

sample wellness program proposal

Sample Wellness Program Proposal: A Comprehensive Guide to Creating a Winning Plan

Are you ready to boost employee morale, improve productivity, and reduce healthcare costs? A comprehensive wellness program could be the key, but crafting a compelling proposal can feel daunting. This isn't just about throwing together some healthy recipes and suggesting gym memberships; it's about building a strategic plan that resonates with your organization's specific needs and budget. This post provides a complete sample wellness program proposal template, guiding you step-by-step through the process of creating a document that secures buy-in and gets your program off the ground. We'll cover everything from understanding your target audience to budgeting and measuring success.

I. Understanding Your Audience: The Foundation of a Successful Wellness Program Proposal

Before diving into the specifics of your program, you need a clear picture of your audience. Who are you trying to reach? What are their health concerns? What kind of wellness initiatives would resonate with them most? Consider factors like:

Demographics: Age, gender, location, job roles – understanding these factors helps tailor your program to specific needs. For example, a program for a mostly sedentary office environment will differ significantly from one for a physically demanding construction crew.

Health Needs: Conduct a health risk assessment (HRA) to identify prevalent health issues within your organization. This could involve surveys, biometric screenings, or reviewing existing health data. This information will inform the focus of your wellness program.

Interests and Preferences: Explore what activities your employees already enjoy. Do they prefer team-based activities or individual pursuits? Do they enjoy competitive challenges or more relaxed, social events? Consider incorporating these interests to enhance engagement.

Accessibility: Ensure your program caters to diverse needs and abilities. Offer a variety of activities to accommodate different physical limitations and preferences. Consider offering online resources alongside in-person options.

II. Defining Program Goals and Objectives: Setting Measurable Targets

A successful proposal clearly defines its goals and objectives. Instead of vague statements, use SMART goals (Specific, Measurable, Achievable, Relevant, and Time-bound). For example:

Goal: Improve employee well-being and reduce healthcare costs.

Objective: Reduce employee absenteeism by 15% within 12 months of program implementation.

Objective: Increase participation in health screenings by 20% within the first six months.

Objective: Improve employee satisfaction with wellness initiatives by 10% as measured by an employee survey.

These quantifiable objectives allow you to track your progress and demonstrate the program's effectiveness to stakeholders.

III. Program Components: Designing Engaging and Effective Activities

Your sample wellness program proposal should outline the specific activities and resources you'll offer. These should align with the identified goals and address the needs of your target audience. Consider incorporating:

Health Education: Workshops, seminars, or online resources on nutrition, stress management, sleep hygiene, and other relevant topics.

Physical Activity Programs: On-site fitness classes, gym memberships, walking groups, sports leagues, or subsidized fitness trackers.

Health Screenings: Blood pressure checks, cholesterol screenings, biometric screenings, and health risk assessments. These provide valuable data to track progress and identify areas needing attention.

Mental Wellness Initiatives: Stress management workshops, mindfulness training, access to mental health resources, employee assistance programs (EAPs).

Healthy Lifestyle Incentives: Rewards for participation in program activities, healthy eating challenges, or achieving health goals. Consider using a points-based system or gift cards.

IV. Budget and Resources: A Realistic Financial Plan

Your proposal must detail the program's financial requirements. This includes:

Program Costs: Costs associated with each component, including instructor fees, equipment rental, marketing materials, and incentive rewards.

Funding Sources: Identify potential funding sources, such as company contributions, employee contributions, or grants.

Return on Investment (ROI): Quantify the potential benefits of the program in terms of reduced healthcare costs, increased productivity, and improved employee morale. This helps justify the investment.

V. Implementation and Evaluation: A Roadmap to Success

Outline the steps involved in implementing your program and how you will evaluate its effectiveness. This section should detail:

Timeline: A clear timeline for each phase of the program's implementation.

Communication Plan: How you will communicate the program to employees and keep them engaged.

Evaluation Metrics: The specific metrics you will use to track progress and measure the success of the program (refer back to your objectives).

Reporting and Feedback Mechanisms: How you will collect feedback from employees and report on the program's progress to stakeholders.

