

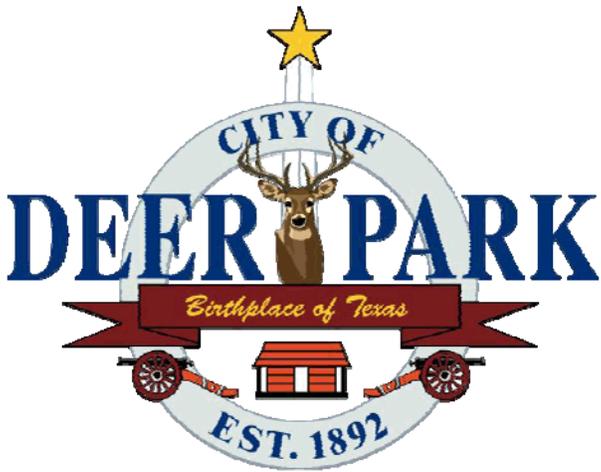


# COMMIT TO BE FIT 2016

## EMPLOYEE WELLNESS PROGRAM



[WWW.DEERPARKTX.GOV/INTRANET](http://WWW.DEERPARKTX.GOV/INTRANET)



# COMMIT TO BE FIT 2016

The employee wellness program has a committee of 10 full-time employees that are appointed by the City Manager to act as liaisons between the Wellness program and the City of Deer Park employees. All full-time and part-time employees along with spouses, City Council, City Boards and Commissions, any volunteers and the Volunteer Fire Department are welcome to participate in the Wellness Program. Employees are invited to participate in yearly events and activities to encourage an increase in health and wellness behaviors.

The program officially runs from January 1, 2016–December 31, 2016. Employees are encouraged to tally points on their wellness chart (see page 6). **All points are submitted to Tracy McBride and are turned in quarterly.** If you do not submit your points on time, the points for that quarter will not count towards your eligibility toward earning overall Male and Female winner of the year. You may not turn your points in late and get credit. Wellness Committee members have the right to review point submission.

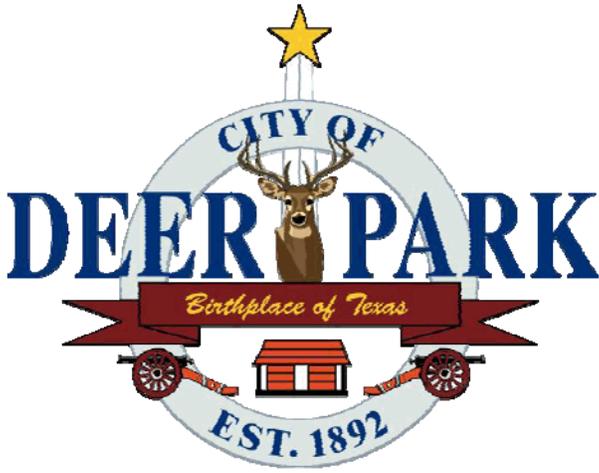
**The honor system is in effect for this program.**



# COMMIT TO BE FIT 2016

## Wellness Committee Goals and Objectives

- ~Enhance Employee Morale
- ~Promote Gulf Coast Sports Challenge
- ~Promote Breast Cancer Awareness
- ~Increase Yearly Check-ups (get more employees to receive their TML incentive)
- ~Employee Wellness Day (a goal of 150 employees in attendance)
- ~Promote Wellness Activities throughout the year.
- ~Increase Participation to 75 members



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## AWARDS

### Employees

- ~Wellness Day Participant—100 points
- ~1000—1/2 day off with pay
- ~1500—1/2 day off with pay and \$15 gift card
- ~2000—full day off with pay and \$25 gift card
- ~3500—full day off with pay and \$50 gift card

### Non-Employees

- ~Wellness Day—100 points
- ~1000 points—\$25 gift card
- ~1500 points—\$50 gift card
- ~2000 points—\$75 gift card

