

Do Your Personal Goals Involve Weight Loss?

The Healthy Living Club encourages a healthy lifestyle. The benefits of living healthy include... increased energy, better mobility, lower cholesterol, reduced aches and pains, and lower health care costs.

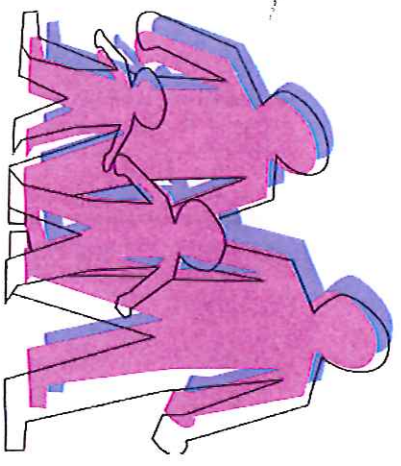
Make 2010 the year you resolve to feel your best and let us help!

If your goal this year involves weight loss, we are offering incentives and assistance to help you reach that goal. Pick a target that you would like to achieve by the end of the year, let us know and we will send you tips, recipes, exercise updates and encouragement to keep you motivated. Reach your goal and your hard work will earn you a reward...either (1/2) or (1) comp day depending on the weight loss.

Log into Blue Cross Blue Shield on the OLPD employee website and register. You can track your weight under the Personal Health Manager.

**10-15 lbs. (1/2) comp day
16 lbs. Or over (1) comp day**

Feel Young Again, in 2010!



**Oak Lawn Park District
Healthy Living Club**

Incentive Reward Program



**Healthy Living 2010
Incentive Program
Punch Card**

Attend at least 8 Healthy Living Meetings to be eligible to choose a reward!

Name _____

Jan	Feb	March	April	May	June
July	Aug	Sept	Oct	Nov	Dec

Rising STAR Category
Attend 8 out of 12 meetings

½ Comp day

Certificate for 30- minute massage

(1) Additional Ticket to a theater production (employee night)

(1) Ticket for a Stony Creek Special Event

(1) Certificate for Lunch/dinner at Stony Creek (\$20)

Mission Statement

The mission of the

Oak Lawn Park District

Healthy Living Club

is to promote the health and wellness of our employees by encouraging them to incorporate a healthy mind, healthy body and healthy spirit into their everyday life.

To kick off our 2010 Healthy Living Club, we are rewarding our employees for their commitment to living a healthy lifestyle!

All full-time employees who attend 8 out of the 12 yearly meetings will have the opportunity to choose one of the rewards for that category. If you are a real star and attend all 12 meetings, you can choose one of the rewards in that category!

Shining STAR Category
Attend 12 out of 12 meetings

1 Comp day

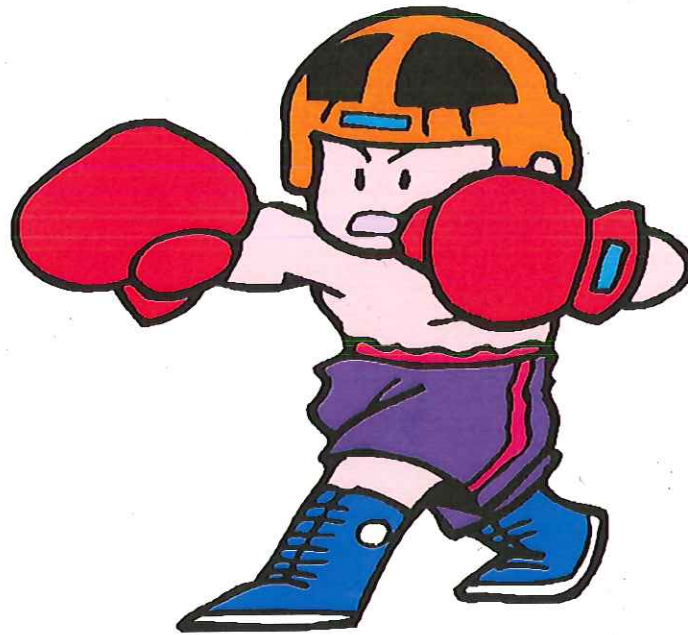
Certificate for 1-hour massage

(2) Additional tickets to a theater production (employee night)