VI. Conclusion: Investing in Your Most Valuable Asset – Your Employees

A comprehensive wellness program is an investment in your employees' well-being and your organization's future. By carefully crafting your sample wellness program proposal, you can clearly articulate the value of the program and secure the necessary resources to make it a success. Remember to tailor your proposal to your specific organization and continuously refine it based on feedback and results. A successful wellness program is an ongoing process, not a one-time event.

FAQs

1. How long should a wellness program proposal be? The length varies depending on the complexity of your program, but aim for a concise and impactful document. Typically, 5-10 pages is sufficient.
1. What if my company doesn't have a budget for a wellness program? Start small! Begin with a pilot program focusing on a single aspect of wellness (e.g., stress management) and demonstrate its effectiveness before scaling up.
1. How do I measure the ROI of a wellness program? Track metrics like absenteeism, healthcare costs, productivity, employee satisfaction, and participation rates. Compare these metrics before and after implementing the program.

1. What if employees don't participate? Promote the program actively, offer diverse activities to cater to different interests, and provide incentives to encourage participation. Regularly solicit feedback to adjust the program based on employee preferences.

1. Can I use this sample proposal as a template? Absolutely! This post provides a framework. Adapt it to your organization's specific context, needs, and goals to create a compelling and effective proposal. Remember to customize it to reflect your unique organization and its needs.

sample wellness program proposal: Workplace Wellness Programs Study Soeren Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

sample wellness program proposal: *How to Write a Grant Proposal* Cheryl Carter New, James Aaron Quick, 2003-06-03 Step-by-step guidance on how to write effective grants that get the funding you need. Complete with examples of fully-completed proposals, you'll also get an easy-to-use companion website containing guide sheets and templates that can be easily downloaded, customized, and printed. The authors provide examples of completed proposals and numerous case studies to demonstrate how the grant-seeking process typically works. Order your copy today!

sample wellness program proposal: Global Action Plan on Physical Activity 2018-2030 World Health Organization, 2019-01-21 Regular physical activity is proven to help prevent and treat noncommunicable diseases (NCDs) such as heart disease stroke diabetes and breast and colon cancer. It also helps to prevent hypertension overweight and obesity and can improve mental health quality of life and well-being. In addition to the multiple health benefits of physical activity societies that are more active can generate additional returns on investment including a reduced use of fossil fuels cleaner air and less congested safer roads. These outcomes are interconnected with achieving the shared goals political priorities and ambition of the Sustainable Development Agenda 2030. The new WHO global action plan to promote physical activity responds to the requests by countries for updated guidance and a framework of effective and feasible policy actions to increase physical activity at all levels. It also responds to requests for global leadership and stronger regional and national coordination and the need for a whole-of-society response to achieve a paradigm shift in both supporting and valuing all people being regularly active according to ability and across the life course. The action plan was developed through a worldwide consultation process involving governments and key stakeholders across multiple sectors including health sports transport urban design civil society academia and the private sector.

sample wellness program proposal: The Art of the Book Proposal Eric Maisel, 2004-05-24 Here is an expert's guide through the elements of a nonfiction book proposal, including the outline, chapter summaries, marketing/publicity, book and chapter titles, and more. Filled with exercises designed to help a writer conceive and create a desirable proposal, and checklists to keep track of the project's progress, The Art of the Book Proposal provides the framework on which to build a

great idea, as well as intelligent, empathetic instruction on how to produce a proposal that will capture the interest of an agent or editor. While most how-to writing books focus only on the nuts and bolts of putting a proposal together, Maisel, considered by many to be America's foremost expert on the psychological side of the creative process, also helps the writer overcome mental barriers to producing the best work possible. Using a holistic approach to the sometimes unglamorous work of designing a proposal, his guide enables a writer to transform an idea into a book.

sample wellness program proposal: *Wellness Recovery Action Plan* Mary Ellen Copeland, 2000

sample wellness program proposal: *A Writer's Reference with Writing in the Disciplines* Diana Hacker, Nancy Sommers, 2011-04-08 With Writing in the Disciplines--Cover.