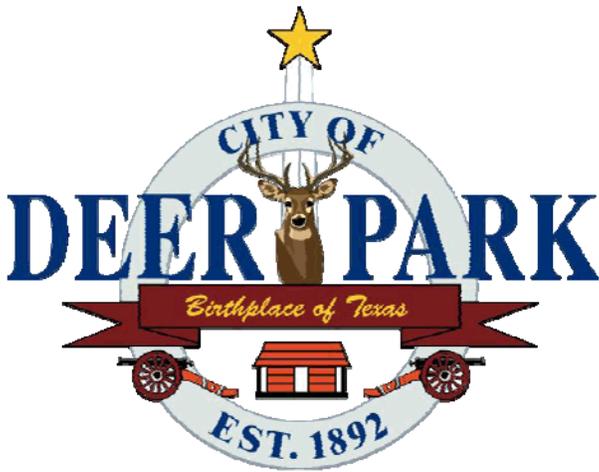
*~ You will receive only one of the above at the end of the year depending on the number of points you have as of December 31st.*

*~The Department with the highest point total average will have their department listed on a perpetual plaque to hang in City Hall.*

*~A plaque and \$100 gift will be awarded to the overall Male and Female at the employee awards banquet.*

*~No employee may win overall male/female awards more than two years consecutively.*

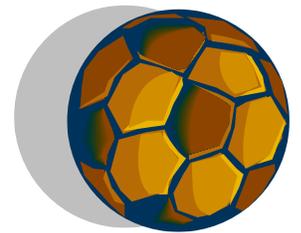




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## Gulf Coast Sports Challenge

~This is an annual competition between companies in the Galveston/Harris County area. City employees are encouraged to compete in different activities throughout 9 weeks. 50 points are awarded for participation in each event. Events consist of volleyball, basketball, softball, disc golf, dodge ball, bowling, flag football, golf, 5K run, fishing tournament, 5 vs. 5 soccer, Tug of War and more.



## Employee Web Page

~The Wellness Committee would like for you to be able to access any information at any time. On the employee website at [www.deerparktx.gov/intranet](http://www.deerparktx.gov/intranet) you can download wellness information and see up to date point leaders along with the newsletter.

## Newsletter — “Well News”

~The newsletter is the Wellness information source. This publication is produced once a quarter and sent via email. If you would like to submit information for the newsletter, please send it to Lacy Stole in Parks and Recreation at [lstole@deerparktx.org](mailto:lstole@deerparktx.org).



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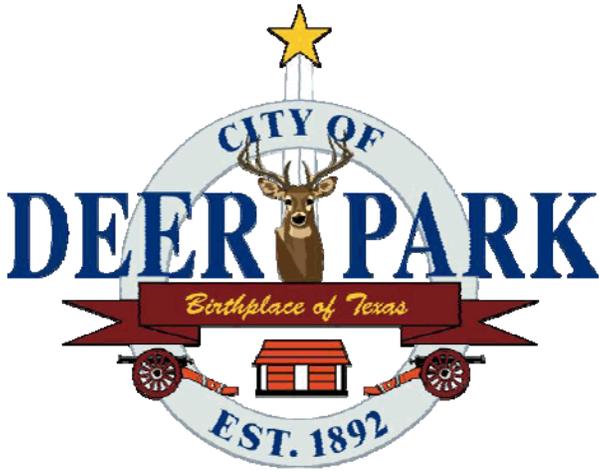
## How to earn points:

~Points are tallied by any aerobic exercise that raises your heart rate during the duration of the exercise. Find the activity on the chart and record the number of points you earned.

~You can also earn points by participating in various activities throughout the year. Examples are finding “Well-doe” in the newsletter, participating in the Corporate Challenge events, puzzles, wellness day, and our Breast Cancer Awareness Event.

~Any employee that proves he/she has terminated the use of tobacco products during the program will earn 250 points. (See committee member)

~Employees who have lost weight and/or body fat are eligible for 5 points per pound at year’s end. You must weigh in to begin. If interested in losing weight to earn wellness points, please contact Lacy Stole at [lstole@deerparktx.org](mailto:lstole@deerparktx.org).



# COMMIT TO BE FIT 2016

## Wellness Committee Members

Members:	Departments:	Phone:
Jay Stokes	City Manager	281-478-7245
Lacy Stole (chair)	Parks and Recreation	281-478-2065
Sheila Plovanich	Police	281-930-2118
Viron Bright	Library	281-478-7211
Terri Lavender	Public Works	281-478-7206
Tracy McBride	Finance	281-478-7228
Bill Philibert	Human Resources	281-478-7250
Carl Stevens	Water Treatment	281-478-7205
Tina Taylor	Police	281-930-2148
Frank Walker	Public Works	281-478-7205

Feel free to contact any committee member if you have questions about the Wellness Program. We appreciate your input and questions in keeping this program available to you.