1. Work towards achieving certification from an appropriate agency, such as the American Heart Association, that recognizes employers as “healthy organizations.”

2. Administer a survey in Spring 2014 to establish the level of employees’ awareness of healthy living, current participation in physical activities and suggestions for the Wellness Works Program activities.

3. Setup a walking program will include signs/trails throughout the university campus with mileage listed and within specific buildings stairwells with number of calories burned and number of steps.

4. Offer an on-site Workout Program. Get local vendors to provide a one-hour workout program (5:15 p.m.-6:15 p.m.), twice a week, for 24 weeks, at 6 buildings on campus.

5. Establish a 24 week challenge for up to 200 employees who voluntarily enroll: meeting with a personal trainer, one meeting with a nutritionist, initial screenings, and 8 group meetings with nutritionist. Individual goals for each participant would be established and documented. If the goal is met at the end of 24 weeks, the participant would receive a $100 gift certificate.

6. Provided a Health & Wellness Fair November 12, 2013 that included over 50 vendors, a variety of demonstrations and concurrent sessions.

7. Offer Guest Speakers and/or Brown Bag Lunch programs monthly that will include topics such as nutrition, exercise, how to access the BlueCross & BlueShield services, etc.

8. Identify about 150 wellness champions “Wellness Warriors”, across the university. Provide a $25 gift certificate for participating that can be used in the Wellness Works Reward catalog.

9. Establish Wellness Works Rewards. Identify a reward structure that would include points for employees who reach certain milestones (to be determined). Points would be redeemed by choosing gifts listed in a Reward Catalog.

10. Coordinate a 17 week Weight Watchers program with the regular meetings held on the university campus or elsewhere. Minimum of 20 participants at $10.94/week, which would be paid by the participant.

11. Work with the A&M Physician’s Group to provide on-site annual exams.

12. Coordinate various support groups such as diabetes, or high blood pressure.

13. Implement a robust communication/marketing campaign for the Wellness Works Program that would include creative communications and a comprehensive website.

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**Texas A&M University - Kingsville**

1. Health & Wellness Fair - Weekend event for employees and families with booths including American Diabetes Assoc., Morgan Pediatric Center, Beltone Hearing Center, CVS, Radiology, American Cancer Society, etc. Create awareness of self-management of health.

2. Wellness Education “Brown Bag” Series - Six noontime education sessions for employees – use local agencies and university Human Sciences and Pharmacy School with focus on self-improvement, recognition, and healthy habits (food and exercise). This will include healthy snacks and door prizes.

3. Javelinas Walk Across Texas is a walking/running/aerobic program in which participants join a team of 8 to walk the distance of Texas (830) miles. Walking at Campus Student Recreation Center or externally. This will include pedometers, t-shirts and winning team awards.

4. Enhance visibility of Recreation Center and its availability to Faculty and Staff

5. Group Exercise - Two 8-week sessions of group exercise classes (e.g., zumba, yoga, etc.) during the 12 p.m. lunch hour and immediately following the end of the work-day. This will include free membership to the Campus Student Recreation Center during lunch hour for all Faculty and Staff and instructor fees for classes.

6. Development of exercise mentality for health and stress relief

7. Group support of each other in developing exercise lifestyle

8. Monthly 5K Fun Run/Walk - Monthly events on weekends and is open to students, faculty, and staff. Themes will be promoted for each month (e.g., November Turkey Trot) and will be held on campus. This will include t-shirts, advertising, and water/juice to participants.