|  |
| --- |
| Amway – Jan-June 2013 At-A-Glance [subject to change as per wellness committee, needs and interests]PWP Focus [2012: Weight Management, Heart Health, Nutrition, Senior Living] |
| **Initiative** | **Jan** | **Feb** | **March** | **Apr** | **May** | **June** |
| **INDIVIDUAL** |
| Consultations | One-on-One Consultations – on-site |
| Individual  | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events  |
| PWP |  |  | PWP Mar 4-15 |  |  |  |
| **GROUP** |
| Exercise Class/Series | Laura’s Classes 2x per week | Pilates [3, 10, 17, 24] | Yoga [8, 15, 22, 29] |  |
| Lunch n’ Learns/Webinars | tba |
| Workshop Series | tba |
| Group Challenge[team] |  |  |  | Soup Off [Apr 5] |  | Spring Scrabble [June 3-14] |
| Virtual Challenge[team] | Virtual Portal and Challenge – tba |
| **AWARENESS** |
| Newsletter | Ongoing Monthly Newsletter |
| Kiosk / Poster Display |  | Goal Setting  |  | MOVE |  |
| POD Posters |  |  |  |  |  |  |
| Sleeve Posters | Detox | Refocus Your Goals | Soup Recipes | Spring Activity |
| Email/On-site/Pay-Stub Campaign | Detox EC |  |  |  |  |  |
| Walk Around |   | Goal Setting | PWP Instructions | Soup Off | Fruit  | Fruit |
| Promo Day | Detox Smoothies [Jan tba]  | Salsa/Chips – Feb 14 [staff mtg day] |  |  |  |  |
| Wellness Challenge[Individual] |  | Goal Setting |  | Low GI Eating |  |  |
| Virtual Challenge[individual] | TBA |
| Health Fair | February 11-15 2013 |
| Corporate Reporting |  |
|  |  |  | Snap Shot |  |  | Progression |