NASSAU COUNTY Worksite Wellness RESOURCE GUIDE

A guide to help start or enhance a company's wellness initiatives

Created May 2016

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General Wellness **RESOURCES**

In Nassau County

First Coast Worksite Wellness Council, Inc.

The FCWWC is an initiative of Healthy Jacksonville 2020. The mission of the Council is to improve the health of the First Coast community by sharing resources and providing guidance through our member businesses. This group was charged with impacting community health through the business community and to create a platform for local businesses to be recognized for excellence in worksite wellness.

How Do We Help?

With effective management of employee health and wellness programs, corporations have successfully slowed the rise in their health care costs. By working with resources such as medical plan carriers, insurance providers, brokers, community partners, etc., corporations continue to implement programs which demonstrate that employees are maintaining and improving their health and wellbeing which impacts the company's bottom line. FCWWC is your community leader in worksite wellness on the First Coast. Join us to learn more! http://firstcoastwwc.org

Florida Department of Health Nassau County

The Florida Department of Health works to protect, promote and improve the health of all people in Florida through integrated state, county, & community efforts.

904-530-6800 • http://nassau.floridahealth.gov/index.html

Florida Department of Health Nassau County: Community Resource Guide

A compilation of available health care and social services for the Nassau County community and surrounding areas. http://nassau.floridahealth.gov/programs-and-services/wellness-programs/resource-guides/index.html

Florida Department of Health Nassau County: Lending Library

The Community Health Education program works to improve the health and quality of life for Nassau County's residents by training local agencies, worksites, and other community organizations to host their own health education classes and programs. The program will train one's own company employee to become a health facilitator and will set the worksite up with the lesson plans and materials for health education classes to be taught within their worksite. Current programs and health education classes include the following: healthy cooking, diabetes, healthy savvy shopper, walking tool-kits, and information for colorectal cancer prevention. http://nassau.floridahealth.gov/programs-and-services/wellness-programs/lending-library/index.html

Nassau County Health Improvement Coalition (NCHIC)

NCHIC consists of a number of local agencies, organizations, community groups, and community members who come together with the common goal of improving the overall health of the Nassau County community. The mission of the Nassau Health Improvement Coalition's mission is to improve the health status of the Nassau County community by addressing and monitoring priority health and Program, and the local Community Resource Guide. The coalition typically meets every other month on

the fourth Monday at the Yulee Full Service School (Nassau Family Education Center) - 86207 Felmor Road, Yulee FL 32097 • 904-548-1853.

General Worksite **HEALTH PROMOTION**

In Nassau County

American Cancer Society: Workplace Solutions

Resources employers can use to create a healthier workforce through implementing evidence-based health and wellness programs. http://www.acsworkplacesolutions.com/index.asp

American Heart Association

The American Heart Association's Worksite Wellness Toolkit.

http://www.heart.org/HEARTORG/GettingHealthy/WorkplaceWellness/Workplace-Wellness_UCM_460416_SubHomePage.jsp

American Journal of Health Promotion

Journal includes a selection of articles relating to health and wellness, as well as evaluations of various health promotion interventions and strategies. http://www.healthpromotionjournal.com/

Centers for Disease Control and Prevention: Healthier Worksite Initiative

This website was designed as a resource for worksite health promotion program planners to help in generating ideas for worksite health promotion within an organization. Here you will find information, resources, and step-by-step toolkits to help improve the health of your employees. http://www.cdc.gov/nccdphp/dnpao/hwi/index.htm

Centers for Disease Control and Prevention: National Healthy Workplace Project

This national project offers a variety of educational materials and tools to create healthy worksites.

Workplace Health Promotion:

http://www.cdc.gov/workplacehealthpromotion/

http://www.cdc.gov/workplacehealthpromotion/nhwp/index.html

National Healthy Worksite Program: http://www.cdc.gov/nationalhealthyworksite/index.html

Centers for Disease Control and Prevention: Total Worker Health

This National Institute of Occupational Safety and Health (NIOSH) resource provides a strategy for integrating occupational safety with health promotion to prevent worker injury and illness, and to advance health and wellbeing. http://www.cdc.gov/niosh/TWH/

Occupational Safety and Health Administration

OSHA offers a series of resources for small businesses, including safety and health tools, publications, and easy-to-follow guides on health benefits. http://www.osha.gov/dcsp/smallbusiness/index.html

WebMD Health Services

Provides E-Book resources on topics such as wellness culture ideas, winning ways to assess program utilization, behavior change and financial impact, wellness incentives, health coaching and measuring program return on investment. https://www.webmdhealthservices.com/corporate-wellness-resources/

WELCOA (The Wellness Council of America)

