Texas A&M University-San Antonio

1. The initiative will teach employees how to eat, prepare and order healthier foods at home and away from home.
2. Provide two cooking classes per fiscal year by chefs specializing in preparing healthy meals and presenting nutritious meal options. Door prizes will be provided which include how to eat healthy cookbooks and gift cards to various health-minded establishments in San Antonio.
3. A local vegetarian and kosher restaurant, Green, will hold two classes lasting 2 hours each, involving:
   a. viewing the food preparation,
   b. sampling the prepared food and
   c. receiving tips on how to eat healthier.
   Door prizes will be given for each session.
4. The University’s Employee Assistance Program provider, Deer Oaks, will provide presentations on each of the following areas:
   a. Mental Health,
   b. Physical Health and
   c. Healthy Eating.
5. Several guest speakers will address nutrition and exercise.

Texas A&M University-Commerce

1. Integrate LiveHealthy America to enhance the current offerings and meet the following goals:
   a. Establish a permanent exercise tracking program on campus.
   b. Provide accountability for participants to track their own activity and connect and/or compete with others on campus.
   c. Integrate other Employee Wellness Program Components into an overall tracking system.
2. The Employee Wellness Program offers:
   a. bi-annual blood screenings,
   b. a weekly schedule of employee fitness classes and
   c. a variety of workshops addressing career and occupational wellness topics.
3. Offer an on-campus personal and professional development conference and health screening day for faculty and staff.
4. Have keynote speakers who emphasize numerous positive returns on investing in personal wellness and holding a series of workshops.
5. Implement LiveHealthy America, an online tracking tool which will allow several programs to be offered that have physical challenges and will allow participants to access online content.