and Blood Institute
- **Stress:** [www.stress.org/](http://www.stress.org/) American Institute of Stress
- [www.nmha.org/](http://www.nmha.org/) National Mental Health Association
- **Stroke:** [www.stroke.org](http://www.stroke.org) National Stroke Association
- **Tobacco Cessation:** [www.americanlungassociation.com/](http://www.americanlungassociation.com/)
- [www.phillipmorisusa.com/](http://www.phillipmorisusa.com/)
- **Weight Control:** [www.mypyramid.gov/](http://www.mypyramid.gov/) MyPyramid Eating Plans and Nutrition, with special link for nutritional ideas and games for kids
- [www.eatright.org](http://www.eatright.org) American Dietetic Association
- [www.shapeup.org/](http://www.shapeup.org/)
- [www.fitday.com/](http://www.fitday.com/)
- [www.weightwatchers.com/food/index.aspx](http://www.weightwatchers.com/food/index.aspx)  
Weight Watchers®
- **Women Issues:** [www.4woman.org/](http://www.4woman.org/)
- [www.50plus.org/](http://www.50plus.org/)

*If you know of any other helpful and reputable websites, please forward to the Employee Health Nurse or Business Health Nurse.*