Stanislaus County Public Health Department
Modesto, California

Public Health Striving For a Healthier Future

The Public Health Department in Modesto, California is motivating its employees to live healthier in order to provide excellent service to the residents of Stanislaus County. We are committed to improving the lives of every American. Staying healthy requires team work. Honoring your body & inspiring others to do the same is good practice. When we are physically fit, it increases our productivity, boosts morale, reduces stress, and promotes good health & wellness. Sound, mind, body and nutrition makes a difference. Staying healthy is a lifestyle change and one must desire to make positive changes!

In January, we kicked off the year with a monetary incentive to lose weight. This year's theme is "Get-Fit 2012". Each participant contributes $5, weighs in every Wednesday. The department provides helpful tidbits to encourage success of this activity which lasts for six months. The winner has the honor to promote a theme for the next year's challenge. It takes courage, conviction & commitment from each participant. Other highlighted activities include:

- SC Residency 5K Walk/Run & American Heart awareness month
- March of Dimes 5K Walk/Run March for
- Healthy Wellness Challenge (eating healthy/increasing physical activity weekly on a point system).
- Healthy Heart 5K Walk/

We also highlight health holidays, such as Colon Cancer Awareness and HIV/AIDS Awareness in accordance to the Health Observances calendar.

All the wealth in the world will never compare to your health. This is Public Health’s road to good health. Let’s Move.

- Submitted by Renee Crawford
Sesame Workshop
New York, New York

Sesame Workshop encourages its staffers to live a happy life.

When I tell people I work at Sesame Workshop, most pause, cock their head, and ask, "Wait..Sesame? Like the TV show? Sesame Street?" Yes, like the TV show Sesame Street. Sesame Workshop is the non-profit organization that created and produces Sesame Street, The Electric Company and so much more.

As you might think, it's a fun and interesting place to work. But the best part is that Sesame cares not only for their young audience, but also for the men and women behind the scenes as well. As a testament to their commitment, Sesame rolled out a Health & Wellness program just for its staffers.

Headed by our HR department and managed by a group of co-workers the Health & Wellness committee has put in place numerous fun & educational programs that run the gamut from exercise programs (weekly Zumba & Insanity workouts, dance classes at Broadway Bodies, daily walking groups) to educational workshops (stress management, how to make a healthy lunch, how to cook gluten free) to extracurricular groups that foster healthy work relationships (bowling clubs, lunchtime knitting groups, dodge ball teams) and more.

We also had a Health & Wellness fair in the office where various doctors, health food vendors, chefs, fitness instructors and more came by to teach and share their knowledge. And HR is always inviting us to attend outside events that promote a healthy lifestyle (i.e. the JP Morgan Chase Corporate Challenge, local Weight Watchers group).

Sesame Workshop's dedication to its' staffs' mental and physical health is a major reason why so many staffers love their jobs and perform so well. Sesame knows that a healthy employee is a happy employee.

- Submitted by Alysia Christiani
Move Baby, Move!  
Plano, Texas

Move Baby, Move! A unique experience in Health and Wellness

Move Baby, Move! is a 2009 American Diabetes Association Promising Practice and 2010 Texas Department of State Health Services Cardiovascular Health Promotion Award winner. Our program that engages individuals in a form of chair exercise that utilizes evidence-based movements, audience-specific music, and fun choreography.

Move Baby, Move! alleviates many of the barriers related to physical activity program compliance. The program’s unique combination of music therapy, diaphragmatic breathing, and guided imagery is novel and serves to engage participants in all stages of exercise. Move Baby, Move! utilizes music, that is culturally relevant to our participants, in combination with movements (clapping of hands, tapping of feet), that reactivate the neurons responsible for fine motor movement. By combining auditory stimulation with evidence-based movements, we are able to achieve positive results across multi-ethnic populations and diverse demographics.

