



March 2024 - WELLNESS PROGRAM OPTIONS FOR HEALTHY BUCKS & HEALTH SMART QUALIFYING

Wellness aims to design programs that will address the 5 Health Smart risk factors monitored during the insurance qualifying process: blood pressure, triglycerides, LDL cholesterol, waist circumference, and A1c (blood sugar).

Each of the below programs can earn you \$50HB or one hour of qualifying education unless otherwise indicated.

REMINDER: YOU MUST ARRIVE NO LATER THAN 5 MIN AFTER THE START OF THE CLASS TO RECEIVE CREDIT



Register for all programs on <http://colliergov.GoSignMeUp.com>

	Class Title	Date	Day	Time	Location
National	Beyond the Table	4th	Monday	12-1pm	Property Appraisers - 3950 Radio Rd, Conference Room
	Beyond the Table	4th	Monday	6-7pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Beyond the Table	7th	Thursday	12-1pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	Beyond the Table Más Allá de la Mesa	12th	Tuesday	7-8am	North Collier Regional Park - Admin. Building, 15000 Livingston Road, Admin Building Rooms A & C
	Beyond the Table	12th	Tuesday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Beyond the Table	13th	Wednesday	7-8am	Wastewater Collections - 6027 Shirley St, Conference Room
	Beyond the Table	14th	Thursday	6:15-7:15pm	Golden Gate Community Center - 4701 Golden Gate Parkway, Room C
	Beyond the Table	18th	Monday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Beyond the Table	19th	Tuesday	12-1pm	UF/IFAS Collier Extension - 14700 Immokalee Rd
	Beyond the Table	19th	Tuesday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
	Beyond the Table	25th	Monday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	Beyond the Table	26th	Tuesday	12-1pm	South Regional Library - 8065 Lely Cultural Parkway, Auditorium
	Beyond the Table	28th	Thursday	8-9am	Heritage Bay Government Center - 15450 Collier Blvd, Towne Hall Meeting Room
Fitness YOU WILL BE REQUIRED TO EXERCISE DURING ALL FITNESS SESSIONS	Easy Mat Pilates	Starts 4th	MON/WED Mar 4 - Apr 24	12:05-12:55pm	Main CCG Campus - Employee Fitness Center - 3327 Tamiami Trail E Requires annual Park n' Rec membership or \$30 fee
	HIIT Boot Camp	Starts 4th	MON/WED Mar 4 - Apr 24	1:05-1:55pm	Main CCG Campus - Employee Fitness Center - 3327 Tamiami Trail E Requires annual Park n' Rec membership or \$30 fee
	Strength & Flexibility	Starts 4th	MON/WED Mar 4 - Apr 24	5:30-6:30pm	Main CCG Campus - Employee Fitness Center - 3327 Tamiami Trail E Requires annual Park n' Rec membership or \$30 fee
	Yoga for Everybody	Starts 5th	TUE/THU Mar 5 - Apr 25	12:05-12:55pm	Main CCG Campus - Employee Fitness Center - 3327 Tamiami Trail E Requires annual Park n' Rec membership or \$30 fee
	Zumba - Movement & Music!	Starts 5th	TUE/THU Mar 5 - Apr 25	5:30-6:30pm	Main CCG Campus - Employee Fitness Center - 3327 Tamiami Trail E Requires annual Park n' Rec membership or \$30 fee
	Baker Park 5k	9th	SATURDAY	Race Starts 7:30AM	50 Riverside Circle Gulf Coast Runners Event - register at https://gulfcoastrunners.wordpress.com/ and on GSMU
	Magic Pilates Ring Workout	21st	Thursday	5:15-6:15pm	Growth Management - 2800 Horseshoe Dr, Rooms 609/610
	10k Run for Music	23rd	SATURDAY	Race Starts 7:30AM	Artis Naples - 5833 Pelican Bay Blvd Gulf Coast Runners Event - register at https://gulfcoastrunners.wordpress.com/ and on GSMU
	Bands Everywhere	28th	Thursday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
	Fitness Center Program	Jan-Sep	3 consecutive months	Workout 30min, 6x/mo	Any of the 4 CCG Park & Recreation Fitness Facilities. CCG Park & Recreation Membership Required. Employee Memberships \$4.69 per paycheck.
Emotional Wellness	Better Understanding Grief/Loss Susie Rosbottom, LMHC	27th	Wednesday	12-1pm	North Collier Government Center - 2335 Orange Blossom Dr, Towne Hall Meeting Room
Group Stress Reduction	Change Your Thinking and Start Living!	5th	Tuesday	12-1pm	Main Campus - Risk Management Building D, Training Room
	Laughter to Deal with Toxic People	21st	Thursday	12-1pm	Fleet Management - 2901 County Barn Rd, 2nd Floor Training Room
Money Matters	Mortgage Modifications	6th	Wednesday	12-1pm	Golden Gate Community Center - 4701 Golden Gate Parkway, Room C
	Mortgage Modifications	28th	Thursday	5:15-6:15pm	Main Campus - Risk Management Building D, Training Room
Great Outdoors	Audubon Corkscrew Swamp Sanctuary Walk \$75 HB	23rd	SATURDAY	8:30-9:30am	375 Sanctuary Road W - <i>This program requires a \$15 admission fee per person. Must register on GSMU and on the Corkscrew Sanctuary website and pay fee in advance. Space limited!!</i>

