



**2013-2014**

## **TNU Employee Wellness Program**

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### **Purpose**

An incentive program for all full time TNU employees that promotes personal fitness, which may aid in the overall health of the employees and promote Biblical wholeness as it applies to bodily stewardship. (1 Corinthians 6:19)

### **Rewards**

Each employee enrolled who successfully achieves individual goals and requirements while in the Wellness Program will receive a quarterly \$100 deposit into their Health Savings account or a \$100 bonus.

### **Eligibility**

Any TNU full time faculty or staff employee who enrolls through completing the required paperwork and providing their baseline health data will be eligible. The baseline health data will include: medical questionnaire, body composition, height, weight, and blood pressure. All data collected through this program will be confidential and will be collected with professional discretion and this enrollment process should take no more than 15 minutes to complete.

### **How it Works**

#### **Step 1**

Sign up through completing paperwork, providing a measurement of height, weight, body composition, and blood pressure, and attending / receiving program orientation. This data and measurements will be collected through the Trevecca Health Clinic.

Faculty/ Staff will have a week to complete these requirements in order to enroll in the program (November 4<sup>st</sup> - 8<sup>th</sup>). An appointment can be set up by e-mailing [tcarpenter@trevecca.edu](mailto:tcarpenter@trevecca.edu).

#### **Step 2**

Enrolled employees will submit weekly activity reports, maintaining the minimum goal of 20 points per week (240 points per quarter, for the first quarter).

#### **Point System**

- 1 Fitness class attended = 5 points per session
- 1 Personal Training session = 5 points per session
- 30 Minutes of physical activity = 3 points per session
- Health Seminar = 10 points per session
- Food Logging = 3 points per week
- Weight Tracking = 2 point per week
- Accountability partner reports = 3 points per week

Faculty/ Staff will have access to an excel sheet that allows them to log in their activity each week in order to calculate how many points were accumulated. They will then e-mail the excel sheet at the end of each week. The process for this weekly report should take no more than five minutes

#### **Step 3**

Each participant will re-measure and record health data at the end of each quarter: weight, body composition, and blood pressure. (This process should take no more than 15 minutes.) Each participant will then indicate their intention to continue in the program for the next quarter. The enrollment period will extend through the first week of each quarter.

#### **Quarters**

- November 1<sup>st</sup> – January 31<sup>st</sup>
- February 1<sup>st</sup> – April 30<sup>th</sup>
- May 1<sup>st</sup> – July 31<sup>th</sup>
- August 1<sup>st</sup> – October 31<sup>th</sup>

#### **Step 4**

The names of all participants that successfully complete the program requirements at the end of each quarter will be submitted to the Accounting Office to receive their \$100 Health Savings Account Deposit or \$100 bonus.

### **Questions and Information**

Wellness Program Coordinator: Travis Carpenter 615 248-1568 - Trevecca Health Clinic - [tcarpenter@trevecca.edu](mailto:tcarpenter@trevecca.edu).  
Web Site: <http://www.trevecca.edu/campus-life/wellness/>



## Wellness Program Support Programs



### Potential Fitness Classes

Classes will be offered twice a day throughout the week. The type of class will vary daily. These will be monitored through a sign in sheet at the beginning of each class.

- **STRENGTH & CARDIO CIRCUIT TRAINING** – Total body workout targeting all major muscles. Move from station to station doing challenging exercises that integrate athletic functional training movements and intense cardio training. Come try it out, and go at your own pace.
- **ZUMBA** – This easy to do class combines Latin and International rhythms with cardio to create a fun environment to get fit and lose weight.
- **TOTAL BODY FITNESS** – Great class to begin or continue your fitness journey. This combo class has a unique blend of aerobic and anaerobic conditioning, calisthenics, and strength & endurance training. Using a variety of equipment, the instructor will lead you through a full body workout.
- **TAI CHI** – Originating from martial arts, Tai-Chi (Taiji) combines martial arts, smooth patterned movements, and deep breathing. This style of exercise is done in a standing position, which is good for people with knee issues or just beginning an exercise program. Tai-Chi reduces stress, tension, improves balance, coordination, and core function.
- **STEP FITNESS** – Come enjoy a new twist to conventional step aerobics. Using step platforms, this class will use basic steps and muscle conditioning exercises for a total body workout.
- **YOGA** – Relax and relieve stress. This class moves at a slowed pace, allowing for longer-held poses and deep breathing to help you increase flexibility, balance, and breathing.
- **WATER AEROBICS** – Exercise at your own pace and have fun at the same time! Low impact water exercises that are great for adults looking for a jump start on their fitness program. No swimming skills required.

### Personal Fitness Training

Upon request, enrolled employees will have an opportunity to work with a personal trainer, assigned with someone from the Exercise Science Department. Contact Travis Carpenter at [tcarpenter@trevecca.edu](mailto:tcarpenter@trevecca.edu) to schedule this service.

### Personal Physical Activity

Enrolled employees will be rewarded with points for the physical activity they do on their own time. The time spent doing physical activity can be logged into the CMW excel logging sheet. Every 30 minutes spent doing physical activity will be worth 3 points. Physical activity may consist of cardio (running, biking, walking, etc.), weight training, or any type of resistance training.

### Health Seminars

Occasionally, the Center for Maximizing Wellness will have speakers offer health seminars to employees. Speakers may include dietitians, nutritionists, chiropractors, etc.).

### Food Logging

A food log will be provided for individuals that want to personally track their diet throughout the week. This is simply to be conscience of what you are eating.

### Weight Tracking

Individuals may track their weight on their own devices such as a personal weight log or an app on a smart phone.

### Accountability Partners

As with our spiritual walk, accountability plays a big part in personal health and fitness. Employees may pair up with another individual in order to hold each other accountable on their health and fitness goals.