sample wellness program proposal: Planning and Evaluating Health Programs Charles D. Hale, Frank Arnold, Marvin T. Travis, 1994 This new text provides a concise, practical approach to planning, managing, and evaluating health programs at the operational level. Three models are presented: a health program planning model, an evaluation model, and a documentation model. Combined, they provide a comprehensive, integrated tool for health program planning and evaluation.

sample wellness program proposal: *The Miracle Morning (Updated and Expanded Edition)* Hal Elrod, 2024-01-09 Start waking up to your full potential every single day with the updated and expanded edition of the groundbreaking book that has sold more than two million copies. "So much more than a book. It is a proven methodology that will help you fulfil your potential and create the life you've always wanted." —Mel Robbins, New York Times bestselling author of *The High 5 Habit* and *The 5 Second Rule* Getting everything you want out of life isn't about doing more. It's about becoming more. Hal Elrod and *The Miracle Morning* have helped millions of people become the person they need to be to create the life they've always wanted. Now, it's your turn. Hal's revolutionary SAVERS method is a simple, effective step-by-step process to transform your life in as little as six minutes per day: - Silence: Reduce stress and improve mental clarity by beginning each day with peaceful, purposeful quiet - Affirmations: Reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer - Visualization: Experience the power of mentally rehearsing yourself showing up at your best each day - Exercise: Boost your mental and physical energy in as little as sixty seconds - Reading: Acquire knowledge and expand your abilities by learning from experts - Scribing: Keep a journal to deepen gratitude, gain insights, track progress, and increase your productivity by getting clear on your top priorities This updated and expanded edition has more than forty pages of new content, including: - The Miracle Evening: Optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your Miracle Morning - The Miracle Life: Begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want

sample wellness program proposal: *Worksite Health Promotion Resources* , 1993

sample wellness program proposal: Debating Yoga and Mindfulness in Public Schools Candy Gunther Brown, 2019-03-27 Yoga and mindfulness activities, with roots in Asian traditions such as Hinduism or Buddhism, have been brought into growing numbers of public schools since the 1970s. While they are commonly assumed to be secular educational tools, Candy Gunther Brown asks whether religion is truly left out of the equation in the context of public-school curricula. An expert witness in four legal challenges, Brown scrutinized unpublished trial records, informant interviews, and legal precedents, as well as insider documents, some revealing promoters of Vedic victory or stealth Buddhism for public-school children. The legal challenges are fruitful cases for Brown's analysis of the concepts of religious and secular. While notions of what makes something religious or secular are crucial to those who study religion, they have special significance in the realm of public and legal norms. They affect how people experience their lives, raise their children, and navigate educational systems. The question of religion in public education, Brown shows, is no longer a matter of jurisprudence focused largely on the establishment of a Protestant Bible or

nonsectarian prayer. Instead, it now reflects an increasingly diverse American religious landscape. Reconceptualizing secularization as transparency and religious voluntarism, Brown argues for an opt-in model for public-school programs.

sample wellness program proposal: Social Isolation and Loneliness in Older Adults

National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Health and Medicine Division, Board on Behavioral, Cognitive, and Sensory Sciences, Board on Health Sciences Policy, Committee on the Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults, 2020-05-14 Social isolation and loneliness are serious yet underappreciated public health risks that affect a significant portion of the older adult population. Approximately one-quarter of community-dwelling Americans aged 65 and older are considered to be socially isolated, and a significant proportion of adults in the United States report feeling lonely. People who are 50 years of age or older are more likely to experience many of the risk factors that can cause or exacerbate social isolation or loneliness, such as living alone, the loss of family or friends, chronic illness, and sensory impairments. Over a life course, social isolation and loneliness may be episodic or chronic, depending upon an individual's circumstances and perceptions. A substantial body of evidence demonstrates that social isolation presents a major risk for premature mortality, comparable to other risk factors such as high blood pressure, smoking, or obesity. As older adults are particularly high-volume and high-frequency users of the health care system, there is an opportunity for health care professionals to identify, prevent, and mitigate the adverse health impacts of social isolation and loneliness in older adults. Social Isolation and Loneliness in Older Adults summarizes the evidence base and explores how social isolation and loneliness affect health and quality of life in adults aged 50 and older, particularly among low income, underserved, and vulnerable populations. This report makes recommendations specifically for clinical settings of health care to identify those who suffer the resultant negative health impacts of social isolation and loneliness and target interventions to improve their social conditions. Social Isolation and Loneliness in Older Adults considers clinical tools and methodologies, better education and training for the health care workforce, and dissemination and implementation that will be important for translating research into practice, especially as the evidence base for effective interventions continues to flourish.

