|  |
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| **JMP – Jan-June 2013 At-A-Glance [*subject to change as per wellness committee, needs and interests*]****PWP Focus [fitness, weight management, nutrition, stress, heart health]** |
| **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** | Set for September 2013 |
| **GROUP** |
| **Exercise Class/Series** | Exercise Class2-London | Exercise Class2- London |  |  |  |  |
| **Lunch n’ Learns/Webinars** | Eating On the Go – Kicking off the New Year |  | Heart Health |  | It’s In You to Move |  |
| **Group Challenge****[team]** |  |  |  |  | Walking Works |
| **Virtual Challenge****[team]** |  | Protect the Heart(minutes of exercise) |  |  | Possible Walking Works Virtual |
|  |
| **Newsletter** | Ongoing Monthly Newsletter |
| **Kiosk / Poster Display** |  | Heart Health |  | MOVE |  |  |
| **POD Posters** | To support campaigns |
| **Email/On-site/Pay-Stub Campaign** |  | Heart Health EC |  |  | Step Into Spring EC |
| **Walk Around** |  | Dark Chocolate |  |  |  |
| **Promo Day** | Cut the Junk Snack Baskets  |  | Fruit |  |
| **Wellness Challenge****[Individual]** |  |  | Lower BP/Cholesterol |  |  |  |
| **Virtual Challenge****[individual]** | tba |
| **Corporate Reporting** |  |  | Q1 Report |  |  | Q2 Report & Progression |