



Worksite Wellness Programs

<p>Active Lifestyle</p>	<ul style="list-style-type: none"> • Motivate participants to adapt or enhance an active lifestyle • Identify steps to incorporate physical activity into daily routine • Model healthy alternatives to a sedentary lifestyle • Demonstrate different types of exercise activities • Encourage participants to set and reach goals
<p>Alcohol, Drugs & Health</p>	<ul style="list-style-type: none"> • Increase knowledge of alcohol and its effects • Increase or reinforce awareness about alcohol and dangers of abuse • Encourage self-reflection of personal level of alcohol use and potential risks • Increase awareness of health choices and moderation • Encourage participants to set and reach goals for themselves and others
<p>Communication Skills</p>	<ul style="list-style-type: none"> • Encourage individuals to be more proactive involving personal concerns • Introduce guidelines for effective communication • Discuss the risks of communicating and not communicating to solve problems • Practice the skills involved in active listening
<p>Healthy Eating</p>	<ul style="list-style-type: none"> • Motivate participants to adopt or enhance healthy eating habits • Provide information on elements of a healthy diet • Model healthy alternatives to a poor diet • Identify factors associated with calorie and fat intake • Encourage participants to set and reach goals
<p>Family Connection</p>	<ul style="list-style-type: none"> • Engage participants at an emotional level • Demonstrate how to talk to children about alcohol and drugs • Help participants develop better parenting skills • Encourage participants to set and reach goals
<p>Managing Stress</p>	<ul style="list-style-type: none"> • Raise awareness of the impact that stress places on health and productivity • Encourage awareness of healthy options for dealing with stress • Provide tools for individual stress management • Improve or enhance stress coping skills • Encourage participants to set and reach goals
<p>Safety & Moderation</p>	<ul style="list-style-type: none"> • Heighten awareness of workplace safety concerns • Increase awareness of the relationship between stress and safety • Broaden perspective on work design and safety • Explore ways to address safety issues • Encourage focus on solution to safety issues
<p>Team Awareness Small Business*</p>	<ul style="list-style-type: none"> • Improve team building and communication skills • Decrease tolerance and enabling of problem behaviors • Identify ways to enhance team health and reduce risks • Improve help seeking and peer referral skills <p><i>*Four-hour training program</i></p>
<p>Time & Presence</p>	<ul style="list-style-type: none"> • Heighten awareness of the problem of time compression • Encourage presence and spiritual health as a solution • Help understand the value of time/intimacy in life • Help participants to work smarter, not harder • Encourage participants to feel empowered around their own time orientation
<p>Tobacco Use</p>	<ul style="list-style-type: none"> • Provide general education on tobacco risks • Motivate participants to reduce or eliminate tobacco use • Provide an introduction to three tools relevant for tobacco cessation • Review supplementary materials for developing a personal action plan