

# SCHOOL WELLNESS CHAMPION

## START-UP KIT



*The Power of Partnership*

A partnership between  
Kaiser Permanente  
and its coalition unions.

To become a Wellness Champion, start with small steps. Anyone can do it!

Included in this start-up kit are examples of what you can do to promote wellness in your school and your chapter. Find out how to:

- 1. Start a walking group**
  - 2. Lead activity and stretch breaks in your workday and union meetings**
  - 3. Start a salad club with your co-workers**
  - 4. Pass a resolution to support healthy food at your union meetings**
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### TO GET STARTED:

- » Talk with your co-workers about their wellness interests and concerns.
- » Pick one small, doable thing from our examples, or try something of your own.
- » Just do it, even if it's just you and one or two co-workers. Learn what works, tweak it and keep inviting others to join.
- » Look for upcoming emails with more tips, tools and information.

# SCHOOL WELLNESS CHAMPION START-UP KIT

## 1. START A WALKING GROUP

Form small or large walking groups with your co-workers. Consider inviting students and parents to join too! Be creative: Make it work for your school, your union members and your community. Below are three stories to give you some ideas and help start your creative juices flowing!

### Walking Club

#### **Wahoo Public School District, Nebraska**

Staff started a walking club to encourage students to be physically active. They established a walking course around the playground, and students, teachers and staff walk laps with friends for about 20 minutes a day before school. Staff also invited parents and other staff to participate in the morning walks. A third of Wahoo Elementary students now participate on a daily basis.

*“The interaction during this activity has proven to be a great opportunity for students to become acquainted with staff across grade levels.”*

— ANN EGR, TEACHER

### Walking Wednesdays

#### **Sacramento Unified School District**

Paul Hein, a PE teacher, started “Walking Wednesdays” by showing up to school an hour early to walk around the building. He invited students, teachers, staff, family and the community to join him. Walking Wednesdays has attracted more than 100 participants, and next year additional days are being added to meet demand. It created a cultural shift: walking before school is now considered routine and fun for students, parents, teachers and staff.

*“I really didn’t do anything. I’m at school anyway—all I had to do was turn on music and be outside.”*

— PAUL HEIN

### Hollywood Walks

#### **Los Angeles Unified School District**

The area around Hollywood Senior High School is often crowded with tourists and, consequently, isn’t an optimal place to walk. Seeing opportunity rather than challenge, the members of the Parent Health Council started walking down Hollywood Boulevard every other Thursday for an hour. By highlighting the importance of physical activity on a main thoroughfare, they sparked a cultural shift. Walking down the boulevard is seen as routine and healthy and it encourages their neighbors in the surrounding community to join in for some physical activity. The Walking Club meets over the summer months as well.

*“I’m proud that we are doing something that the community, the school and the students can see as an example of what we can do to promote health. This is a great opportunity because I love getting involved in my community.”*

— PRESIDENT OF THE PARENT HEALTH COUNCIL

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## 2. LEAD ACTIVITY AND STRETCH BREAKS

Research shows that quick three- or 10-minute workouts throughout the day can help you reach your physical activity goals. Find a corner by your workstations and squeeze in a few minutes to get the juices flowing and limit injuries. Stretching during meetings can also help you to have more productive meetings. Try one of these active break ideas:

### Walking Break

- » Lead a five- or 10-minute walk around the building. Getting out for some fresh air can leave you refreshed and energized for the rest of your day or meeting.
- » If you don't have time to leave the building, take a quick walk through the halls.

### Stair Climber

- » If your building has open stairwells, you have a quick workout waiting for you. See how many flights up and down you can squeeze in during your meeting break.
- » Make your break functional. Try using a bathroom on a different floor so you can add a few flights of stairs.

### Quick Aerobics Workout

- » Try a five- or 10-minute circuit of fun aerobic moves. Do the following for one or two minutes each:
  - march in place
  - alternating knee lifts (touch your knee to your opposite elbow)
  - kickboxing kicks to the front and sides (if you have room in your meeting space!)
  - wide, side-to-side steps (step left, feet together, step right, feet together)
  - run in place

### Pump It Up

- » Follow a short video with stretches for the worksite. Copy this URL onto your computer or smart phone and just follow the lead of Kaiser Permanente union workers.

