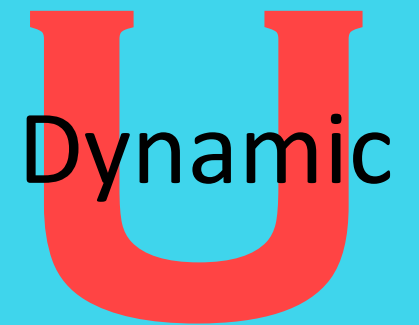


Dynamic U

Overall Wellbeing Initiative



Courtney Roberts

Kathleen Corcoran

Martina Miller

Wellness Champion: Sarah Smith

Introduction

- **Situation**

- Based on survey results conducted by the wellness coordinator, a need for a comprehensive employee wellness program was determined.
- The focus of the Dynamic U program is to increase the awareness of monthly topics that are related to the eight dimensions of wellness.

Introduction (Cont.)

- **Mission**

- The mission of Dynamic U is to foster interest and encourage the employees to expand their current knowledge and awareness of wellness topics.

- **Vision**

- To create and sustain a healthy professional culture that educates, motivates, and empowers the employees of Muncie Power Products to adopt and maintain a healthy lifestyle that can improve their overall well-being.

Dynamic Strategy

- **Objective**

- To improve knowledge and awareness of overall wellness and health topics through education and promotion.

- **Goals**

- Increase opportunities for employee socialization by creating monthly activities.
- Have at least 10 employees participate in awareness activities by the end of the year.
- Motivate 8 employees to make healthy behavior changes through education of awareness topics throughout the year.
- Increase employee awareness of the eight dimensions of wellness by 5% by the end of the program.

Dynamic U Strategy (Cont.)

- **Tactics**

- Develop monthly awareness topics
- Deliver awareness topics through email
- Educate employees on monthly awareness topics
- Conduct lunch and learns that feature TED talks
- Decorate bulletin boards to coordinate with awareness topics
- Distribute stickers to employees each time he/she participates in a program or activity
- Implement surveys every 6 months through email
- Provide opportunities for employees to offer feedback for future awareness topics

PARTICIPATION AWARD



THIS CERTIFICATE IS AWARDED TO

Name _____

Date _____

IN RECOGNITION FOR PARTICIPATING IN DYNAMIC
YOU

Dynamic You

March



Nutrition
Colorectal
Cancer

Eat Right, Live Strong!

March is nutrition month!

**Continuation of providing fruit the first Monday of every month

**Information will be provided in Family Focus newsletter

It is so important to discover and choose to eat lots of fruits and vegetables!

The best foods to eat are high in vitamins or minerals with the lowest being in carbs, saturated fats, or sugars

Avoid the obesity epidemic by preparing the right foods, eating dinner at home together, and staying away from fast food

Start the day off right with a balanced breakfast!

Try to avoid talking about weight and just focus on being healthy

Fooducate

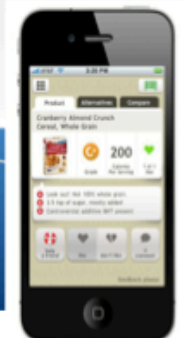
A free smartphone app that is just a fingertip away and serves as a personal dietician!

It uses a scanning method to help make a decision on which is the right food choice

It has over 200,000 original food products available enabling you to see information on each product

You can search for products by browsing through the various food categories

It evaluates ingredients & nutrients



Don't miss out on your life!

Get tested for colorectal cancer today!