Move Baby, Move! has presented at various events nationwide including:

- State Farm 50-Million Pound Challenge Health Expo, Dallas, TX
- The American Heart Association National Call Center Employee Wellness Program
- Delta Sigma Theta Sorority 50th National Convention, New Orleans, LA
- Houston Transportation Workers Union Wellness Program
- HHS Region VI Employee Wellness Program, Dallas, TX
- UTA Employee Health and Fitness Expo, Arlington, TX
- Nortel Employees Health and Wellness Program, Richardson, TX
- New Orleans Sheriff’s Department Employee Wellness Program
- New Orleans City Hall Employee Health Fair
- Tom Joyner’s Take A Loved One To The Doctor Day, Dallas, TX

Awards:

- Move Baby, Move! has been awarded the 2010 Honorable Mention by the Texas Council on Cardiovascular Disease and Stroke
- Move Baby, Move! was also featured on "Get Healthy Texas" CBS TV-11 in July 2010
- 2011 NANBPWC Dallas Business of the Year

Partnerships and Strategic Alliances:

- Diabetes Exercise and Sports Association
- Exercise Is Medicine
- Texercise
- The American Heart Association
- U.S. Office of Minority Health
- The OMH National Partnership for Action To End Health Disparities
- UnitedHealthcare

Our ultimate goal and mission is to increase the quality and quantity of life of all the people we can. We truly believe that nothing; hurricanes, illness nor adversity will stop our endeavors.  
www.movebabymove.com

- Submitted by Aaron Palmer
YMCA of Montclair
Montclair, New Jersey

It starts with us!

I am the Health and Wellness Director of the YMCA of Montclair and when I first came on board in September of 2011 one of the first things I noticed was that although we are in the fitness business and creating stronger communities, healthier lifestyles, and instrumental in developing the youth of today there was no in-house programs to focus on our very own employees. It starts with us and our employees occasionally took a group exercise class or did their own workout but it was never on a consistent basis. Our very own were struggling with excess weight, medical conditions including high blood pressure and high cholesterol, and just constantly feeling lethargic and always needing that 2nd and 3rd "cup of joe" to energize themselves especially during budget time or camp season.

I decided that this could not be the face of "Our Y" and started to implement "Employee Express Workouts" for 15 minutes a day at various times throughout the day. The workouts consisted of a 15 minute taste of a various group exercise class including Pump It Up, Step Aerobics, Boot Camp, Pilates, Yoga, and Core Conditioning or focused on the use of the cardio and strength equipment, the indoor track, or outdoor walks. The end result: increased work productivity, high level of camaraderie amongst the staff, increased energy levels, decrease in body weight, body fat%, and BMI levels, decrease in blood pressure and cholesterol levels for some and even the physician’s removal of having to take medications for the aforementioned medical conditions for some.

The employees look forward to these daily workouts with me and when they can't make a scheduled time, they will email or call me and ask me what they can do for their workout time that day. Some have even started to take the hour long Group Exercise Classes or do their own personal workouts. It is such a rewarding experience to be able to touch the lives of our employees and now they can and DO encourage our current and prospective members of the many health and overall wellness benefits the YMCA can offer them only this time they can tell it from their own personal experience. IT STARTS WITH US and continues to the families of our community!

- Submitted by Washima Solomon
We encourage ourselves to eat healthy, exercise and have fun!

We are a small business. Bootstrapping at is best! But that does not mean that Pizzas, doughnuts or soft drinks find their way to our 18+ hour days!

Roberto Torres is a Vegetarian and striving to become a Vegan in the future. So every time that is time for lunch, he will most likely grab a healthy choice. This constant reminder of what "Good choices" are is what keeps Luis Montanez and Christopher Findeisen motivated to lose weight.

"We want to be the models of our own product" Says Luis Montanez. He thinks that the founders should be the role models and pioneers of their product.

"We want to wear everything we make. We want to make sure when we walk down the street, people recognize that we use everything that we design" Says Christopher Findeisen. "Making sure that we keep a healthy weight, a balance diet and low stress levels is important in order for Black & Denim to function properly".

"We are going to do a Weight loss contest for all three of us", says Roberto Torres. He used to work at a company where good health and exercise was part of the corporate culture.

Every time Black & Denim pays for dinner, the founders make sure that is a healthy choice.

"We are the heart of Black & Denim. If we stop working, Black & Denim dies" says Roberto Torres. "Plain and simple we need to take care of ourselves so that we can build this company for our future".

- Submitted by Roberto Torres
My name is Natasha Coleman and I am a wife and working mother for Knology Broadband Inc. In March 2010, I made a life changing choice to save my life. When my employer, Knology, had a health fair a health care provider came out to take our blood sugar, weight and vitals. I was dangerously overweight even though my vitals were good I know I couldn’t continue to weight over 400 lbs.

