



Connors State College Employee Wellness Program

Our mission is to establish and maintain opportunities that promote a worksite culture that supports employees' desire to make healthy lifestyle choices.

Starts February 1, 2012

Registration forms can be picked up in the business offices or Warner Fitness Center beginning on January 9, 2012.

COST Refundable
\$25
conditions may apply

Program Overview

- * The initial program will run from February 1, 2012 through April 30, 2012.
 - Three programs will be offered each year (January-April) (May-August) (September-December)
- * The cost is \$25 per program for each participant. The fee will be refunded to participants if all minimum requirements are met (See backside for group requirements and further details).
- * Workout facilities will be provided for both Warner and Muskogee members.
 - Warner Fitness Center- FREE for all CSC employees
 - Muskogee Swim and Fitness- \$15/month (Regular membership fee is \$37.25, saving you over \$22/month!)
- * "On the Menu" Special Events
 - Monthly "On The Menu" seminars will be offered to employees and will cover a wide range of wellness topics, such as , Eating for Disease Prevention, Stress Reduction, Healthy Back & Basic Garden Planning. Seminars will be available to both Warner and Muskogee Campuses utilizing ITV technology.
- * Private "Pre and Post" Test Assessments will be given.
 - Tests include, height and weight, body composition, blood pressure, step test, sit and reach, and curl ups. Cholesterol testing will be optional at no charge to the employees-date/time- TBA
- * FREE Physical Fitness Plans will be given to all participants to use as a guide for the "Get Fit" Program
- * Monthly drawings will be awarded to Gold and Silver participants!

Important Dates:

Sign up Deadline: **January 20** (Please contact Esther King at esther.king@connorsstate.edu or 918-463-6262) to sign up. Assessment Testing Dates: Warner- **January 23-24 * 9 am-4 pm** * Muskogee **January 26 & 27 * 9 am-4 pm**
Spring Program Start Date: **February 1, 2012** * Spring Program End Date: **April 30, 2012**

Gold Plan

Eligibility for incentive awards will be determined by:

- 1.) Enrollment into the CSC Wellness Program
- 2.) A “pre and post” physical assessment” screening
- 3.) Continuous program participation in the “Get Fit” Physical Fitness Program. Minimum Requirements include: 3 (three) daily exercise sessions per week, or 12 (twelve) daily exercise sessions per month. These sessions must be completed at the Warner Campus Fitness Center or Muskogee Swim and Fitness.

Incentives include:

Membership Kit, monthly random prize drawings, participation in all Campus Wellness Activities, “On The Menu” Monthly Health Seminars, and receive an Individual Incentive Award in May for completing all GOLD plan requirements.

RANDOM DRAWINGS

February

Day Spa Treatment for One

March

Apple Ipod Nano

April

**\$100 Gift Card
(Dick's Sporting Goods)**

Individual Incentive Award-
ONE FULL COMP DAY

Silver Plan

Eligibility for incentive awards will be determined by:

- 1.) Enrollment into the CSC Wellness Program
- 2.) A “pre and post” physical assessment” screening
- 3.) Continuous program participation in the “Get Fit” Physical Fitness Program. Minimum Requirements include: 2 (two) daily exercise sessions per week, or 8 (eight) daily exercise sessions per month. These sessions must be completed at the Warner Campus Fitness Center or Muskogee Swim and Fitness.

Incentives include:

Membership Kit, monthly random prize drawings, participation in all Campus Wellness Activities, “On The Menu” Monthly Health Seminars, and receive an Individual Incentive Award in May for completing all SILVER plan requirements.

RANDOM DRAWINGS

February

Day Spa Treatment for One

March

Apple Ipod Shuffle

April

**\$75 Gift Card
(Dick's Sporting Goods)**

Individual Incentive Award-
ONE HALF COMP DAY

Bronze Plan

Eligibility for program participation will be determined by:

- 1.) Enrollment into the CSC Wellness Program
- 2.) A “pre & post” physical assessment screening (Member must improve in any (1) one Screening category to be eligible for a refund of the \$25.00 membership deposit.)
- 3.) Participants in this plan will not be required to exercise in CSC provided facilities but are expected to exercise at their leisure.

Incentives include:

In addition to the Membership Kit that will be given to all members after enrollment and completing the ‘Pre’ Physical Assessment Screenings, members will be entitled to participate in all Campus Wellness Activities and “On The Menu” Monthly Health Seminars.