sample wellness program proposal: ACSM's Worksite Health Handbook American College of Sports Medicine, 2009-02-27 Encouraging and maintaining a healthy workforce have become key components in the challenge to reduce health care expenditures and health-related productivity losses. As companies more fully realize the impact of healthy workers on the financial health of their organization, health promotion professionals seek support to design and implement interventions that generate improvements in workers' health and business performance. The second edition of ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies connects worksite health research and practice to offer health promotion professionals the information, ideas, and approaches to provide affordable, scalable, and sustainable solutions for the organizations they serve. Thoroughly updated with the latest research and expanded to better support the business case for worksite programs, the second edition of ACSM's Worksite Health Handbook includes the contributions of nearly 100 of the top researchers and practitioners in the field from Canada, Europe, and the United States. The book's mix of research, evidence, and practice makes it a definitive and comprehensive resource on worksite health promotion, productivity management, disease prevention, and chronic disease management. ACSM's Worksite Health Handbook, Second Edition, has the following features: -An overview of contextual issues, including a history of the field, the current state of the field, legal perspectives, and the role of health policy in worksite programs -A review of the effectiveness of strategies in worksite settings, including economic impact, best practices, and the health-productivity relationship -Information on assessment, measurement, and evaluation, including health and productivity assessment tools, the economic returns of health improvement programs, and appropriate use of claims-based analysis and planning -A thorough discussion of program design and implementation, including the

application of behavior change theory, new ways of using data to engage participants, use of technology and social networks to improve effectiveness, and key features of best-practice programs -An examination of various strategies for encouraging employee involvement, such as incorporating online communities and e-health, providing incentives, using medical self-care programs, making changes to the built environment, and tying in wellness with health and safety The book includes a chapter that covers the implementation process step by step so that you can see how all of the components fit together in the creation of a complete program. You'll also find four in-depth case studies that offer innovative perspectives on implementing programs in a variety of work settings. Each case study includes a profile of the company, a description of the program and the program goals, information on the population being served, the results of the program, and a summary or discussion of the program. Throughout the book you'll find practical ideas, approaches, and solutions for implementation as well as examples of best practices and successful programs that will support your efforts in creating interventions that improve both workers' health and business performance. The book is endorsed by the International Association for Worksite Health Promotion, a new ACSM affiliate society. Deepen your understanding of the key issues and challenges within worksite health promotion and find the most current research and practice-based information and approaches inside ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies, Second Edition. The e-book for ACSM's Worksite Health Handbook, Second Edition, is available at a reduced price. It allows you to highlight, take notes, and easily use all the material in the book in seconds. The e-book is delivered through Adobe Digital Editions® and when purchased through the Human Kinetics site, access to the content is immediately granted when your order is received. Adobe Digital Editions® System Requirements Windows -Microsoft® Windows® 2000 with Service Pack 4, Windows XP with Service Pack 2, or Windows Vista® (Home Basic 32-bit and Business 64-bit editions supported) -Intel® Pentium® 500MHz processor -128MB of RAM -800x600 monitor resolution Mac PowerPC -Mac OS X v10.4.10 or v10.5 -PowerPC® G4 or G5 500MHz processor -128MB of RAM Intel® -Mac OS X v10.4.10 or v10.5 -500MHz processor -128MB of RAM Supported browsers and Adobe Flash versions Windows -Microsoft Internet Explorer 6 or 7, Mozilla Firefox 2 -Adobe Flash® Player 7, 8, or 9 (Windows Vista requires Flash 9.0.28 to address a known bug) Mac -Apple Safari 2.0.4, Mozilla Firefox 2 -Adobe Flash Player 8 or 9 Supported devices -Sony® Reader PRS-505 Language versions -English -French -German

