



D.E.W. Ambassador Health Promotion Program Ideas

Sample Ideas to help you Create a Healthy School Environment:

Nutrition & Weight Control

Weight Loss Challenge- Organize a staff weight management contest.

Weight Watchers at Work- Host weekly meetings led by a Weight Watchers representative at your site for a special school district rate.

Nutrition Presentation/Cooking Demonstration - Work with nutrition professional to speak about healthy eating and revising recipes.

Wellness Lunch Club-Develop a support group to encourage healthy eating.

Fresh Fruit Fridays-Offer a sample of fresh fruit. Share tips and information on nutritional values and health benefits.

Healthy Pot Luck-Create a fun theme, enjoy a healthy lunch and exchange recipes.

Monthly Breakfast/Walk-Sponsor a light breakfast for staff and participate in a monthly walk.

Healthy Cookbook Collection -Create a school/department healthy cookbook.

Salad Bar -Celebrate salads from around the world.

Onsite Healthy Options -Create a sticker/flyer to highlight healthy choices at your location.

Healthy Happy Hour- Serve nonalcoholic beverages or smoothies with fruit and vegetable juices.

Fitness & Exercise

Running/Walking Clubs-After-school run/walk for 30 minutes a few days a week.

Fitness Challenge-Staff add their name to a jar each time they complete 30 minutes or more of physical activity, and names are drawn monthly for giveaways.

Q&A with a Personal Trainer-Offer a lunch & learn or information booth with a personal trainer to help individuals start a new fitness program.

Walking Routes at School-Measure a few routes and cleverly name to establish fun trails for a staff walking program.

Tournaments -Create a staff competition such as Wii, Frisbee, jump rope, softball, etc.

Dance -Get together and Zumba, Line dance, Ballroom dance, etc.

Walk & Talk -Plan a walk to conduct meetings or discuss topics.

Sports Competition -Have a contest between staff and students like golf putting, jump rope, etc.

Fitness Center Circuits/Exercise Classes- Provide a physical activity class for staff.

Pedometer Challenge - Use pedometers to track steps for a fitness competition.

Aerobic Videos -Get together and do old exercise videos/DVDs.
Community Events-Train for local walks, runs and activities such as Heart Walk, Diabetes Walk, Race for the Cure, etc.

Emotional Well-Being

Teacher Relaxation- Create a relaxation room. Make available tapes and CDs for stress management.

Stamp Out Stress –Have a presentation to focus on stress management, stress relievers, and relaxation.

Financial Fitness – Sponsor financial planning seminars for staff.

No Stress Week – Organize a week-long event with massage, aromatherapy, music therapy, etc.

Stress Survival – Plan a stress free afternoon with fun activities and information. Invite local vendors & businesses to take part and donate.

Massage Therapy – Host a massage-a-thon with an approved therapist.

Care Management

Health Risk Screenings- Host health screenings including blood pressure, height/weight, glucose, cholesterol, body mass index, bone density, etc.

Go Red for Women- Staff receive literature on heart disease and wear red clothing.

Back to School- Educate on basic back care and injury prevention.

Ask the Doc- Invite a local physician, pharmacist or other health professional to answer questions about medical self-care.

Your Health is in Your Hands - Increase awareness about hand washing and the prevention of colds and flu.

Great American Smoke-out – Participate in tobacco cessation activities.

Cancer Countdown – Educate about cancer related topic and prevention.

Blood Drives –You can track how many pints were donated and participants also receive valuable health information & screenings.

Success Stories - Submit photos and successes. Let the district know the importance of wellness!

Health Fairs-Invite community organizations and business partners to do health screenings, presentations, etc and provide a variety of health information.

General Health

Challenge of the Week- Post a different challenge each week that relates to various aspects of wellness.

Water Works- Educate on proper hydration and encourage drinking water.

Testimonials - Collect testimonials from staff members and draw interest to a monthly health topic.

Find the Flyer- Create a contest that if you find one of the health flyers/wellness newsletters around the school, you'll get a prize!

Wellness Corner/Bulletin Board - Designate one area in the staff lounge where staff can access health & wellness information.

Use School Resources- Why not have students design posters, or help calculate steps taken, or even challenge staff in sit-ups or walking contests.

Teacher Tip- Place a tip in teacher's mailboxes with a wellness message and a small giveaway like green tea, oatmeal, raisins, etc.

Wellness Wednesdays- Highlight wellness tips every Wednesday.

Wellness Week- Raise awareness regarding healthier living in a week of wellness activities.

Health Tips- Send weekly/daily health tips via email, newsletter, bulletin boards, bathroom briefs or broadcast via the morning announcements.

Create Wellness Yellow Pages- Develop resources for family health care, healthy eating locations in the area, fitness centers, etc near your school.

Holiday Health- Be Sweet to your Heart (Heart Disease), Be Thankful for your Health or Turkey Trot (Thanksgiving), Maintain, No Gain (Holidays), New Year's Resolutions, The Heat is On (Summer), Birthday Blood Pressure

Giveaways and Prizes (Check with your Wellness Partners)

Gift Baskets - Create a basket with a theme like snack attack, healthy eating, better sleep, etc.

Gift Cards- Sporting Good Stores, Healthy Restaurants, Grocery Stores

Exercise Items- Exercise DVDs, exercise bands, yoga mats, exercise balls, etc.

Health Related Items- First Aid Kits, Toothbrushes, Wellness Books or Videos

Nutrition Items- Cookbooks, Magazines, Eco-Grocery Bags, Lunchboxes, or Healthy Products

Stress Related Items- Hand held massagers, relaxation CDs, stress balls, motivational books

Other- Health Calendars, T-Shirts, Pens, etc.

Promoting and Integrating Health in your Classroom

Get Moving- Get up and re-energize with exercise.

Food Pyramid Challenge - Challenge students to keep track of their daily intake of fruits and vegetables.

Time It- Do two minutes of activity and have students take their pulse and determine calories burned.

Grocery Store Scavenger Hunt- Have students write down types of food they find at the store and read the label for fat and sugar content.

Get Drawing- Have a poster contest focused on nutrition, physical activity or healthy habits.

Create a Recipe book- Create a healthy choices cookbook from student recipes.

That's a Wrap- Have student's role play certain scenarios that demonstrate good and bad habits.

Health Fair- Host an interactive informational booths or tables that offer lessons and activities on healthy habits.

Fun Fact - Add a healthy activity or fun fact to each day with activities to inspire daily habits.

Thank you for making a Difference!

For wellness assistance and support please contact Tonya Hill, Wellness Coordinator at 904-390-2916 or hill-willt@duvalschools.org