2024 HEALTHY BUCKS PROGRAM OUTLINE ON NEXT PAGE

Register for all programs on <http://colliergov.GoSignMeUp.com>

2024—Healthy Bucks Program

ALL PROGRAMS WILL BE VALUED AT \$50HB, UNLESS OTHERWISE INDICATED (MAX. \$300)

\$150 Maximum Healthy Bucks earned by participating in these programs:

- 1) Wellness Education Sessions—Topics on the latest Nutrition, Fitness, Stress Reduction, Emotional Wellness, Money Matters, Great Outdoors - **\$50HB**
- 2) Wellness Group Fitness Programs - Employee Wellness Fitness Center - **\$50HB**
 - Participate in the Wellness-sponsored Exercise Programs (Zumba, Pilates, Yoga, etc)
 - \$30 registration fee is required for all non-Park n'Rec fitness members)
 - must attend 12 of 16 exercise sessions (*Wellness group fitness free with Fitness membership*)
- 3) Fitness Center Program—Join the Employee Wellness Fitness Center or Park n' Rec Centers - **\$50HB**
 - must exercise for 30 mins. 6 times per month for 3 consecutive months at CCG Fitness Centers
 - fitness membership required by payroll deduct
- 4) Complete a timed CCG Park n'Rec or chip/timed Gulf Coast Runners' sponsored Event or a Virtual Race event—allowed due to COVID (specific tracking/authenticity requirements) - **\$50HB**

The Remainder \$150 Healthy Bucks earned by participating in these RESULT-BASED HB programs:

- 1.) Complete the Holiday Waist Challenge **OR** Holiday Fitness Challenge - **\$50HB**
- 2.) *Off the Cuff* - Blood Pressure Program - **\$50HB**
 - **Blood Pressure < 130/90**
 - Maintain or lower your blood pressure to goal range by September 30, 2024
 - Attend a Wellness Blood Pressure - Weight Clinic during Aug. 1st—Sept. 26, 2024 to repeat your BP
- 3.) *Sugar Busters* - A1C Management Program - **\$50HB**
 - **A1C < 5.7% OR** for those with **Type 1 or Type 2 Diabetes A1C ≤ 7%**
 - You will be required to have your non-fasting A1C blood glucose drawn starting July 15, 2024.
 - All repeat non-fasting A1C blood draws conducted by appointment at the Main Campus MedCenter, 252-4257 or North MedCenter 315-7111 starting July 15 — September 27, 2024.
- 4.) *Re-shape Your Frame* - Body Composition Program - **\$50HB—initial measurements taken with Midland Health lab draw**
 - **Waist Circumference Women ≤ 35 inches and Men ≤ 40 inches**
 - **For women- if waist circumference is 36-40 inches must lose 1 inch; if > 40 inches must lose 2 inches**
 - **For men- if waist circumference is 41-45 inches must lose 1 inch; if > 45 inches must lose 2 inches**
 - **MUST measure-IN for Re-Shape Your Frame by 1/31/24, either by attending a clinic or by scheduling an appointment with a Wellness Dietitian.**
 - **ALL FINAL Waist measurements will be repeated August 1st - September 26, 2024 by attending a Wellness Waist - Blood Pressure Clinic.**

*Alternative Result-based HB programs are available for those who may not consider the above options feasible. Must register by January 31, 2024. See Wellness for details.

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