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| **LEF- July - December 2012** **PWP Quarterly Theme Focus [better nutrition, improve fitness, weight management, protecting the heart, stress management]** |
| **Initiative** | **July** | **August** | **September** | **October** | **November** | **December** |
| **INDIVIDUAL** |
| **Consultations** | One-on-One Consultations – on-site and phone |
| **Individual**  | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events [start date TBA] |
| **PWP** | DONE May 2012 |
| **GROUP** |
| **Exercise Class/Series** |  |  | Yoga Series |  |  |
| **Lunch n’ Learns/Webinars** |  |  |  | It’s in You to Move |  |  |
| **Workshop Series** |  |  |  |  |  |  |
| **Group Challenge****[team]** |  |  | Own the Podium |  |  |
| **Virtual Challenge****[team]** | During Fall Programming – date TBA |
| **AWARENESS** |
| **Newsletter** | Ongoing Monthly Newsletter |
| **Kiosk / Poster Display** |  |  | MOVE |  |  |  |
| **POD Posters** |  | Summer |  |  | Tips |  |
| **Sleeve Posters** |  |
| **Email/On-site/Pay-Stub Campaign** | Healthy Summer Eats and Drinks |  |  | Healthy Holidays |
| **Walk Around** | Healthy Hydration  |  |  | Tea |  |
| **Promo Day** |   | Yogurt Parfait and Promo… |  |  |
| **Wellness Challenge****[Individual]** | Water IC (With Draw) |  |  | Step Check |  | Stay Active Over Holidays |
| **Virtual Challenge****[individual]** | TBA |
| **Health Fair** | TBA |
| **Corporate Reporting** |  | Snap Shot |  |  | Progression |  |