(2) Tickets to a Stony Creek Clubhouse special event

(1) Certificate for Lunch/Dinner at Stony Creek (\$40)

Oak Lawn Park District
Healthy Living Club



**Punch Your Way to
Fitness in 2011**



Punch Your Way to Fitness in 2011

Are you ready to take charge? Do you want to be in control? If you answered yes, now is the time to take matters into your own hands and punch your way to fitness!

Everyone wants to be healthy and active and able to enjoy each day to the best of their ability. So take control of your health...eat better, exercise, watch your weight and see your doctor regularly. Even small changes make a difference.

Pick up your punch card today.

Complete any 10 "punches" on a card and you'll be entered into the Punch Your Way to Fitness raffle.

Submit each completed punch card (up to a maximum of five) and receive a chance to win:

**Golf Clubs.
Or
City Bicycle
Or
Fishing Rod and Reel**



Punch Your Way to Fitness in 2011

Purpose of Program

To encourage healthy habits by providing employees with incentives and encouragement to make small changes in their diets and fitness.

Measurement of Success

Initial questionnaire will be sent to all Healthy Living Club members gauging their current fitness and health habits. Results will be tabulated and compared to results received at the end of the program.

Program Details

Each Healthy Living Club member will receive a raffle ticket for completing the Health Questionnaire and one raffle ticket for completing each punch card for up to a maximum of five tickets for five punch cards. The punch cards contain simple steps that each employee can do to improve their health and fitness.

A raffle would be held in June 2011 for a grand prize of either golf clubs, a bicycle or a fishing rod and reel (prize determined by the winner). Donation letters have been sent to area sporting goods store, health stores, etc. requesting health and fitness related gift certificates or merchandise. Donors will be recognized on the Oak Lawn Park District Employee website. Depending on the donation response, we would also like to have a small raffle at each monthly Healthy Living Meeting.

Desired Program Result

The goal is to:

- Introduce members to different fitness ideas and healthy foods
- Show how small steps can make a difference
- By using repetition, improve the chances that these tips will incorporated into a daily /weekly routine

Healthy Living Participant Survey 2010/2011

Please complete the following questionnaire and return to Dawn at Administration by September 1, 2010. Return the completed questionnaire and be entered in a drawing scheduled for Summer 2011 for one of the following:

**Set of golf clubs,
City Bicycle or
Rod and reel**

**Look for more information on the raffle in upcoming
Employee/Healthy Living Newsletters.**

1. Do you use sunscreen? Yes No

How do you work out?

2. Do you currently use any of the following:

✓ Elliptical	Yes	No
✓ Treadmill	Yes	No
✓ Racquet Club/Pavilion fitness facilities	Yes	No
✓ Park District walking paths	Yes	No
✓ Pedometer	Yes	No

What are your eating habits?

3. Do you eat any of the following foods on a regular basis (at least twice a week)?

✓ Yogurt	Yes	No
✓ Breakfast cereal	Yes	No
✓ Flaxseed	Yes	No
✓ Fruit	Yes	No
✓ White bread	Yes	No
✓ Wheat bread	Yes	No
✓ Soda pop	Yes	No
✓ Potato chips	Yes	No
✓ Green salad	Yes	No
✓ Whole milk	Yes	No
✓ Skim milk	Yes	No

In the last 6 months

4. Have you done any of the following?

✓ Worked on a crossword, sudoko, or word search puzzle	Yes	No
✓ Visited a museum	Yes	No
✓ Attended a play or concert	Yes	No
✓ Read a book	Yes	No

