|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Tempurpedic – July-Dec 2013 At-A-Glance [*subject to change as per wellness committee, needs and interests*]**  **PWP Focus [fitness, weight, nutrition, heart, stress]** | | | | | | | | | | | |
| **Initiative** | **July** | **August** | | **Sept** | | **Oct** | | **Nov** | | **Dec** | |
| **INDIVIDUAL** | | | | | | | | | | | |
| **Consultations** | One-on-One Consultations – on-site | | | | | | | | | | |
| **Individual** | NEW Virtual Online Profile, Wellness Tracking, Calendar of Events | | | | | | | | | | |
| **PWP** | May/June 2013 | | | | | | | | | | |
| **GROUP** | | | | | | | | | | | |
| **Exercise Class/Series** |  | |  | | Fall Fitness with Jen | | | | | |  |
| **Lunch n’ Learns/Webinars** |  | |  | | Sitting Disease LNL | |  | | De-Stress LNL | |  |
| **Workshop** | n/a | | | | | | | | | | |
| **Group Challenge**  **[team]** | tba | | | | | | | | | | |
| **Virtual Challenge**  **[team]** | Portal and Challenge tba | | | | | | | | | | |
|  | | | | | | | | | | | |
| **Newsletter** | Ongoing Monthly Newsletter | | | | | | | | | | |
| **Kiosk / Poster Display** | n/a | | | | | | | | | | |
| **POD Posters** |  | |  | | Simple Moves Month 1, 2, 3 | | | | | |  |
| **Sleeve Posters** | n/a | | | | | | | | | | |
| **Email/On-site/Pay-Stub Campaign** | Summer Safety 8-week campaign | | | |  | | Sitting Disease EC | | De-Stress Holidays EC | | |
| **Walk Around** | Vitamin Water | | Lemonade | | Chocolate Milk - recovery | | | |  | |  |
| **Promo Day** |  | |  | | Themed Office Potluck/Health Fair | | | |  | | Healthy Eggnog |
| **Wellness Challenge**  **[Individual]** |  | |  | |  | | Track Your Movements ballots | |  | |  |
| **Virtual Challenge**  **[individual]** | Virtual or Individual Challenge | | | | | | | | | | |
| **Health Fair** | Tba with Wellness Committee – Oct/Nov 2013? | | | | | | | | | | |
| **Corporate Reporting** | Q 2 | |  | |  | | Q3 | |  | | Progress Report |