



## MEASURABLE GRANT ACTIVITY IDEAS

All grant dollars must be used for measurable activities. A measurable activity is one for which the Staff Wellness Liaison can record the total number of participants. Please contact your Health Educator at (800) 279-4000 if you are not sure your activity is measurable. **Please note:** while incentives like pedometers are allowed, they must be linked to a measurable activity such as the 10K-a-Day program.

### *Copy-Ready Activity Programs*

- 10K-a-Day
- 10K-a-Day Million Step Club
- 12 Days of Fitness
- Colorful Choices
- Exercise America—Get Fit on Route 66
- Exercise America—National Parks
- Feel Like a Million
- Fitness 500
- Gold Rush
- Health 4 the Holidays
- Health Perks
- Let's Get Physical (CD)
- Make Your Move (CD)
- March Madness Nutrition
- Passport: Round Trip to Health
- Spring Into Motion
- Spring Training
- Step into Spring
- Step-by-Step
- That '70s Program
- Turkey Trot
- Walk into Winter
- Walks of Life
- Walktober: Fall Fitness Program
- Weight4Me

### *Community-Based Programs*

- America On the Move
- Governor's Challenge
- Lighten Up Wisconsin
- On the Go
- President's Challenge
- Active for Life
- Choose to Move

### *Wellness Presentations\**

- Informed Health Care Consumer
- Creating a Culture of Wellness
- Fitness in a Busy World
- Portion Distortion
- Tools for Building Resiliency
- Helping Someone Quit: What Works for Tobacco Cessation

### *Member Benefits Presentations \**

- Preparing for Retirement
- Retirement Savings: The Keys to Success
- Understanding Wisconsin Retirement System (WRS): Your State Pension Plan

\* **Note:** A slight change in content and title for these presentations may occur throughout the year.



## MEASURABLE GRANT ACTIVITY IDEAS (CONTINUED)

### *Classes*

- Healthy cooking demonstrations (include food demonstration expenses with instructor fee)
- Yoga, tai chi, Zumba, meditation, Jazzercise, step aerobics, weight training, etc.
- Weight Watchers at Work

### *Additional Activities/Items*

- Biometric screenings
- Massage therapy
- Recreational leagues
- Safety belt parking lot checks
- Health club membership reimbursement
- Weight Watchers/Curves membership reimbursement
- Pedometers for a walking program
- Yoga mats for a structured yoga class
- DVDs (if they support physical activity or other measurable activity and are from a credible source)
- Speaker/instructor fees
- Magazines/books (if there is a checkout log to monitor usage)
- Weight scale, blood pressure monitor, body fat analyzer (if tied to an activity/screening)
- Other supplies to support programs (i.e., weights or hula hoops for an organized exercise class)
- Mini grants (if tied to a measurable activity)

### PROGRAM EXCLUSIONS

The following are examples of non-measurable activities. Please contact your Health Educator at (800) 279-4000 if you are not sure if your activity is measurable.

- Conference fees
- Food/beverages (i.e., healthy snacks, water, luncheons, etc.)
- Student activities/resources
- CPR, AED, fitness equipment (or items associated with—such as locks, storage unit, etc.)
- A/V equipment (i.e., microphones, DVD players, boom boxes, etc.)
- Bulletin boards
- Equipment for general use (i.e., bike for school weight room)