

"To succeed... You need to find something to hold on to, something to motivate you, something to inspire you." **Tony Dorsett**

# THE MOTIVATOR

FC Wellness Newsletter

SEPTEMBER 2006

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## FROM YOUR WELLNESS AMBASSADOR

*Welcome to the premier issue of the Motivator Newsletter! I am excited to tell you that I will be your FC Wellness Ambassador for the district Health and Wellness program. I look forward to doing my best as your Ambassador to help educate you, help you set and achieve goals and inspire you to be the best that you can be—in all areas of wellness.*

*In addition to your monthly Motivator Newsletter, I will be sending weekly e-mails on Mondays filled with info, inspiration and helpful tips.*

*If you have any concerns, questions or comments please feel free to let me know. I will be happy to help in any way I am able to. If you would like to*

*see a particular type of article or subject matter, let me know.*

*This is a very exciting time to be at the Freshman Center. As you may all remember, staff wellness has been a Freshman Center focus since the spring of 2006 when goals were set and plans began for implementing a staff wellness program. Since then we have seen a lot of progress towards our goal of bringing a full rounded wellness program to the staff of the FC. (More on that in this newsletter)*

*Good health and fitness may not always be easy to come by. It is something we yearn for when we don't have it. I want to try to impress upon each of you to make the most of your own personal situation. If your*

*health is great—you win! If it isn't, do what you can to make it better. Find ways to incorporate some type of activity or exercise into your life each day. Every little bit you do, helps. I wish you all the success you deserve!*

*Wishing you fitness and health,*

*Becky McKelvey  
FC Wellness Ambassador*



## INSPIRE

**"If you want your life to be a magnificent story, then begin by realizing that you are the author and everyday you have the opportunity to write a new page"**

~Mark Houlahan

## SETTING YOUR GOALS

Summer may be drawing to a close, but your devotion to fitness and healthy eating does not need to end. You may want to consider thinking about what you accomplished either during the summer. Then think about where you want to be at the end of the semester or even next summer.

Why back off from any of the great goals you have already accomplished? Now is the time to continue your success story in the making. Don't make fitness and health less of a priority because you know that shortly you will be dressing to cover more figure flaws. Realize all that you have accomplished so far, congratulate yourself and keep the momentum going.

Goal-setting is another great way of staying motivated. Goals focus your workout program and clarify what you are trying to achieve. As you attain each goal, you gain encouragement and further motivation. Here is how to achieve the goals you set and obtain the results you deserve.

1. Make sure your goals are measurable: A vague goal, such as "I want to be fit," gives you nothing to shoot for. Decide when and what you are going to achieve, such as "I want to lose 2 percent of my body fat by August 1st."
2. Be realistic: Make sure your goals are attainable. If you set your expectations too high, you will get frus-

trated and will be more likely to quit. Make sure, however, that your goals are not too easy; they should be challenging. When you achieve a challenging goal, your pride and satisfaction will create more motivation.

3. Set short-term goals as stepping stones to your "ultimate" (long-term) goals: If your long-term goal is to bench press 200 pounds in one year, then set short-term weekly or monthly goals of the weight you will need to bench press to achieve your long term goal—develop a plan. It is a lot easier to accomplish a goal one day or week at a time, such as increasing 2.5 or 5 pounds a week, than it is to think that you need to increase your bench press by 50 pounds.

**"Goals help you channel your energy into action." --Les Brown**

## FC FIT CLUB UPDATE

This is a very exciting time to be a staff member of the Freshman Center. In early 2006, a decision was made by the FC administration to invest in the health and wellness of each and every FC staff member. As a part of this investment, the FC Fit Club has become a reality.

The FC Fit Club is located in the lower level of the FC in the rooms formerly used as L-3 and the adjoining Process Coordinator room. Over the summer, construction began to ready the room for the FC Fit Club. Walls were knocked down expanding the space into an approximate 350' plus sq ft space.

Equipment has been ordered and recently received for the FC Fit Club, however the space will still be used as a classroom during first semester

due to the expansion of the FC to the former Special Services building. Some of the equipment has found a temporary home in the Performance Center (formerly the stage in the North Gym).

The equipment includes treadmills, elliptical machines, incumbent bikes, dumbbells and weights, exercise balls and more.

A ribbon cutting has been scheduled for Tuesday January 2, 2007 to open the new FC Fit Club. Depending on the progress at the East Wing of the FC, the FC Fit Club could be open sooner! Look for updates.

In addition to the equipment, the FC will also have consultations

from the district wellness coordinator, Shawn Roderick. Sean will be spending time at the FC Fit Club to work with the FC employees. He will be happy to discuss health, fitness and design a workout schedule for each member.

The FC Fit Club will be available 6:00 am-8:00 PM Monday-Friday. Due to insurance reasons, it will be used ONLY by FC Staff members. Family members and other district employees will not be able to use the FC Fit Club.

This is an awesome opportunity for the Freshman Center. Now is the time to put yourself first.

Get FIT

***"You have to expect things of yourself before you can do them. " Michael Jordan***

## DO YOU FEEL LIKE A BIG LOSER?

Calling all LOSERS....The BSSD Employee Health & Wellness Program is sponsoring a "Biggest Loser" competition between all of the schools in the district. The Biggest Loser design encourages weight management through the use of cash incentives, group support and personal accountability.

If you are interested in participating as a member of the FC Biggest Loser team we need YOU! Sign-up sheet can be found in your Wellness Ambassador's office.

