

August 2022 Wellness Minutes

Tuesday August 2, 2022 9am Zoom

In Attendance: Jessica, Courtney, Theresa, Tania, Mollie, Bonnie, Jill, Benton, Kris, Mark

1. Water Challenge – August Challenge is the “Stay Hydrated” Challenge which began August 3rd. Participants aim to drink 8 glasses of water at least 28 out of the 31 days of the month. Water bottles are prizes and there will be a weekly drawing.
2. Review of Sleep Challenge – The Sleep challenge received positive feedback and Theresa found the suggestions worked well.
3. Sunscreen for all employees – Recent wellness newsletter article on importance of sunscreen. Looking for quotes and to get more out into lunchrooms for staff to take.
4. March to the Arch – Need more people to sign up. Training program to meet on some Sundays to train. There is a tracker on the portal calendar and the event is September 11th starting at 9:11am. Team Kirkwood was successful last year and there are various starting points with different mileage amounts. Information was in the employee newsletter.
5. COVID – Information continues to be updated on how to manage from various reputable sites including the CDC. Wear your mask in high risk areas, get outside or in locations with good ventilation. Stay well rested, drink water, and there are some recommended vitamins. Be sure to wash your hands!
6. Fall Fitness – The Fall Fitness Challenge will focus on strength. The challenge will continue as it has in the past with teams and captains are needed. The challenge will last 6 weeks with no skip week. There will be tiered options for amount of time to exercise.
7. Maintain Don’t Gain – Weigh-ins will be scheduled for right before Thanksgiving
8. Steve Johnson with Motivosity – Presentation on using a software for gratitude recognition, which has a history of getting more staff engaged. Platform is similar to those of social media.

Next Meeting Tuesday September 13th 9am