sample wellness program proposal: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

sample wellness program proposal: Corporate Stewardship Susan Albers Mohrman, James O'Toole, Edward E. Lawler III, 2017-09-29 Stewardship entails a profound understanding and acceptance of the challenges that result from the organization's interdependence with the societal and ecological contexts in which it operates—and of what it takes to embrace the challenges to be a

force for building a viable future. This book dares to ask 'why' business leaders should embrace stewardship in the current market where profit reigns supreme. A shift in approach represents fundamental change for the corporate world, and even the most advanced corporations consider themselves to be in the starting block of this transition. The book sets out the practical ways in which corporate stewardship can be achieved through embedding new approaches across the different functions of a business. This book, written by the leading thinkers in sustainability research, provides practical guidance on how companies can resolve the paradoxical challenges they face. How can they be at the same time profitable and responsible, effective and ethical, sustainable and adaptable? It explores what businesses are doing, what they can and should do to effectively respond to external challenges, and focuses on how leaders can create cultures, strategies, and designs far beyond "business as usual". Stewards must not only make proper current use of that which they hold in trust, they also must leave it in better condition for use by future generations. Corporate Stewardship challenges managers, executives, and directors of global corporations to think and act as stewards of both their organizations and the physical and social environments in which they operate.

sample wellness program proposal: The Stop & Go Fast Food Nutrition Guide Steven G. Aldana, 2007 The Stop & Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you. The guide uses the colors of the stop light (red, yellow, and green) to help individuals choose foods that lead toward or away from good health. The Stop & Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you. With the help of a nationally recognized panel of nutrition experts, Dr. Aldana has color coded almost 3,500 fast foods from 68 different restaurants. Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones. Keep the guide in your glove box for easy access.

sample wellness program proposal: Fitness Education for Children Stephen J. Virgilio, 2011-10-12 In the latest edition of his book Fitness Education for Children: A Team Approach, Stephen Virgilio emphasizes the importance of collaboration to combat obesity and promote active lifestyles. Virgilio shows how you can combine the efforts of physical educators, administrators, classroom teachers, school volunteers, parents, school lunch personnel, health service professionals, and others in the community. Virgilio provides new suggestions and information on incorporating the team approach to help schools meet wellness policy objectives. He spells out a school wellness approach with the physical educator as physical activity director and guides you in integrating school fitness breaks and activities in the classroom curriculum. He also • offers new exercise, rhythmic, and pedometer activities as well as new fitness games; • provides current research and statistics on childhood obesity and approaches to intervention; • includes a completely new chapter on yoga (including activities) for school-aged children; and • presents information on the stages of behavioral change, helping teachers modify long-term health behaviors in children. This new edition also includes updated Activitygram/Fitnessgram procedures and a discussion of SMART goals. You'll find a new section on teaching children with autism spectrum disorder and the current USDA's MyPlate. You'll also receive the most recent physical activity guidelines for children from the Centers for Disease Control and Prevention and help in developing programs that support those guidelines. And you'll find updated references throughout the book as well as new websites for further information. Fitness Education for Children also offers strategies for cross-curricular activities and classroom collaborations as well as suggestions for using technology to enhance your communication with students and parents. Written for veteran and new physical educators as well as students preparing to enter the profession, this text covers the gamut of issues that educators need to know to provide effective fitness education. Those issues include the principles of fitness, teaching children with disabilities, planning lessons, teaching fitness concepts, collaborating with other teachers, and getting parents and your community involved. You also receive updated developmental exercises and active games and activities, and you'll learn how to hold exciting schoolwide events. Fitness Education for Children offers a blueprint for battling obesity in

school-aged children by promoting healthy lifestyles. This book will help you understand the educational philosophy, instructional strategies, assessments, and pedagogical models that will transform your curriculum into a springboard to a lifetime of healthy activity for the children you teach.