As one of the nation's premier resources for workplace wellness, WELCOA's mission is to serve business leaders, workplace wellness practitioners, public health professionals and consultants of all kinds by: Producing leading-edge workplace wellness publications and health information; Conducting trainings that help workplace wellness professionals create and sustain results-oriented wellness programs; Creating resources that promote healthier lifestyles for all working Americans. http://www.welcoa.org

WELCOA's Well Workplace Model

The Seven Benchmarks of results-oriented workplace wellness programs.

https://www.welcoa.org/services/build/welcoas-seven-benchmarks/

The Small Business Initiative provides employers in organizations with 50 or fewer employees an opportunity to structure a wellness program that complements their worksite setting.

https://www.welcoa.org/services/build/wellness-small-business/

Wellness Proposals Free Wellness and Health Library

Free health and wellness related resources of all types including toolkits, handouts, posters, presentations, wellness newsletters, guides and more. Includes but not limited to topics such as exercise, nutrition, stress, smoking cessation and weight loss. http://wellnessproposals.com/wellness-library/

Baptist HeartWise Program

HeartWise is a comprehensive wellness and prevention program that gives you the personalized knowledge, guidance and support to maximize your heart-healthy lifestyle.

Now, there are three ways that women can be HeartWise:

1. HeartWise for Women Screening: Knowing your numbers is important because it helps to detect your risk factors for cardiovascular disease in the earliest stages. Schedule a comprehensive, one-hour HeartWise for Women Screening & Consultation today.

2. HeartWise Eating Plan Class: In this two-hour presentation and interactive discussion, facilitated by Baptist Health Registered Dietitians, we will clear up the confusion on how to eat your way to a healthy heart.

3. HeartWise Fitness Assessment: Ready to get back into a regular exercise program? The one-hour HeartWise Fitness Assessment is a smart way to get started. An exercise specialist, experienced in cardiac rehabilitation, will assess your current fitness level and work with you to create a safe and personalized exercise program, including your target heart rate zone.

4. HeartWise Nutrition Classes: To better address the needs of our patients we are currently signing up highly motivated men and women for a cardiovascular disease prevention program consisting of six sessions that focus on Nutrition.

http://www.baptistjax.com/heartwise

Comprehensive **WELLNESS SERVICES**

(Fee Based)

Baptist's PATH (Personalized Approach to Health) Program

Studies show that providing benefits to employees is not enough to significantly impact workforce health and lower costs. One-on-one interventions and behavior-modification programs that address individual health needs are imperative to meaningfully move the needle. Yet, we know that employers have limited time and financial resources to devote to health initiatives. That's why Baptist Health and the YMCA of Florida's First Coast have teamed up to provide local employers with a new approach to employee health. It's called PATH – Personalized Approach to Health.

A Powerful Partnership

Based on our combined experience in employee health and corporate wellness programs, we know that 54 percent of any employee population has no primary care physician relationship – and having a PCP could greatly improve the health status of people with multiple risk factors. We also know that when it comes to moving the needle in employee health, access to medical care is not the only answer –people need to be educated, coached and encouraged in order to make healthy changes in their lifestyles. That's why the Baptist Health and YMCA partnership makes sense –with our combination of expertise in disease prevention and management, fitness and behavior modification; we are a natural fit for employers looking for an integrated, evidence-based approach to worksite wellness.

PATH Program Components

• Health risk assessment and biometric screening

• Health coaching and care coordination

• Evidence-based analytics

• Targeted solutions delivered at the individual level

Why PATH?

PATH connects employees to the resources they need to improve health, with a focus on helping those who are at greatest risk for preventable issues such as obesity, heart disease, cancer, diabetes, and stress.

Using scientifically-based data analysis and medical expertise, we help employers identify employees at greatest risk for these preventable health issues that often cause unnecessary disease, illness and expense. We offer those employees a personalized path to improved health through targeted, community based solutions.

For employers who don't yet have an employee health program, PATH is an easy way to start. For those who already have a coordinated approach to employee health, PATH is the way to take it further. It's customized to your goals and budget, so you can use all of the components, or just the ones you need.

HEALTH DESIGNS

Health Designs is an experienced workplace wellness company, partnering with employers to contain health costs, improve the health and productivity of their people and create a culture/environment that supports employee well-being. With our well-designed process, methodology and delivery, and highly-trained professionals, we help establish goals and deliver measurable results for our client companies and their employees.

To accomplish that we focus on 2 things:

• Data – so we can measure the success of the program

• Face-to-face wellness coaching - we believe it's the straightest path to inspire behavior change. We use various tools and a customized approach to achieve the best results including biometric screenings and health assessments.

With innovative insight and over 20 years in health education, Health Designs has pioneered some of the best practices now considered essential to engage the workforce, contain health care costs and enhance productivity.

Health Designs' Results-Driven Services:

Where could I start?

• **Wellness Workshops** Engaging, fun, and interactive with educational materials, on wellness topics customized for your population.

