

Wellness Works 2009

First Session (Jan 12- June 6)

Exercise:	<i>ICC Fitness Center</i>	20 sessions = 15 points	<input type="checkbox"/>
		35 sessions = 30 points	<input type="checkbox"/>
		50 sessions = 45 points	<input type="checkbox"/>
	<i>Home Workout or Off-campus FC</i>	20 sessions = 15 points	<input type="checkbox"/>
		35 sessions = 30 points	<input type="checkbox"/>
		50 sessions = 45 points	<input type="checkbox"/>

Exercise logs from this session must be turned in to Health Services by June 7th

Program:	<i>"March Madness"</i>	Completion = 20 points	<input type="checkbox"/>
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"Spring Training" log must be completed and turned in to Health Services by June 7th

Seminars:	<i>"Seminar #1"</i>	Attendance = 10 points	<input type="checkbox"/>
		Video/DVD = 5 points	<input type="checkbox"/>
	<i>"Seminar #2"</i>	Attendance = 10 points	<input type="checkbox"/>
		Video/DVD = 5 points	<input type="checkbox"/>

Second Session (June 8 – October 30)

Exercise:	<i>ICC Fitness Center</i>	20 sessions = 15 points	<input type="checkbox"/>
		35 sessions = 30 points	<input type="checkbox"/>
		50 sessions = 45 points	<input type="checkbox"/>
	<i>Home Workout/ Off-campus FC</i>	20 sessions = 15 points	<input type="checkbox"/>
		35 sessions = 30 points	<input type="checkbox"/>
		50 sessions = 45 points	<input type="checkbox"/>

Exercise logs from this session must be turned in to Health Services by November 1st

Program:	<i>"Family Health Matters"</i>	Completion = 20 points	<input type="checkbox"/>
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"Colorful Choices" log must be completed and turned in to Health Services by November 1st

Seminars:	<i>"Seminar #3"</i>	Attendance = 10 points	<input type="checkbox"/>
		Video/DVD = 5 points	<input type="checkbox"/>
	<i>"Seminar #4"</i>	Attendance = 10 points	<input type="checkbox"/>
		Video/DVD = 5 points	<input type="checkbox"/>

Annual Activities (Claimed by participant once per calendar year only)

Health Maintenance Exams: (<i>Documentation required</i> & exams Must have taken place between November 2, 2008, and October 30, 2009)	Physical = 5 points	[]
	Dental = 5 Point	[]
	Vision = 5 points	[]
	Mammogram = 5 points	[]
	PSA/DRE = 5 points	[]
	Bone Density Screening= 5 pts	[]
Smoking Cessation: (Documentation <i>required</i>)	Non Smoker = 10 points	[]
	Kick the Habit = 75 points	[]
*Weight Loss: "Dump The Plump" (Documentation <i>required</i>)	10% loss = 25 points	[]
	20% loss = 50 points	[]
Miscellaneous (Documentation <i>required</i>)	CHIP Program = 100 points	[]
	Body For Life = 100 points	[]
	Moonwalk (Cannot be used for home workout points)	
	100 miles = 10 points	[]
	200 miles = 20 points	[]
	500+ miles = 30 points	[]
	CPR/AED Certification = 5 pts	[]
	Blood, Plasma or Pheresis Donation = 5 pts (Need copy of card)	[]
	New Year's Exercise Bonus =15 points (20 sessions from Nov 2, 2008 - Jan 11, 2009)	[]
	Charity walk/run = 5 points (1 per year) (Need copy of registration)	[]
	Bonus Program: " <i>Health Perks</i> " = 20 points (May complete anytime within the 2 Sessions and turned in by October 30)	[]