### 2006 Competition outline:

- \$10 to participate in the FC Biggest Loser competition.
- Separate categories for men and women.
- First weigh-in Friday 9/15/06 in FC clinic (confidentially)
- Weigh ins will be on Friday 10/20 and 11/17
- Percentage of weight loss for building will be sent to district wellness coordinator.
- Competition ends 12/15/06
- FC's Biggest MALE Loser will receive 1/2 of the cash pot.
- FC's Biggest FEMALE Loser will receive 1/2 of the cash pot.
- District Competition winner, male or female will win 50 WellPoints.
- Building Award for biggest loser in district competition

HURRY...competition begins soon and the FC can use all of the losers they can get!



## HEALTHY EATING AT THE FC

Healthy eating has been a concern for a lot of the staff at the FC. It's hard to juggle a busy schedule of family, working and all that goes with it. Often times one of the first areas that suffers is the diet. After all, it's much easier to grab "fast-food" than to pack a healthy lunch. We are all guilty of that at some point in our busy schedules.

The FC Wellness Program is currently working to find new ways to bring healthy eating solutions like pre-order salads, healthy frozen dinners and cooking presentations designed for healthy eating.

Salads will be ordered from HyVee and delivered to the school. The price would be \$2.99 for salad with no meat; \$3.99 for a chef salad.

The salad program will begin September 6th. Order forms will be in the front office mailroom. Orders are pre-pay, by check or

cash and must be received before 2:00 the day before. Orders will be faxed at 2:00 for delivery the next day. No late orders can be accepted and there are no refunds. For a sample of the salad, stop in the office on Sept 5th.

Other healthy options in the Cafeteria include: salad on the A-line,(everyday) grilled chicken breast by request , yogurt, fruit, baked chips, sandwiches from Mr.Goodcents & tuna salad & PBJs.

As a part of the district WellPoints program you may visit the WebMD website and create a personal account (5 points). WebMD offers many healthy eating options as well as comprehensive information on available diet programs.

Visit the WebMd web site at <http://www.webmd.com/>

A "Dietary Habits" log can be found on the employee health and wellness website or you may contact the district wellness director and request a log to be emailed.

**THE PYRAMID PLAN (10 Well-Points)** Available online: <http://www.mypyramid.gov/>



- Activity
- Moderation
- Personalization
- Proportionality
- Variety
- Gradual improvement

**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

GRAINS VEGETABLES FRUITS OIL MILK MEAT & BEANS

Those who think they have no time for healthy eating will sooner or later have to find time for illness." - modified from : Edward Stanley (1826-1893) from *The Conduct of Life*

## WELLPOINTS REWARDS PROGRAM

WellPoints is a comprehensive point-based incentives program that rewards participants for various preventive health behaviors. To participate, employees must have **either** completed the personal health profile during the previous years' benefits open enrollment period **or** submitted an enrollment fee. This year all employees completed this during insurance re-enrollment.

WellPoints members participate and track progress in various health behaviors. Each behavior is awarded a specific point value which can be viewed under "Point Distributions". Participants will only be awarded points upon providing proof of participation.

Proof of participation requirements can be found under "Activity Descriptions". Participants are eligible to earn a maximum of 100 points per year which can be redeemed by following the simple steps found under "Redeeming Points".

Certificates will only be sent upon reaching 25 points, 50 points, 75 points, or 100 points. Participants can redeem their points once per year, hence participants should only redeem their points if they do not believe they will progress to a higher level. Points will not carry over to the following year.

Certificates will be redeemable online through Hallmark Insites at over 400 stores like Coach, Eddie Bauer, & Gap.

Please refer to your 2006-2007 Employee Health & Wellness Guide for a detailed list of available Well-Points. More information will be coming soon!!





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**BLUE SPRINGS FRESHMAN  
 CENTER WELLNESS  
 PROGRAM**

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**HEALTH & WELLNESS PROGRAM  
 DISTRICT SCHEDULE OF ACTIVITIES**

CATEGORY	EVENT	START	END	TIME	LOCATION
Communication	New Teacher Intro.	8/14/06	N/A	9:30am – 11:00am	BSHS Commons
Communication	All District Orient.	8/16/06	N/A	7:30am – 9:00am	BSHS PAC
Preventive Screenings	St. Mary's Screening Opp.	8/16/06	N/A	7:00am – 8:30am	BSHS PAC
Physical Activity	FC Fit Club Orient.	8/16/06	N/A	1:00pm – 3:00pm	Freshman Center
Communication	Ambassador Meeting	8/29/06	N/A	5:00pm – 5:30pm	HMEC
Programming	Working Comm.	8/29/06	N/A	5:00pm – 6:00pm	HMEC
Physical Activity	Biggest Loser Comp.	9/15/06	12/15/06	N/A	N/A
Nutrition	Portion Your Platter	10/2/06	N/A	6:00pm – 7:00pm	TBA
Physical Activity	Train Your Heart	10/23/06	N/A	6:00pm – 7:00pm	TBA
Physical Activity	Resistance Training	11/6/06	N/A	6:00pm – 7:00pm	TBA
Health Education	District Wide Speaker	11/15/06	N/A	6:00pm – 7:00pm	TBA
Nutrition	Eating for the Holidays	11/20/06	N/A	6:00pm – 7:00pm	TBA
Nutrition	Eat Five to Feel Alive	12/6/06	N/A	6:00pm – 7:00pm	TBA

Events are presented by the BSSD Health & Wellness Program and all current and retired district employees are welcome to attend. If there is a specific health or wellness topic that you would like to see presented, please let Shawn Roderick, district Wellness Coordinator or your wellness ambassador, Becky McKelvey know. Attendance at any of the activities counts towards your WellPoints.