• **Wellness Events** customized to your population, examples include:

> • Stress Management & Energy Balance workshop followed by Wellness Coaching and chair massage.
>
> • Wellness workshop on the importance of physical activity, followed by Wellness Coaching, blood pressure checks, and exercise demonstration.
>
> • Nutrition & Weight Management workshop, followed by Wellness Coaching, glucose checks, and smoothie creations.

• **Men's & Women's Health and Nutrition Displays** paired with additional screening options.

• **Wellness Committee Consulting** to support and assist in setting appropriate, achievable and measurable wellness goals.

I am ready for measurable results:

• **Proprietary Health Assessment**, measuring participant's lifestyle behaviors shown to have the greatest impact on claim costs and productivity.

• **Onsite Biometric Screenings** including Cholesterol, HDL, Glucose, Blood Pressure, and BMI. (LDL, Triglycerides, A1C, PSA and others also available).

• **Face-to-Face Intrinsic Coaching** provided for each participant including those at High Risk, capturing the teachable moment to inspire behavior change and help set personalized health improvement goals.

Speak with an experienced workplace wellness professional today at 904-285-2019.

Inspired Perspectives LLC

IP is a well-being company specializing in motivating populations to engage in healthier choices and behaviors by designing creative, flexible and fully customizable solutions.

Effective Communications Drive Participation

• Program branding/ logo design to create buy-in and recognition

• Annual wellness calendar to promote well-being all year long

• Implementation and ongoing communication campaigns that inspire change

Bundled or A' La Cart:

• Online Wellness Portal

• Healthy Challenges

• Incentive Design and Tracking

• Learning Modules

www.IPWellBeing.com

MCARTHUR FAMILY YMCA • 1915 Citrona Avenue • Fernandina Beach, FL 32034

Join a community, not just a gym. The Y is a powerful association of men, women, and children of all ages and all walks of life joined together by a shared passion: to strengthen the foundations of community. Together, we're changing lives of children, adults, and families across Nassau County.

Enjoy the many benefits of Y:

• KidZone care and activities for children while you work out.

• Free training and support program that will help you develop a personalized fitness plan.

• Unlimited Group Exercise classes such as Zumba, Aqua Aerobics, Yoga, and Indoor Cycling.

• Exclusive member rates and registration for child care, youth sports, swim lessons, day camp, and much more.

• Great rates on individual or group personal training, other fitness and nutrition services, chronic disease prevention and more.

At the Y, we make sure every child has a chance at a brighter future; provide opportunities for the young and young at heart to achieve better health and well-being, and give everyone a place to belong, regardless of any financial barrier that may exist. Financial Assistance is available to those who qualify.

Corporate Wellness

Research has shown an effective wellness program can have significant impact on a variety of health risk factors including cholesterol, blood pressure, cardiovascular disease and obesity. Through a YMCA Corporate Wellness Partnership, companies can provide their employees with a comprehensive wellness program, health education and unprecedented savings on memberships, all of which can improve employee morale, absenteeism and productivity.

Services Available

• In-house open enrollment

Programs

• First Coast Games – Annual corporate wellness challenge for employees.

• YMCA's Diabetes Prevention Program – A year long program helping participants prevent or delay the onset

of type 2 diabetes. (This program can also be brought to you.)

Other Partnership Opportunities

• Team building events at the YMCA Alpine Tower - A series of team events designed to challenge both

physical and mental health and promote team building and camaraderie.

Corporate Volunteer Opportunities

• Annual Campaign

• Mentoring/tutoring program at John E. Ford K–8 school

• Take Stock in Children

• YMCA READS! Program

Free Lecture Topics

• 12 Tips to weight loss success

• Goal Setting and Motivation

• Diabetes Prevention

• Movement for Joint Health

For more information please contact Jon Dearolf 904-261-1080 or email at JDearolf@firstcoastymca.org

Adult **EDUCATION**

Adult Education and Drop-Out Prevention
Nassau County Adult Education offers GED Prep classes at four locations on a flexible schedule.

Current class and testing schedules are available. (904) 548-1750.

ARTHRITIS

Arthritis Foundation

The Arthritis Foundation is committed to raising awareness and reducing the unacceptable impact of arthritis.

http://www.arthritis.org

ASTHMA

American Academy of Allergy, Asthma & Immunology

An overview of asthma symptoms, diagnosis, treatment and asthma management.

http://www.aaaai.org/

Center for Disease Control and Prevention

General information from the CDC on asthma and access to comprehensive resources and programs.

http://www.cdc.gov/asthma/

CANCER

American Cancer Society

The ACS is a private, non-profit foundation that focuses on cancer awareness and research. Their website has a wide collection of information and resources on cancer. htttp://www.cancer.org/

Center for Disease Control and Prevention

The CDC provides a series of topics and information on cancer research and preventive efforts.

http://www.cdc.gov/cancer/

National Cancer Institute

The NCI provides general information and resources for research on cancer in the US.

