

SWL WEB SITE STORY SHARING

DISTRICT: Kimberly Area **#BLDS** 7 **#EMPLOYEES** 450+
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PROGRAM TOPIC: Fitness

CHOICE OF PROGRAM (how and why was this chosen):

Past successes and goals expressed by staff.

PROGRAM DESCRIPTION:

Participants must choose to participate in exercise class twice a week and/or exercise independently three times a week.

Three quarters of activity (2nd, 3rd, and 4th school quarters): Hand in participation slips each quarter they fulfilled commitment. Each quarter had “optional” wellness opportunity to earn another participation slip (i.e., 2nd quarter = CPR; 3rd quarter = HRA; 4th quarter = nutrition presentation). All slips were turned in to the building wellness representative. We had an end-of-the-year wellness get together. A drawing was held from slips for door prizes and a grand prize of a \$300 gift certificate to a day spa or water park. Participants also received quarterly incentives such as T-shirts and water bottles.

COST OF PROGRAM:

Approximately \$3,500.

SUCCESS OF PROGRAM:

We had 210 participants this year! As “side” incentives, we had increased participation in CPR trainings and maintained a respectable participation rate in HRAs.

LESSONS LEARNED:

Information not available.