

FACULTY STAFF BEST PRACTICES

Teach relaxation techniques to students.

Teach stress relief techniques.

Give faculty/staff praise for doing the “right” thing for students.

Conduct a “Biggest Loser” contest.

Create faculty/staff teams for bowling, softball, kick ball, staff Olympics, Walk Away the Pounds

Provide pedometers for staff.

Encourage staff to participate with monthly heart and blood pressure monitoring.

Have weekly staff weigh-in for those interested.

Have monthly staff recognition.

Conduct a staff survey of interests.

Provide wellness information and resources to staff.

Begin walking clubs during lunch and after school.

Encourage yoga for stress relief.

Encourage the use of school fitness rooms and equipment where available.

Supply weekly health tips via the school bulleting board.

Encourage participation of demonstrations to staff members with visits from therapist and fitness club representatives.

Mention health tips on morning television show every-day.

Designate a one-mile fitness trail around the school.

Invite Dr. Feder to talk about nutrition.

Log and map progress of Walk/Run Across America Challenge in the teacher’s lounge.

Use Brag Board to keep staff informed of weekly walking or running opportunities.

Email motivating quotes to staff.

Offer Zumba classes.

Participate in CCPS Master Fitness Challenge.

Write monthly articles for newsletters.

Body Mass Index (BMI) measured by school nurse at request of any staff member.

YMCA discounts to staff members.

Participate in Doc’s Dash.

Participate in “Relay for Life.”

Give every staff member at least two invitations to join a Wellness Program during the year.

Give faculty/staff access to a Wii Fit before, during and after school.

Present Hoohah for Health to staff.

Arrange for a staff healthy lunch – each member brings a dish.

Participate in staff softball tournament.

Encourage attendance at the Wellness Fair.