http://www.cancer.gov/

Cardiovascular **DISEASE**

American Heart Association

The American Heart Association is working to help kids, families and communities live heart-healthy lives. Use this Healthy Living information to help you get active and stay active, for life.

http://www.heart.org/HEARTORG/GettingHealthy/GettingHealthy_UCM_001078_SubHomePage.jsp

Learn more about heart disease and conditions that can lead to heart disease, heart attack or stroke. Including tools and resources for managing high blood pressure and cholesterol.

http://www.heart.org/HEARTORG/Conditions/Conditions_UCM_001087_SubHomePage.jsp

Center for Disease Control and Prevention - Division of Heart Disease and Stroke Prevention

Offers resources, educational material and statistics on cardiovascular disease in the US.

http://www.cdc.gov/dhdsp

CDC Heart–Healthy and Stroke–Free Toolkit

A toolkit for successful business strategies to prevent heart disease and stroke.

http://www.cdc.gov/dhdsp/pubs/employers_toolkit.htm

DIABETES

American Diabetes Association

Provides general information on diabetes prevention and management. http://www.diabetes.org/

Recipes and information on maintaining healthy eating habits to manage and prevent diabetes.

http://www.diabetes.org/food-and-fitness/food/

Center for Disease Control and Prevention

The resource offers information on implementing control programs for Type 2 Diabetes once assessments and intervention planning have been complete.

http://www.cdc.gov/workplacehealthpromotion/implementation/topics/type2-diabetes.html

Several projects and programs relating to diabetes prevention and management, as well as effective statewide initiatives. http://www.cdc.gov/diabetes/projects/

The National Diabetes Prevention Program aims to establish local programs for populations at high risk for type-2 diabetes. http://www.cdc.gov/diabetes/prevention/

Diabetes at Work

Diabetes at Work is the first online resource specifically designed to address the management of diabetes in the workplace. Diabetes at Work is a collaborative effort of the National Diabetes Education Program (NDEP), National Business Group on Health, National Business Coalition on Health, and America's Health Insurance Plans. NDEP is a partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and more than 200 public and private organizations. https://diabetesatwork.org/

National Diabetes Education Program

The National Partnership for Diabetes Education offers free resources for diabetes prevention and management, including information on community-based initiatives. http://ndep.nih.gov/index.aspx

Specific strategies for implementing diabetes prevention programs in worksites.

http://ndep.nih.gov/hcp-businesses-and-schools/Businesses.aspx

Employee Assistance **PROGRAM**

Health Advocate

Health Advocate, Inc., is the nation's leading healthcare advocacy and assistance company. Our leading-edge solutions include Empowered Health, a fully integrated program that seamlessly combines health advocacy, wellness coaching, EAP+Work/Life and chronic care solutions. We also leverage the power of data analytics to help members make more informed decisions and get more value out of the healthcare system. 1-866-385-8033 • http://www.healthadvocate.com/

ERGONOMICS

National Institute for Occupational Safety and Health

This site provides information on ergonomics and musculoskeletal disorders in the workplace. It includes a list of ergonomics programs and interventions, evaluation of risk factors for lifting tasks, back injuries, keyboard and display terminal analysis, and the effects of vibration.
http://www.cdc.gov/niosh/topics/ergonomics/

Occupational Safety and Health Administration

OSHA provides materials on ergonomic outreach and assistance, including ergonomic e-Tools, cooperative programs, training and education, and industry-developed guidelines.

https://www.osha.gov/SLTC/ergonomics/

Specific information on improving computer station posture to improve health and productivity.

https://www.osha.gov/SLTC/etools/computerworkstations/

Medical screening and surveillance information for workplaces, including specific OSHA standards and other resources. https://www.osha.gov/SLTC/medicalsurveillance/

Farm to **TABLE**

Black Hog Farm

Receive a bounty of farm fresh, in-season, local and regional products delivered right to your door or to a convenient pick up location with a weekly or bi-weekly delivery.

904-484-6931 • Email: info@blackhogfarm.com • http://www.blackhogfarm.com

Traders Hill Farms

Traders Hill Farms grows organic vegetables through aquaponics for local consumption that are fresh and consistently available. On Wednesday's the vegetables are for sale and tours of the facility are given. Products can also be purchased and delivered. For more information, visit the website or on facebook.