sample wellness program proposal: Care Without Coverage Institute of Medicine, Board on Health Care Services, Committee on the Consequences of Uninsurance, 2002-06-20 Many Americans believe that people who lack health insurance somehow get the care they really need. Care Without Coverage examines the real consequences for adults who lack health insurance. The study presents findings in the areas of prevention and screening, cancer, chronic illness, hospital-based care, and general health status. The committee looked at the consequences of being uninsured for people suffering from cancer, diabetes, HIV infection and AIDS, heart and kidney disease, mental illness, traumatic injuries, and heart attacks. It focused on the roughly 30 million-one in seven-working-age Americans without health insurance. This group does not include the population over 65 that is covered by Medicare or the nearly 10 million children who are uninsured in this country. The main findings of the report are that working-age Americans without health insurance are more likely to receive too little medical care and receive it too late; be sicker and die sooner; and receive poorer care when they are in the hospital, even for acute situations like a motor vehicle crash.

sample wellness program proposal: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

sample wellness program proposal: The Health Insurance Fact & Answer Book Geri Harrington, 1985

sample wellness program proposal: Writing in the Disciplines with 2021 MLA Update Diana Hacker, Nancy Sommers, Jonathan S. Cullick, Terry Myers Zawacki, 2021-09-01 This ebook has been updated to provide you with the latest guidance on documenting sources in MLA style and follows the guidelines set forth in the MLA Handbook, 9th edition (April 2021). With practical advice and plenty of student models, Writing in the Disciplines provides a jump start for writing college papers in nine disciplines — biology, business, criminal justice/criminology, education, engineering, history, music, nursing, and psychology. Each discipline section features information on audience expectations in that area of study, the types of questions asked, the types of documents produced, the kinds of evidence used, appropriate language conventions, and appropriate citation styles. Each section features a model student paper (two in business) written in response to a typical assignment in the discipline. Advice for writing in business, criminal justice, education, nursing, and psychology includes updated APA guidelines (2020).

sample wellness program proposal: Wellness Recovery Action Plan (WRAP) Mary Ellen Copeland, 2003

sample wellness program proposal: Program Development and Grant Writing in Occupational Therapy Joy Doll, 2010-10-22 A practical guide to program development and grant writing, this text describes the process of developing a good idea into a sustainable and meaningful program related to occupational therapy principles and client needs.

sample wellness program proposal: Educating the Student Body Committee on Physical Activity and Physical Education in the School Environment, Food and Nutrition Board, Institute of Medicine, 2013-11-13 Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension,

osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. Educating the Student Body makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

sample wellness program proposal: HOW COPS DIE Jody Kasper, 2012-08-01 The purpose of this unique book is to provide police officers and administrators with a simple and effective handbook to improve the safety of police employees. It is research-based and uses the most up-to-date statistics from the Department of Justice, the National Law Enforcement Officers Memorial Fund, and the Uniform Crime Report. The first chapter of this book contains a complete list of actual cases of officer deaths during 2010. This list provides an overview of how officers are dying in the line of duty. After a problem is identified and discussed in one chapter, the next chapter details strategies that can be implemented to reduce injury and death by employees. Additional topics include specific problems including traffic fatalities, assaults on officers, police homicides, physical health, psychological health, moonlighting, shift work, substance abuse, heart disease, nutrition, suicide, and family issues. The importance of comprehensive wellness programs, and the interconnectedness of employee morale with health and safety are examined. This book has detailed the true causes of Job-related police officer injury and death. It has also identified effective strategies that police personnel at all levels can do to prevent these tragedies from continuing to occur. These recommended strategies will prove useful for officers and administrators alike.

sample wellness program proposal: *A Writer's Reference with Resources for Multilingual Writers and ESL* Diana Hacker, Nancy Sommers, 2011-01-21 This version of the best selling college handbook helps both resident and international students understand college expectations and develop strategies for improving their academic English and academic writing. Written by an ESL expert, this booklet includes plenty of helpful charts, activities, exercises, and model papers — along with notes about where to find additional resources online and on campus. Resources for Multilingual Writers and ESL is also available in a packageable, stand-alone booklet (ISBN: 978-0-312-65685-0). Contact your sales representative or sales_support@bfwpub.com for a copy.

