Awakening the Inner WILDCAT

A 12-Week Wellness Incentive Program for NMU Employees

September 10 – December 3

Sponsored by the NMU Wellness Committee

“Wellness is more than just not being sick... It’s having hope and a sense of humor. It’s feeling good and having enough energy. It’s fitness of mind, body, and spirit that you pursue in your own way.”

— National Wellness Institute
How it Works:

In order to be eligible for the incentives, you must sign up by September 7

To sign up: Email your name and department to wellness@nmu.edu

You can officially begin earning points Monday, September 10

Points can be earned for many different activities which are detailed on the following pages as well as on the Employee Wellness website. The “Tracking Form” briefly explains the activities at the bottom of the document.

Every three weeks we will put all members who have participated within the last three weeks into a drawing. One winner will be chosen for each date listed.

October 1 – Prize Drawing #1
October 22 – Prize Drawing #2
November 12 – Prize Drawing #3

*Winners will receive an email notification of which prize they have won. All participants will receive an email with the name of the winner.

Grand Prize WINNER!

The program officially ends on Friday, November 30, the top point earning participant will receive a $100.00 gift card to the Marquette Food Co-Op, and there will be another drawing for everyone who participated for a $50.00 gift card for the Marquette Food Co-Op.

There is a tracking form located on the website that can be used to record your points. You can make copies and send them through campus mail every week, or you can complete it in Microsoft Excel and send it as an e-mail attachment every week. All tracking forms must be turned in by 5 p.m. each Friday.

- Email: wellness@nmu.edu -or-
- Campus Mail: PEIF Office #126 ATTN: Meagan Hennekens

There are some activities that are not listed on the tracking sheet, which you can still earn points for, including:

CPR Certification AHA Start! Tracker Filling out a Goal Card
Nominating for the Wellness Spotlight Getting in the Wellness Spotlight
Joining our Facebook group “Liking” our Facebook page

All of these activities will automatically be recorded when completed except for CPR certification. Please email Wellness to let us know if you are currently CPR certified, or if you take a CPR course during the semester. Physical activity may be recorded on the AHA Start! Tracker in place of the tracking form if preferred.
Health Risk Assessment: (10 pts.)

Log on to the Blue Cross Blue Shield of Michigan Website (www.bcbsm.com) and click “Take your Health Assessment.” This assessment is completely online and does allow you to save as you go so you do not need to take it all at one time. It does ask for your cholesterol, blood pressure and blood sugar and if you have those numbers available it does help give a more complete assessment. There are instructions on completing this in your folder. Once you have completed the health assessment form you will have access to a Personal Wellness Report, as well as an optional health coach and some other neat resources. This assessment is solely for your benefit. Please do not share your results with Wellness staff, just log the points on the tracking form.

Goal card: (2 pts.)

Goal cards are located on the Employee Wellness Website and in your folder. If you fill one out and return it via an email attachment or campus mail by September 28, you will receive points. If your goal is personal in nature, or you do not feel comfortable sharing it, you are not required to turn it in. In that case, please email Wellness to let us know that you filled one out.

Walk with Campus Trekkers: (2 pts per week)

Walk with a Wellness representative and other employees in one of the four buildings that are part of our Campus Trekkers Program. A Wellness representative will be present once a week in each building and you are welcome to join any group; it does not have to be in the building where your office is located.

AHA Start! Walking Program: (1 pt)

Northern Michigan University is part of the American Heart Association Start! Walking Program. We are set up as a company on the MyStart! Tracker so employees can track their progress under the University. Go to www.startwalkingnow.org to register with Northern Michigan University as your “company.” *For more detailed directions on how to sign up, please see the Employee Wellness Website.* You receive points just for signing up!

Physical Activity: (1 pt per half hour, up to 5 pts per week)

For every half hour of activity you earn one point, up to five points per week. You may either log your minutes on the American Heart Association Start! Tracker (listed above), or you may log your points on the tracking form (located on the website and in your folder) and email or send it through campus mail to PEIF Office 126 to Meagan Hennekens. (Paper forms must be submitted weekly by the following Friday at 5 p.m.)

