

# Pathway to a Sustainable Wellness Solution



The pathway to a sustainable wellness solution is a four week tele-coaching program that will facilitate your company's wellness program through three stages. The Preliminary, Building, and Actively Engaged stages are depicted in diagram 1. Upon completion, you will develop the tools and action steps needed for an evidenced based comprehensive wellness solution for your organization.

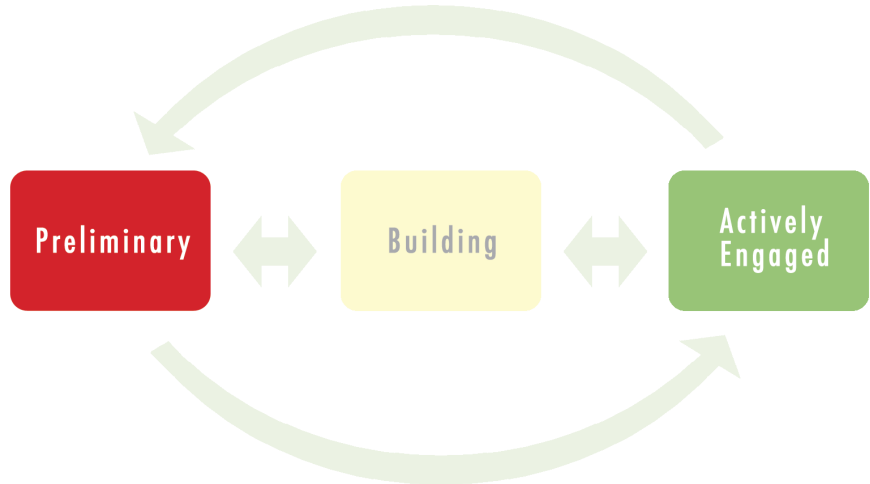


Diagram 1 - Model for an Organizational Wellness Solution

## Where is your solution?

Complete the mini-screen to find out your company's stage in the Organizational Wellness Solution.

Does your wellness solution have a dedicated budget?	yes	no
Do you have an incentive program?	yes	no
Do you have a readiness for change assessment for your employees?	yes	no
Have you developed a return on investment formula?	yes	no
Does your program address the psychological, lifestyle, and physical health of your employees?	yes	no

Total number of yeses: \_\_\_\_\_

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[www.vendurawellness.com](http://www.vendurawellness.com)



## 0 - 1 Yeses

Your company's wellness solution is currently in the Preliminary stage. This means that the quality and effectiveness of your solution has room to improve and requires more support.

## 2 - 3 Yeses

The quality of your company's wellness solution is currently in the Building stage. This means that the planning, implementation and/or evaluation of your solution is progressing with room to develop the quality and effectiveness of your solution. Please share this excellent support document for discussion with your wellness committee: <http://www.conferenceboard.ca/topics/humanresource/makingthebusinesscase.aspx>

## 4 - 5 Yeses

The quality of your company's wellness solution is currently in the Actively Engaged stage. This means that the planning, implementation and/or evaluation are operating successfully. However, it may be beneficial to explore how to build upon your solution's current foundation.

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*Check out [www.vendurawellness.com](http://www.vendurawellness.com) to learn more attributes of a highly functioning "gold medal" wellness solution.*

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## GETTING FIT AND HAVING FUN @ WORK: Pedometer Challenge

We recommend adults accumulate 150 minutes of physical activity every week or about 10,000 steps daily.

### Before you start the pedometer challenge:

- Pick a start and end date
- Obtain a budget
- Set up registration and promote to staff
- Create a log sheet
- Send out "how to use a pedometer" info
- Convert steps to KMs
- Try walking across the province, country, or world

### During the pedometer challenge:

- Send out motivational emails
- Send out stats on how everyone is doing
- Have fun Fridays using themes based on where you are. Try organizing a lunch based on your location!

### After the pedometer challenge:

- Rewards for those who participated and walked the farthest
- Have a celebration
- Follow up with next challenge!