<http://lmpartnership.org/stories-videos/do-your-own-instant-recess>

### Dance Party

- » Try a three-minute dance party—the average length of a pop song. Play a song on a cell phone speaker so you don't have to drag around a stereo. Move your hips. Put your hands in the air. Don't be afraid to make a little noise and have fun.

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## 3. START A "BRING YOUR OWN SALAD BAR" CLUB

### QUICK START GUIDE

Follow these easy steps to start your own B.Y.O.S. program:

#### » Coordinate

- Keep the program going with enthusiasm for healthy eating and a few reminders along the way. You can rotate coordinators so no one feels overloaded.

#### » Schedule Frequency

- Try making B.Y.O.S. a weekly event, or try it once and decide what your team prefers.

#### » Announce and Invite

- Send an email invitation to your team to join B.Y.O.S., but also make sure to ask everyone personally to sign up, or just announce it at a team meeting.

#### » Select Salad Bar Ingredients or a Recipe

- Have everyone bring a favorite salad ingredient. Just make sure someone brings a yummy mix of lettuces and that someone brings a protein, so you can fill up.
- As a next step: Get creative with your favorite salad recipes. Use a sign-up sheet for each team member to bring one ingredient from the recipe.

## CREATING A HEALTHY SALAD

### Healthy Salad Tips

Salads are easy, fresh and delicious. Some salads, however, even ones that sound healthy, can be filled with unhealthy ingredients and have more than 1,000 calories. Follow these rules of thumb for healthy salads:

- » Go green. The darker green varieties, such as green or red leaf lettuce, baby spring mix, and spinach, are higher in vitamins and nutrients than iceberg lettuce.
- » Pile on the veggies. Fresh or grilled vegetables add antioxidants and fiber, not to mention color and flavor.
- » Dress light. Avoid creamy dressings and go for low-fat vinaigrettes, or olive oil and vinegar.
- » Punch up the protein. Grilled chicken, fish, tofu, nuts, seeds, hard-boiled eggs or beans are great protein additions to turn a salad into a complete meal.
- » Go easy on the gourmet ingredients. Toppings like goat cheese, wonton strips, bacon bits, croutons and even healthy fats like avocado and nuts are all high in fat. If you're working on a weight management goal, pick just one high-fat delicacy, if any, to top your salad.

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## 4. PASS A RESOLUTION TO SUPPORT HEALTHY FOOD AT YOUR UNION MEETINGS

Here is an example of what some unions are doing to make their meetings healthier. Copy this resolution from the South Bay Labor Council or write one of your own.

### ***Resolution in Support of Healthy Eating & Drinking Habits at Union Halls and Union Meetings***

Whereas, the Union is dedicated to improving the lives of working families, including improving the health of our members; and

Whereas, healthy eating and drinking habits are an important part of a healthy lifestyle that helps individuals get the right balance of vitamins, minerals and other nutrients, handle stress and have plenty of energy; and

Whereas, healthy eating and drinking habits are one of the best ways to prevent and control health problems such as heart disease, high blood pressure, Type 2 diabetes, osteoporosis and some types of cancer; and

Whereas, preventable diseases related to obesity cause the deaths of 300,000 Americans a year, strain our health care system and damage our nation's economy; and

Whereas, the Union can help its members develop better eating and drinking habits by offering healthier, low-fat and lower calorie food and beverage choices at its events;

BE IT RESOLVED that from this time forward, the food and drinks served at the Union hiring hall will reflect the intention to promote the health of Union members.

BE IT FURTHER RESOLVED that it is the policy of the Union to reduce the consumption of processed foods that are high in fat or sweetened artificially.

**THEREFORE food and drinks options at our Union chapter meetings and events will meet the following requirements:**

- 1. A least half of the beverages made available will be healthier options including water and other unsweetened drinks.**
- 2. A least half of the food made available will be healthier options in accordance with the Santa Clara County Nutrition Standards 2011 such as fruits, vegetables, nuts and low fat, unsweetened foods.**

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