30829 Foghorn Lane • Hilliard, FL 32046 • 904-845-2627 • www.tradershillfarm.com

Health **INFORMATION**

Mayo Clinic

This website provides information on health information, diseases and conditions and health living topics, including but not limited to nutrition, stress management, fitness and weight loss.

http://www.mayoclinic.org/patient-care-and-health-information

Web MD

This website has information regarding health and health care, including a symptom checklist, pharmacy information, drugs information. Discover new ways to live an inspiring life through natural beauty, nutrition and diet, an active lifestyle, and better relationships. http://www.webmd.com

Health Information **Newsletter**

American Cancer Society: Healthy Living

Healthy Living is a free, monthly electronic newsletter produced by the American Cancer Society that teaches the importance of making healthy lifestyle choices. Available in Spanish. Archives are also available.

http://www.acsworkplacesolutions.com/healthyliving.asp

Mayo Clinic: Recipes for Healthy Living

Build your recipe collection with healthy and tasty recipes from Mayo Clinic. Your menu options are endless with this FREE e-newsletter. Discover tasty appetizers, main dishes, soups, salads, desserts and more. Each recipe provides nutritional analysis and servings as they relate to the Mayo Clinic Healthy Weight Pyramid.

https://newslettersignup.mayoclinic.com/?fn=207

Help **LINE**

United Way's 211 Help Line

211 is a free information line and suicide/crisis intervention lines open to all. Operators provide referrals and information on various topics and services, such as medical and health services, mental health and substance abuse, food, shelter and clothing, support groups, information about emergencies, such as hurricane shelter locations, services for people with disabilities, HIV/AIDS info and testing, ReaiSense locations for tax preparation and savings plans, adult, child, and family services, help for victims of abuse or crime, financial assistance, problem-solving for people unsure of their needs. Call 211 from any land line or cell phone.

IMMUNIZATIONS

Walgreens Sadler Rd.

Offer onsite or voucher basis immunizations including flu, pneumonia and shingle shots.

Site Coordinator is Mary Archer • 904-277-9615

https://www.walgreens.com/pharmacy/flushotcalculator/flu_shot_calculator.jsp?_requestid=27020

Mental Health & Substance **ABUSE**

Nassau Alcohol Crime and Drug Abatement Coalition (NACDAC): Behavioral Resource Guide
A guide for issues concerning substance abuse, mental health and much more.

http://nassau.floridahealth.gov/programs-and-services/wellness-programs/_documents/NACDAC%20Resource%20Guide%202013.pdf

Mental Health First Aid

This course helps anyone who wants to learn how to provide initial help to someone who may be experiencing symptoms of a mental illness or in crisis. The course gives people tools to help friends, family members, colleagues, or others in their community.

904-225-8280 • Email: mhfa@spbh.org • http://www.mhfanassau.com/

Starting Point Behavioral Health

Offer aid to those in need of mental health and substance abuse treatment in Nassau County. Provide a wide variety of programs for all ages with special behavioral health and substance abuse programs for children, teens, women and older adults. Located at 463142 SR 200 West, Yulee, FL 32097.

(904) 225-8280 • http://spbh.org/

National Health **OBSERVANCES**

Health Finder

Lists the National Health Observances (NHOs), which are special days, weeks, or months, dedicated to raising awareness about important health topics. Includes toolkits to help promote Observances.

http://www.healthfinder.gov/nho/default.aspx

NUTRITION

Academy of Nutrition and Dietetics

Site provides information on healthy eating and food safety. http://www.eatright.org/

American Cancer Society

This section of the American Cancer Society's website offers resources to learn more about eating healthy, staying active and maintaining a healthy weight. http://www.cancer.org/healthy/eathealthygetactive/index

American Heart Association

The Nutrition Resource Center developed by the American Heart Association provides helpful guides to healthy cooking, shopping and dining out.

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/NutritionCenter_UCM_001188_SubHomePage.jsp

United States Department of Agriculture, Center for Nutrition Policy and Promotion

The USDA Center for Nutrition Policy and Promotion (CNPP) works to improve the health and well being of Americans by developing and promoting dietary guidance that links scientific research to the nutrition needs of consumers. This site includes the MyPlate Resources. http://www.cnpp.usda.gov/

University of Florida/IFAS – Nassau County Extension Service

Provides research based information and programs on preventing and controlling chronic diseases (high blood pressure, diabetes, high cholesterol, etc.), eating nutritionally, food safety certification and preserving food. Programs can be provided to small or large audiences on a one time basis or in a series. Family and Consumer Sciences "Creating Healthy and Sustainable Families"

Meg McAlpine, Family and Consumer Sciences (FCS) Agent III

543350 US Highway 1 • Callahan, Florida 32011 • (904) 491-7340 or (904) 879-1019 • http://nassau.ifas.ufl.edu

Other Local Wellness **SERVICES**

Advanced Muscle Therapy and Fitness

Please consider Advanced Muscle Therapy your local solution for worksite wellness opportunities. Our certified instructors ensure that every employee's fitness goals are addressed responsibly in accordance with their present fitness level promoting optimum results. Employees are instructed and supervised by qualified and credentialed professionals during group exercise classes. Focus is placed on improving fitness, building company moral, teamwork skills and combating postural abnormalities develop during the workday that lead to pain.