Attend a satellite fitness class: (2 pts per class)

Satellite fitness classes are 30-45 minute moderate physical activity classes that will be held in several buildings on campus once a week. These classes are free to PEIF members and are great for getting a quick low impact, workout in during your lunch hour. Look for information on the Wellness Website. You will receive points for every class you attend.
Participate in “Get In, Get Out, Get Well” with your department: (1 pt for weekly sessions, 5pts for long sessions)

Get In, Get Out, Get Well is a 20-30 minute weekly (session times and frequency can be varied) program designed to bring health/wellness information as well as light physical activity to your department. If your department hosts Get In, Get Out, Get Well workshops you will receive points for attending.

Sign up for your PEIF membership: (5 pts)

Take advantage of this taxable benefit for NMU faculty and staff and sign up for your PEIF membership. If you sign up or are already a member you will receive points.

Get a personal trainer: (3 pts)

If you already have a personal trainer, or get a personal trainer during the semester, you are eligible for these points. Rec Sports has highly qualified trainers that can help you reach your fitness goals. If you are interested in signing up for a personal trainer, please contact the Rec Sports Main Office at 227-2519.

Attend a group exercise class: (1/2 pt per class)

If you attend group exercise classes throughout the semester you can count ½ point for each class attended. Remember that you can double count your points! This means for the two 30 minute exercise bouts that you are attaining within your group fitness class can count towards your 150 minutes of exercise per week. That’s up to 2 ½ points per class! (Only up to 150 minutes of exercise)

5-9 Fruits/Vegetables a Day: (1 pt per day)

Fruits and vegetables look good, taste good and are good for you. They are low in fat, low in calories, high in vitamins, high in minerals and high in fiber. If you consume 5-9 servings of fruits/vegetables a day, you receive these points. If you consume 2-4 servings a day, you can count ½ point.

Drinking 8 cups of Water a Day: (1 pt per day)

Having enough water throughout your daily activities is vital for your body to function properly. Keeping your body hydrated will help your body function at a more efficient level. If you consume 8 cups (8 fluid ounces = 1 cup) of WATER per day, you receive these points. If you consume 4-7 you can count ½ point.

Get a friend to join you to workout: (3 pts)

If you get a friend to join you to workout, record it on your tracking form. You can receive points for up to five friends per semester.

CPR Certification: (3 pts)

If you are CPR certified or if you take a CPR course, you are eligible for these points. CPR courses are available through Rec. Sports and you can sign up by calling the Main Office at 227-2519. Please email/campus mail Wellness to receive points for this.
Health risk screenings: (4 per screening)

If you have any type of health risk screening done, you will receive points. These screenings can be done at the NMU Health Center, at your family physician’s office, or by other qualified health personnel. Please do not share your results with Wellness staff, just record the points on the tracking form. Examples include, but are not limited to:

- cholesterol
- blood pressure
- blood sugar
- body composition/fat
- hearing
- vision
- breast cancer
- colo-rectal cancer

Rec. Sports will be hosting body fat and blood pressure screenings once a month all semester, free to members. These will take place September 5, October 3, November 7, and December 5 from 11 a.m. – 1 p.m. in the Rec. Center seating area/conference room.

*If you have any questions about whether to count your screening, please email Meagan at wellness@nmu.edu

Expand your wellness knowledge: (2 pts / up to 10 pts per week)

If you expand your wellness knowledge through reading a book or a scholarly article, you can count these points. You can also count these points for any of the activities listed under the Intellectual, Social, Emotional, Environmental, Spiritual, Occupational, and Financial dimensions of wellness on the website and in your folder. Wellness topics include, but are not limited to:

- Nutrition & Weight Management
- Stress Management
- Family/Safety
- Relationships
- Financial Wellness

*Email Wellness with any questions regarding eligible materials.

Nominate someone for the “Wellness Spotlight”: (1 pt)

If you notice a co-worker is really working hard on their health/wellness and motivating others to do the same, nominate them for the “Wellness Spotlight.” You can nominate someone by emailing Wellness the name of the employee and why you are nominating them. We will choose one employee a month, but just for nominating someone you receive points.

Receive the “Wellness Spotlight”: (2 pts)

If you are nominated by a co-worker and get in the “Wellness Spotlight” for the month, you receive points!