sample wellness program proposal: The Doctor of Nursing Practice Project: A Framework for Success Katherine J. Moran, Rosanne Burson, Dianne Conrad, 2019-02-25 The Doctor of Nursing Practice Project: A Framework for Success, Third Edition provides the foundation for the scholarl process enabling DNP students to work through their project in a more effective, efficient manner.

sample wellness program proposal: *A Writer's Reference with Strategies for Online Learners* Diana Hacker, Nancy Sommers, 2011-06-24 With Strategies for Online Learners--Cover.

sample wellness program proposal: Designing and Proposing Your Research Project

Jennifer Brown Urban, Brad Van Eeden-Moorefield, 2018 This practical, accessible guide walks you through the process of designing your own study and writing your research proposal

sample wellness program proposal: The Proposal Jasmine Guillory, 2018-10-30 THE NEW YORK TIMES BESTSELLER A Reese Witherspoon x Hello Sunshine Book Club Pick "There is so much to relate to and throughout the novel, there is a sharp feminist edge. Loved this one, and you will too."—New York Times bestselling author Roxane Gay The New York Times bestselling author of *The Wedding Date* serves up a novel about what happens when a public proposal doesn't turn into a happy ending, thanks to a woman who knows exactly how to make one on her own... When someone asks you to spend your life with him, it shouldn't come as a surprise—or happen in front of 45,000 people. When freelance writer Nikole Paterson goes to a Dodgers game with her actor boyfriend, his man bun, and his bros, the last thing she expects is a scoreboard proposal. Saying no isn't the hard part—they've only been dating for five months, and he can't even spell her name correctly. The hard part is having to face a stadium full of disappointed fans... At the game with his sister, Carlos Ibarra comes to Nik's rescue and rushes her away from a camera crew. He's even there for her when the video goes viral and Nik's social media blows up—in a bad way. Nik knows that in the wilds of LA, a handsome doctor like Carlos can't be looking for anything serious, so she embarks on an epic rebound with him, filled with food, fun, and fantastic sex. But when their glorified hookups start breaking the rules, one of them has to be smart enough to put on the brakes...

sample wellness program proposal: *Strategies for Online Learners* Diana Hacker, Nancy Sommers, 2011-03 A Writer's Reference, the most widely adopted handbook in the United States, continues to be groundbreaking in its simplicity, offering the right content in an accessible format. New coauthor Nancy Sommers's own research, campus travel, and classroom experience keep the handbook in tune with the needs of academic writers. In a trusted quick-reference format, the seventh edition delivers advice on all the right topics: working with sources, revising with comments, preparing a portfolio, and more. A Writer's Reference offers unprecedented flexibility with several versions to choose from -- a handbook that's truly at your service.

sample wellness program proposal: *How to Write a Book Proposal* Jody Rein, Michael Larsen, 2017-09-05 THE ESSENTIAL RESOURCE FOR SELLING YOUR BOOK If you want to publish a book, you must present it to agents and publishers with a knock-your-socks-off proposal. Whether you're seeking a traditional press to publish your self-published book or trying to win over an agent for your graphic novel, memoir, or nonfiction title, you need an irresistible proposal. The better your proposal, the better the editor, publisher, and deal you will get. Nailing your proposal requires an understanding of how publishers work and how to brand yourself, build a platform, and structure your book. You'll learn it all in this breezy top-to-bottom revision of the classic 100,000-copy best-seller. Inside *How to Write a Book Proposal* 5th Edition, you will find: • Examples of successful proposals that earned six-figure deals • Guidance from agents, publishers, and writers • Ways to customize your proposal • Strategies for proposals in the Digital Age • Effective structures for narrative writers • A list of the Top Ten Proposal Killers This sassy, thorough guide from industry professionals Jody Rein and Michael Larsen will become your go-to for advice about publishing.

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