Group exercise routines include the following components:

- Dynamic flexibility
- Team building fitness activities
- Agility, balance, posture improvement, strength training
- Static flexibility

*For those employees interested in pursuing personal training, we offer individual sessions at our main office location.

Other worksite related topics include:

- Safe Lifting Techniques
- Prevention of Repetitive Stress Injuries
- Deskercise- quick simple office exercise to promote a pain free / stress free workplace
- Nutrition /Diet
- Lunch & Learn meetings
- Massage & wellness

Advanced Muscle Therapy is dedicated to personal training and fitness, massage therapy to promote overall well-being and offers additional specialization in Active Release Technique to address pain/injuries to muscles & soft tissue. Please give us a call to discuss how we can help put your employees on the path to worksite wellness. 961687 Gateway Blvd., #101-A • Fernandina Beach, FL 32034 • 904-491-4980.

Genetic Potential Academy

At Genetic Potential Academy our goal is to help you reach your goal whether that be in improved athletic performance in your sport or if you just want to look better in the mirror. We will put you in the best position to achieve these goals!

We offer:

• 1 on 1 Personal Training - Highly individualized to help you get the best results possible while also giving you the tools necessary to help you maintain the look you have attained.

• Small Group Personal Training (Highly individualized in a small group setting of 2-5 people).

• Group Classes:

- Get Jacked Program for young to middle age men looking to put on muscle mass.
- Get Toned Program for young to middle age women looking to lose body fat while toning up.
- Everyday Strength Program for middle age and up men and women looking to improve their health and get stronger so they can feel great and prolong the signs of aging.

• Athletic Performance Training - Athletic development for athletes ranging from age 6, focusing on developing those mental and physical skills to keep them healthy and injury free throughout their sports career. All the way to college level athletes focusing on making sure the athletes body is primed for game day, whether that's on a volleyball court or football field.

• Business Wellness Programs - Collaborate with business owners to adopt wellness programs that will improve their bottom line by giving them a big return on investment through improved productivity, less absenteeism and improved health for their employees.

For more information, contact Zach Rocheleau at 904-321-6783 • http://www.geneticpotentialacademy.com

Re-You

Re-You is a company dedicated to helping people know, accept, and love themselves on all levels by helping them develop individualized goals in the areas of health/fitness/wellness and guiding/inspiring behavior change in order to reach those goals.

Company Offerings:

• *One-on-one Health Coaching:* A health coach will help develop, implement, and monitor a personalized program to radically improve health and happiness in the areas of: weight loss, disease prevention, stress reduction, sleep improvements, increased energy, and/improved communication. (This service can be provided by phone/Skype or in person).

• *Group Wellness Coaching:* A group of people sharing common health concerns is led by a health coach and educated about food choices, exercise, energy levels, etc. The coach will also teach how to incorporate these lessons into real life in order to make lifelong changes. (This service can be provided by phone/Skype or in person).

• *Private/Worksite Yoga:* Yoga can help aid in stress management, improve flexibility, and improve muscle strength.

• *Workshop Presentations:* Re-You's workshops help educate employees about various health/wellness topics. Choose from the topics listed below and many others or let us create a workshop specific to your individual

needs. (This service can be provided through teleconference with screen sharing or in person).

- Detox Your Hygiene
- Decoding Ingredients Lists
- Eat Well, Be Well
- Top Tips for Weight Loss & Life Gain
- Stress Busting 101

For more information call Josetta Thomae at 516-852-3263 or email josetta@re-you.com

http://www.re-you.com

Physical Activity **OPPORTUNITIES**

(Free)

Amelia Island Runners

Open to people of all ages and all abilities. Everyone is always welcome -- and it's always free, with free expert coaching advice available. Walkers welcome too! Group runs and walking groups. Held Wednesdays from 6 to 7 p.m. at FBHS track, 435 Citrona Drive, Fernandina Beach • http://www.ameliarunners.com

American Cancer Society: Active for Life

Active for Life Online is a free 10-week program that uses individual and group strategies to help employees become more physically active. Active for Life Online is designed to promote regular and sustainable physical activity and health awareness during the program and long term. The program is successful because it can be adapted to each employee. Additionally, employees share a sense of teamwork and peer encouragement by being part of the program.
http://www.acsworkplacesolutions.com/activeforlife.asp

American Heart Association

Program Option 1- Activity Tracker

Program includes free tools and employee resources, such as the Activity Tracker, walking and exercise programs, and healthy eating resources. The Online Activity Tracker can be used to log times or distances traveled; plot and save walking routes; enter daily meals and snacks. If a company wants to use the Tracker for a worksite wellness program, please have the HR department or worksite wellness coordinator set up you the company account first. This is a separate registration.
http://www.startwalkingnow.org/home.jsp

Program Option 2 - Worksite Wellness Kit

This kit encourages companies to give employees an excuse to get away from their desks. The company can set up walking routes around the office and celebrate and reward employees who use them to make their sedentary lifestyle more active. It's a great way to fit in some fitness, take a break and become more productive all at once!

