Texas A&M University - Corpus Christi

Walking Program
1. Provide T-shirts (50 shirts)
2. Access to campus recreation facility
3. Gym access through punch passes – 5 visits for $10. Employees have the chance to obtain punch passes through a request process and use the campus recreation facility. Once the whole pass is used for exercise it can be turned in, the participant’s name will be entered into drawings for incentive prizes. Persons making significant lifestyle changes or commitment will receive campus-wide recognition. Tracking, communication, pass issuing will require student staffing.

Educational Programming
1. Brown Bag style weekly activity for 3 weeks
2. Once per month open/interactive Active Islander Events.
3. Speakers across campus on topics such as:
   - Orientation to cardiovascular equipment and federal recommendations
   - Orientation to weight equipment and federal recommendations
   - Sleep – the role it plays in wellness
   - Basic nutrition and recommended resources
   - Stress Management
   - Mindfulness
   - Employee Assistance Program – review of services
   - Exercise intensity
   - Know your numbers
   - Cooking demonstration
   - Know your resources – review of BCBS, Rec Sports, and Human Resources services and programs
4. Active Islander Events such as: Table tennis tournament, bean bag toss, free throw shooting, basic yoga, timed one mile walk, wellness expo, fitness assessments (know your numbers)

Prairie View A&M University

1. Identify a strategy to engage the faculty and staff in focused health awareness.
2. Create an informational campaign to target the top three chronic conditions identified by BlueCross BlueShield statistics: Hypertension, Diabetes, and Obesity.
3. Conduct a Flu Clinic(s)
4. Provide Health Screenings
5. Conduct Employee Kick-off Health Fair
6. Conduct webinars
7. Conduct 2 nutrition and healthy eating events on main campus
8. Providing a series of events which require the employee’s conscious involvement on a continuous basis:
   - Walk your way to health
   - Know Your Numbers
   - Hype for Hypertension (learn to monitor your blood pressure)
   - Use of smart phones to monitor health