List of Challenges

- ✓ Enrolled in a fitness class
- ✓ Bought walking shoes that really fit
- ✓ Spent two ½ hour sessions on the treadmill
- ✓ Replaced one meal with a green salad
- ✓ Found out what my cholesterol is
- ✓ Replaced white bread with whole wheat
- ✓ Ate two pieces of fruit a day for a week
- ✓ Walked the path at Centennial Park
- ✓ Biked Wolfe Wildlife
- ✓ Worked out in the weight room at the Pavilion
- ✓ Added flax seed to your cereal or yogurt for a week
- ✓ Switched regular milk for skim milk
- ✓ Used the fitness facility at the Racquet Club
- ✓ Walked ten laps on the Pavilion walking track
- ✓ Bought a pedometer and logged 10,000 steps
- ✓ Joined a sports league
- ✓ Lost 2-5 lbs.
- ✓ Used sunscreen regularly
- ✓ Replaced soda pop with water or juice
- ✓ Replaced potato chips with healthy nuts like walnuts
- ✓ Did 30 minutes on the elliptical
- ✓ Volunteered for a community organization
- ✓ Played a round of golf
- ✓ Visit a museum/attend a cultural event
- ✓ Read a book
- ✓ Completed a crossword puzzle/sudoku/word search
- ✓ Enjoyed dinner with friends
- ✓ Played a round of golf
- ✓ Tried a new sport
- ✓ Visited park or natural area to relax

Complete
any ten
challenges



*Return to
Administration
after completion.*

CHALLENGES

Date
Completed

- Completed crossword , sudoku or word search
- Enjoyed dinner with friends
- Enrolled in a fitness class
- Bought walking shoes that really fit
- Spent two ½ hour sessions on the treadmill
- Replaced one meal with a green salad
- Found out what my cholesterol is
- Replaced white bread with whole wheat
- Ate two pieces of fruit a day for a week
- Walked the path at Centennial Park
- Worked out in the weight room at the Pavilion
- Added flax seed to your daily cereal or yogurt
- Switched regular milk for skim milk
- Used the fitness facility at the Racquet Club
- Walked ten laps on the Pavilion walking track

Card A

Complete
any ten
challenges



*Return to
Administration
after completion.*

CHALLENGES

Date
Completed

- Completed crossword , sudoku or word search
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Card A



*2012 Walking Program
Begins September 4
Ends October 9*

Ok...let's try this one more time!

Due to an unforeseen computer glitch, we were unable to do our summer walking program. Evidently our computer system knew better than we did, because trying to walk during the hottest summer in over 50 years would not be successful. So we have extended our walking challenge to September and October. Hopefully, the weather will cooperate and provide us with a perfect environment to walk, walk and walk even more.

We hope that you will join us for this opportunity to improve our health, enjoy nature and work as a team with our fellow staff members.

Thank you for your patience and understanding!

OLPD Healthy Living Club



One More Time...



Healthy Living Club

Walk this way...

After tabulating the results of our 2012 Healthy Living Club, we found that staff members agreed on two things overall—they enjoy getting together with other employees and they feel that incentives are much more productive than penalties when it comes to encouraging a healthy lifestyle. So that brings us to our next Healthy Living Challenge.

In conjunction with Chicago Health Consultants, we will begin an online walking club. Staff members who would like to participate will receive a pedometer. You will be able to download your daily steps into a computer program that will track them. Staff members will be divided into teams of four (this is where interacting with your fellow employees comes in). The team with the most steps at the end of the challenge will receive a monetary prize and one comp day (and this is where the incentives come in!).

Teams will be picked on a random basis by the Healthy Living Committee. The more steps you walk, the greater the health benefits and the greater chance that you will have to “walk” away with a little something to brighten your day!

Please fill out the bottom portion to be entered into the “Walk This Way” Challenge. Teams will be announced in June. Any questions, please contact Dawn at Administration.

“Walk This Way Challenge” 2012

Name _____

Dept. _____

_____ I would like to participate in Healthy Living Club 2012 Challenge. I understand that I will be part of a team, receive a pedometer and be responsible for downloading my results into the program.

Please return to Dawn at Administration by August 17, 2012