I changed the way I eat completely and I exercise daily for at least one hour. In January, UnitedHealthcare came to our office for vitals and labs again and I almost have a clean bill of health. I am still working towards my goal and I am still considered to be overweight but I know I will never weigh over 400 pounds again. I have currently loss 196 pounds and my doctor is so pleased with the results so far. Thank you UnitedHealthcare for providing me with all the tools I need and support of your staff to get to my goal! You saved my life!

- Submitted by Natasha Coleman
Stoneybrook Dental believes staying healthy inside and out allows us to share our wellness with others.

Wellness in our workplace begins with us, the team at Stoneybrook Dental. How do we do it? Glad you asked! Wellness flows into all that we touch, affirming the mission of the office-to provide a positive, healthy, state-of-the-art dental practice, serving our community and abroad.

Stoneybrook Dental was designed with a spiritual/healing focus on growth and wellness for both our patients and team. Understanding the importance of a relaxed atmosphere and its role in healing, we assure our patients experience this overall impression at each visit. Oral health is an important cornerstone to living healthy where your mouth communicates your overall general health.

We incorporate fitness and comfort into our office by wearing our office purchased, “Rocket dog sneakers,” from Sketchers. On average, we walk several miles a day at the office. We participate in walks to help generate funds for our community, health agencies, and our office non-for-profit corporation, “Dentistry Ministries.”

Lunch time is for team building, eating healthy salads 3-4 days a week, along with fruit and other healthy goodies. We drink only water in our office, using the Kangen Alkaline Water System. This water has been an awesome adjunct to our overall health. Our patients benefit, as well. We have practically eliminated all carbonated drinks from our diets, and boast of rarely getting ill!

Being healthy is not just physical for our office; it is also mental and spiritual. We start each day with morning affirmations, setting the tone for a positive work day. We also embark on office retreats and understand the healing power of laughter, which is a common occurrence in our office.

Our healthy lifestyles are reflected positively to our patients, as they can see and feel the difference wellness in the workplace makes. Our patients are greeted with aromatherapy, a soothing color scheme, uplifting background music, and pleasant smiles. When seated, soft leather massage chairs and monitors in the ceilings help prepare them for a painless and positive healthcare experience.

Stoneybrook Dental participates in many community outreach activities at home and abroad. To date, we have been to Nigeria, South Africa, Albania, Dominican Republic and Ghana serving, giving, encouraging, healing and restoring. Creating and maintaining overall health and wellness is an integral part of our lifestyle.

- Submitted by Wendi Wardlaw
Fortitude Health & Wellness, Inc.
Cedar Hill, Texas

Wellness and the Bioelectrical Impedance Analysis Application for Healthier Employees

Fortitude offers a menu of services within its wellness offerings. We provide a turn-key delivery service based on cultural outreach which makes us very unique. We implement programs targeting the cultural environment of participants and communities we serve. These factors are important since culture impacts views on physical activity, foods consumed, food preparation, and viewpoints on nutrition not usually addressed in typical nutrition education. Strategies to fitness and healthier diets are also incorporated.

Our unique method of working with employees and community-based organizations based on their cultural backgrounds allows us to meet our clients where they are in unhealthy lifestyle habits, and begin behavior change based on their beliefs and habits to move them through a continuum of self-care.

In addition, we offer a specialty screening, Bioelectrical Impedance Analysis (BIA). Through this technology, participants get screened and receive a fluid and nutritional assessment printout that includes: Basal Metabolic Rate (BMR), Body Cell Mass, Fat Free Mass, Fat Mass, Cellular Health, Hydration Status, Body Cell Mass, and more. The printout is easy to read and participants love the printout because it is based on their individual body mass. This unique tool helps them to see what they are not doing to live healthy and we then teach them how to incorporate healthy lifestyle habits one-step-at-a-time.

Even though we implement incentives to drive employee participants to wellness programs/workshops, we do not need to offer incentives for BIA screenings; by word-of-mouth, employees want to get screened and learn about their BIA outcomes.

The BIA is a great educational tool and we have had great success with program outcomes. One of our clients reduced their healthcare premiums by 40 percent because of our BIA screening and workshop strategy.

- Submitted by Janet Brooks