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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **LEF – Jan-June 2013 At-A-Glance [*subject to change as per wellness committee, needs and interests*]**  **PWP Focus [better nutrition, improve fitness, weight management, protecting the heart, stress management]** | | | | | | | | | | | |
| **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 [start date TBA] | | | | | | | | | | |
| **PWP** |  | |  | |  | |  | | PWP campaign | |  |
| **GROUP** | | | | | | | | | | | |
| **Exercise Class/Series** |  | |  | | Pilates | | | |  | |  |
| **Lunch n’ Learns/Webinars** |  | |  | |  | |  | | It’s in You to MOVE | |  |
| **Workshop Series** | Extreme Lifestyle Makeover | | | | | |  | |  | |  |
| **Group Challenge**  **[team]** |  | |  | |  | |  | | Spring Scrabble | | |
| **Virtual Challenge**  **[team]** | Virtual Portal Instruction and Challenge – tba | | | | | | | | | | |
| **AWARENESS** | | | | | | | | | | | |
| **Newsletter** | Ongoing Monthly Newsletter | | | | | | | | | | |
| **Kiosk / Poster Display** |  | | Heart Health | |  | |  | | MOVE | |  |
| **POD Posters** | ELM | |  | | Exercise | |  | |  | | Scrabble |
| **Sleeve Posters** | tba | | | | | | | | | | |
| **Café Involvement** | tba | | | | | | | | | | |
| **Email/On-site/Pay-Stub Campaign** |  | | Heart Health | | | |  | | Movement | | |
| **Walk Around** |  | | Dark Chocolate | |  | |  | |  | |  |
| **Promo Day** |  | |  | |  | | Salsa and Chips, Smoothies? | | | | |
| **Wellness Challenge**  **[Individual]** |  | | Lower BP/Chol | |  | | Minutes of Exercise | |  | |  |
| **Virtual Challenge**  **[individual]** | tba | | | | | | | | | | |
| **Health Fair** | Spring Into Wellness – May 2013 | | | | | | | | | | |
| **Corporate Reporting** |  | |  | | Snap Shot | |  | |  | | Progression |