



# STATE OF FLORIDA DEPARTMENT OF JUVENILE JUSTICE

## Team Wellness Challenge Overview

The Team Wellness Challenge (TWC) is meant to encourage and promote a variety of wellness and nutritional programs at the local and state level for the purpose of improving DJJ employees' health. Components of the TWC program will benefit all participating employees (Team Members), and through TEAM interaction, Team Members will encourage and support each other in the program's overall goal, which is to further opportunities for employees to be healthy.

The TWC program will have a monthly schedule of events and options for Team Members to gain "points" as individuals and as a TEAM. Some components of the monthly schedule of events will be awarded points through an honor code and some by confirmation of the Team Captains and local/state Wellness Committee.

Points earned by individuals and teams will be used as a means to provide awards and incentives for employees to meet and exceed the monthly point goals as noticed in the schedule of events. Each month a standard point goal per individual will be "30 points" and point goal per team will be "120 points".

FREE KICKOFF BREAKFAST for participants of Fruit, Yogurt, Bagels and Juice on Friday, April 30, at 7:30am to 8:00am held by the Wellness Committee in the Lobby of the Knight Building.

### Allocation of Monthly Points (Minimum Goal per Team Member is 30 points):

Team Members of each wellness team can earn points individually and for their TEAM in various OPTIONAL ways:

#### 1. Exercise

- ❖ 1 point earned for each one-mile walk/run event sponsored by the wellness committee;
- ❖ 1 point earned for each 10,000 steps as recorded by the Team Member's Pedometer;
- ❖ 2 points for a Team Member's gym membership;
- ❖ 1 point for every run / walk mile, 1 point for every 3 biked miles accomplished at a 5k and 10k run or bike event.

#### 2. Diet and Weekly Optional Weigh-ins

- ❖ 1 point earned per week for every FULL pound lost;
- ❖ 1 point earned per week for each grocery receipt with fresh fruits & vegetables purchased;
- ❖ 1 point earned for drinking eight 8-ounce glasses of water a day (all fluids count toward the daily total);
- ❖ <http://www.mayoclinic.com/health/water/nu00283>.

#### 3. Education

- ❖ 2 point earned for attending a Lunch and Learn;
- ❖ 1 point earned for each Health Initiative printed and read by Team Member.

#### 4. Check-ups

- ❖ 5 points earned for a completion of an annual physical or medical appointment checkup, confirmed by a doctor's note;
- ❖ 2 point earned for any of the following health screenings held by the Wellness Committee or by personal appointment; (Vascular Screenings, Hearing Screenings, Eye Screenings, Physical Screenings, Ergonomic/Chiropractic Screens, etc).

#### 5. Possible Events and Options to be held locally and state-wide

- ❖ One-mile Walk Groups;
- ❖ Lunch & Learn;
- ❖ Health Initiatives Online;
- ❖ Health Screenings; (Vascular Screenings, Hearing Screenings, Eye Screenings, Physical Screenings, Ergonomic/Chiropractic Screens, etc)
- ❖ Community 5k and 10k walk/run;
- ❖ Weekly Weigh-ins and Body Mass Checks;
- ❖ Pedometer Use for Counting Steps.

#### **Individual Prizes:** (*Gifts/food to be paid for by local Challenge Sponsor, New Leaf or Publix?*)

- ❖ Monthly prize of a Parking spot for one HQ Team Member with Highest Point Score (Similar award for local programs?);
- ❖ Quarterly certificate signed by Secretary (and Dr. Johnson?) for reaching Quarterly Point Goals (Minimum 90 points per quarter and 30 points per month);
- ❖ 1 Blue-Jeans Day coupon for exceeding Monthly Point Goal.

#### **Team Prizes:**

- ❖ Quarterly prize per Team Member for each Detention, Residential, Probation, and Headquarters TEAM with Highest Point Score;
- ❖ Quarterly prize of a plaque per Team Member for state-wide TEAM with Highest Point Score (and names of TEAM on main Team Wellness Challenge Plaque in HQ lobby).

#### **Organization of teams for wellness challenges:**

Teams will have one team captain and a maximum of 4 participants. Team captains will be selected and all participants that desire to enter will be divided among the teams by the local or state-wide Wellness Committee. All DJJ employees will be asked to submit their names for consideration as a Team Captain or Team Member through the Team Wellness Challenge web page on the Intranet. Teams will be comprised with employees who typically do not work with each other on a daily basis.

**Participants with a medical condition should clear involvement with their doctor before participating in this program.**