

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.

