

Wellness In The Workplace: How to Plan, Implement and Evaluate a Wellness Program (1st Edition)

Course Specifications

Course Number: CCT-018_rev4.0

Course Length: Self-study or classroom training

Course Description

The 50-Minute Manager Series was designed to cover critical business and professional development topics in the shortest time possible. Our easy-to-read, easy-to-understand format can be used for self-study or classroom training, or even office training. With a wealth of hands-on exercises, the 50-Minute books keep you engaged and help you retain critical skills.

Geared toward management, this book explores the benefits of a well-planned organizational wellness program. Case studies and exercises outline the components of an effective health program and its often unappreciated contribution to business success.

Course Content

Section 1: The Whys of Workplace Wellness

- Runaway Health Costs
- Chronic Disease Rears Its Head
- Lifestyle Choices
- Worksite Wellness
- Company Benefits
- Hale and Hearty Programs

Section 2: Paving the Way Toward Wellness

- Wellness Programs at Work
- Management Issues
- Employee Involvement
- Diverse Program Models
- Operating Methods
- Health Risk Inventories and Appraisals

Section 3: Winning Program Designs

- Strategies for Planning
- Nine Core Wellness Programs
- Core 1: Nutrition
- Core 2: Hypertension
- Core 3: Stress Management
- Core 4: Fitness and Exercise
- Core 5: Smoking and Cessation
- Core 6: Alcohol and Drug Prevention

Course Outline

Core 7: Weight Control
Core 8: Safety and Accident Prevention
Core 9: Employee Assistance Programs
Dozens of Ideas

Section 4: No Cost, Low Cost Health Promotion Ideas

Screening Programs
Resource Library
Support Groups
Vending Machines
Cafeteria/Dining Room
Newsletter
Breaks
Activity Clubs
Classes
Lunchtime
Wellness Week
Theme Weeks
Payroll Inserts
Special Events & Competitions
Poster Campaigns
Presentations
Demonstrations
Testimonials
Wellness Bulletin Board
Health Magazines & Newsletters
Blood Pressure Kits
Wellness Logo
Wellness Calendar
Films
Health Fair

Section 5: Moving On

Program Evaluation
Expansion
Wellness Councils
16 Ways to Jazz Up a Tired Program
Let's Get Going

Section 6: Resources

Resources