Get the Worksite Wellness Program started by downloading or print and use the materials listed on the link below or contact your local American Heart Association office and ask for the Worksite Wellness Kit. The kit you obtain from your local office includes a CD with additional resources such as heart-healthy recipes, sample email communications and more. Local teams are experts in getting company's on their way to a

healthy work environment. They will work with the HR manager or Worksite Wellness Coordinator to get things started.

http://www.heart.org/HEARTORG/GettingHealthy/WorkplaceWellness/WorkplaceWellnessResources/The-American-Heart-Associations-Worksite-Wellness-Kit_UCM_460433_Article.jsp

America On the Move

Their mission is to improve health and quality of life by promoting healthful eating and active living among individuals, families, communities, and society. America On the Move (AOM) does this by empowering individuals to take control of their health by making and sustaining small measurable changes to their daily eating and activity routines through a 6-week program. AOM provides web-based programs, tools, and resources to individuals, families, groups, and communities of all types and sizes.

https://aom3.americaonthemove.org

Bike To Work

Bikes are good for businesses and their employees. Through our Bicycle Friendly Business (BFBSM) program, employers are recognized for their efforts to encourage a more welcoming atmosphere for employees, customers, and the community. www.bikeleague.org/content/businesses

CDC National Healthy Worksite Program: Worksite Walking Campaign Tools

These communication tools can be used to encourage employees to be physically active and walk more. Employees benefit from seeing positive messages and information that encourage them to participate in a walking program. The tools include flyers, e-blasts, a pocket guide, sample texts for mobile applications, and 9 E-cards for employees to share.

http://www.cdc.gov/nationalhealthyworksite/join/walkingtools.html

Dome Healing Center

Free Yoga and Meditation classes open to anyone of any level of student. Come learn relaxation, flexibility, and deep breathing techniques. Beginner's classes to advanced levels classes of Amrit, Sivanana, Hatha, Raja, and Meditative Yoga are offered. All Yoga and Mediations classes have been offered free of charge since

December 2012. 5024 First Coast Highway • Fernandina Beach, FL • (904) 277-3663

http://www.domehealingcenter.com

Friends of the Amelia Island Trail, Inc.

Friends of the Amelia Island Trail leads a community wide effort to achieve the goal of making Amelia Island the best place in Florida to walk, run or bicycle safely. Amelia Island (3 miles by 12 miles) currently has over 50 miles of trails in its trail network. These trails provide a path that connects City, County, State and National Parks along our coast and are part of the national East Coast Greenway trail network. These trails also provide Safe Routes to schools.

A map of the Amelia Island Trail network can be obtained at the Friends of Amelia Island Trail website. This map will also show the type of surface and the length of each trail segment.

An off-road trail path connection between Amelia Island and Big Talbot Island on the south is being planned for a March 2015 opening. http://www.AmeliaIslandTrail.org

The Presidents Challenge

Group members can choose between the 2 different challenges, based on their comfort level. Included is an online tracker, which will allow the group to take the President's Challenge together.

Presidential Active Lifestyle Award (PALA)

This challenge is for anyone, but it's geared toward people who want to set themselves on the road to a healthier life through positive changes to physical activity and eating behaviors. Vegetarians, vegans, and others with dietary restrictions can participate, too.

Presidential Champions

It's a good program for people who already get regular exercise or a great next step for beginners who have completed the Presidential Active Lifestyle Award (PALA) challenge.

https://www.presidentschallenge.org/participate/gp-groups.shtml

Surgeon General's Healthiest Weight Community Champion Recognition

http://www.healthiestweightflorida.com/recognition.html

Turnkey Corporate Fitness Program: Solving the Puzzle of Moving More

This free 5-week wellness program is useful for any employer interested in offering employee wellness programs. The wellness program tool kits provide everything needed to launch and promote the corporate wellness program. Solving the Puzzle of Moving More is a worksite wellness activity that encourages employees to be physically active.

The activity is designed to be conducted over a five-week period. It can be modified to suit the needs of the company and number of participating employees. Weekly newsletters provide practical tips to help employees be physically active. Challenge participants earn one point each time they complete one of the Weekly Activity Tips provided in the newsletters. Participants earn bonus points for using the newsletters to correctly complete the Solving the Puzzle of Moving More crossword. This challenge can be done in teams or as individuals. Award participants with a Certificate of Participation once the challenge is complete. Prizes or other types of recognition may be given to those who earn the most points.

http://wellnessproposals.com/wellness-library/health-promotion/free-wellness-programs/

Walkin' Nassau

Walkin' Nassau is a local Amelia Island walking club with regular events/walks for everyone to participate in around the area. The mission of Walkin' Nassau is to give people an inexpensive way to exercise while seeing a variety of places on our island. Today the club has sanctioned year round events and holds monthly walks at places around Nassau County including Fort Clinch and the beach. Walkin' Nassau is affiliated with the American Volkssport Association (AVA). The AVA is a national walking organization with clubs throughout the United States. Two walks are held per month - one on a Saturday morning and one on a Tuesday evening. Check out Walkin' Nassau on facebook for more info.

