

Hello.

The School Wellness Council is organizing a staff wellness competition. The goal is to improve overall staff wellness in a fun, team oriented competition. It is important to note that participation in this competition is 100% voluntary, and, once teams are created, will be 100% anonymous. Teams will consist of a maximum of 3 staff members. Each week, you will keep track of the following stats (a sheet will be provided to assist with this): Steps, water intake, servings of fruits & vegetables, number of exercises (minimum of 20 minutes), and weight change (you will not report your initial starting weight, but simply the change that occurs each week, and again it is set to be anonymous).

Here's how it will work:

- 1.) Join up with other staff members (3 max per team) and complete the Google Form below, creating a team name.
- 2.) Using a provided sheet, keep track of the stats listed above. Every Friday, you will complete a Google Form where you simply select your team name from a list, and input your weekly totals. I will not know who the stats are attached to, just what team they are associated with.
- 3.) That's it.

All stats will be averaged per team and will be combined to create an overall team score. A scoring scale will be established based on the number of teams participating. We are currently working on a time frame for the competition to run as well as a prize incentive for the winning team, but we wanted to get the sign ups under way. This is meant to be a fun, team building exercise that benefits the overall wellness of the staff. We are working on the "honor system" when tracking and inputting your health statistics. If you are interested in competing, please gather some team members and complete the form below. Please pass this along to all TAs and one-on-ones that you work with as well. Once teams have been created, a followup email will be sent to begin the competition. Feel free to contact me with any questions.

https://docs.google.com/forms/d/e/1FAIpQLScHrabN_nDV2EJRnZ9i6DyX8C3QmhT17ZRssIV32H6X-DxCg/viewform?usp=sf_link

Staff Wellness Competition Team Sign-Up

Please complete the following form once you have created your team. Enter your team name, and the name of each team member. There is a maximum of 3 staff members per team, however you may compete with only two team members, or individually.

Team Name *

Team Member 1 *

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docs.google.com

"Staff Wellness Challenge" Log

Week of: _____

	<u>Sat.</u>	<u>Sun.</u>	<u>Mon.</u>	<u>Tue.</u>	<u>Wed.</u>	<u>Thur.</u>	<u>Fri.</u>	<u>Total</u>
Total Steps:								
Water Consumed (ounces):								
Fruits/Veg. (# of servings):								
Exercise (# of times; minimum 20 min.):								
Weight Change (+/- pounds):								

* Middle School Staff ✕

Hello,

On March 20, the WTMS School Wellness Council, in conjunction with representatives from AtlantiCare, will be providing staff members with opportunity to join the "Commit to Fit" campaign. The representatives from AtlantiCare will be bringing a Tanita Scale that completes a body scan gathering various health data points. The machine only requires that you stand on it with your shoes off, like any standard scale. The body scan will measure the following areas: Weight, Fat %, Fat Mass, Fat Free Mass, Muscle Mass, Total Body Water, Bone Mass, Basal Metabolic Rate, Metabolic Age, Visceral Fat Rating, Body Mass Index, Ideal Body Weight, Degree of Obesity. We are looking for staff **volunteers** to complete the scan. The representatives from AtlantiCare will then be returning at the end of the school year to complete a second scan, looking for changes in health. Participants will receive weekly health newsletters via email. AtlantiCare will be completing the scans during the lunch periods in room J-107. Each individual session will take approximately 5 minutes. You will not be completing the scan in front of other staff members. If you are interested, please use the link below to sign up for your individual time slot. Only one staff member per time slot will be accepted. Time slots are limited, so spots will be accepted on a first come first served basis.

What: Commit to Fit body scan by AtlantiCare
When: March 20th during the lunch periods
Where: J-107

Sign-Up Link: <https://docs.google.com/document/d/1ut2hQIMXFefWg2EvwLySLhrjj9p4FslzUHX-Ckr11z8/edit?usp=sharing>

Thank you,