"Walk With Me" Nassau Program

Free, community-wide (Nassau) walking program that encourages worksites, agencies, and other community members to start walking groups. Visit Walk With Me Nassau on facebook! For more information and to print off your walking log, visit the link below. There is also a startup kit available which includes incentives such as water bottles and towels. For more info contact please contact the Health Department's Health Education Program. (904) 530-6797. http://nassau.floridahealth.gov/programs-and-services/wellness-programs/_documents/walk-with-me.pdf

Policy and **BEST PRACTICES**

Breastfeeding Policies in the Workplace

For more information on breastfeeding policies or implementing policies in the workplace contact the Florida Department of Health Nassau County.

Heather E. Huffman, MS, RDN, LD/N, IBCLC • Public Health Nutrition Program Director

PO Box 595/37203 Pecan Street • Hilliard, FL 32046

(904) 845-2660 x5385 or cell: (904) 813-6829 • Heather.huffman@flhealth.gov

Department of Labor - Incentives

Detailed information on the proposed regulations for providing incentives for nondiscriminatory wellness programs in-group health insurance plans. www.dol.gov/ebsa/pdf/workplacewellnessstudyfinalrule.pdf

Healthy Worksite Summit

Legal update on wellness program rules for 2015.

http://www.healthyworksitesummit.org/Presentations/05WorkplaceWellnessLegalConsiderationsByeTorre.pdf

Smoke Free Workplace Policies

For more information on breastfeeding policies or implementing policies in the workplace contact the Florida Department of Health Nassau County. Jennifer Emmons, CTTS • Program Manager – Tobacco Free Nassau

jemmons@civcomweb.com • 904-753-6105

Smoking **CESSATION**

Tobacco Free Florida

Florida offers 3 Free and Easy Ways to Quit. Free nicotine replacement therapy (NRT) is available while supplies last and if medically appropriate. The Florida Quitline and Web Coach® are available 24 hours a day, 7 days a week. Participants can choose what works best for them.

Option 1 - Florida Quitline Participant will speak with a trained and certified Quit Coach® who will help assess ones addiction, help create a personalized quit plan, receive proactive coaching sessions and self-help material.

1-877-U-CAN-NOW (1-877-822-6669)

Option 2 - Online program called the Web Coach® that has proven to work for many people.

This free online program helps participant create a personalized web-based quit plan that one can follow at own pace and in private. Motivational and educational e-mails will be sent throughout quit plan.

http://www.tobaccofreeflorida.com/webcoach

Option 3 - Face-to-face help in a group setting, Tobacco Free Florida offers free programs through the Florida Area Health Education Centers (AHEC) Network. AHEC classes provide you with support, guidance, and quit aids to help you become tobacco free. The classes will guide you through the many issues related to tobacco use. AHEC offers classes in all 67 counties in Florida. Session frequency and length vary by location.

1-877-848-6696 or 904-482-0189 • http://www.ahectobacco.com

AHEC of Northeast Florida

IQuit with AHEC offers 2 smoking cessation programs

Option 1 - A 2 hour session where participants learn how to develop a successful quit plan.

Option 2 – Support groups meet once a week for 6 weeks and cover a variety of topics including coping with withdrawal symptoms, managing addiction and preventing relapse.

904-482-0189 • http://www.ahectobacco.com

Florida Quitline

Trained cessation counselors provide 24/7 smoking cessation counseling over the phone. Call to schedule an appointment. Counselor will help plan a personal cessation plan, and are available to offer tips and support whenever is needed. Toll free: 1-877-U-CAN-NOW or 1-877 -822-6669 • https://www.floridaquitline.com

Stress **MANAGEMENT**

The American Institute of Stress

The mission of AIS is to improve the health of the community and the world by setting the standard of excellence of stress management in education, research, clinical care and the workplace.

http://www.stress.org

Turnkey Stress Management Program: Stress Reduction Challenge

The Stress Reduction Challenge is a worksite wellness activity that provides employees the opportunity to practice and adopt a variety of strategies to reduce and manage stress.

http://wellnessproposals.com/wellness-library/health-promotion/free-wellness-programs/

FCWWC
FIRST COAST WORKSITE WELLNESS COUNCIL

NCHIC
Nassau County Health Improvement Coalition
Partnering for a Healthier Community

GREATER NASSAU COUNTY
CHAMBER OF COMMERCE

THE CHAMBER
AMELIA ISLAND • FERNANDINA BEACH • YULEE