

Well Workplace Award
Executive Summary

**West Virginia
University Student
Recreation Center
Bronze Award**

Information in this publication is carefully reviewed for accuracy. Questions, comments, or ideas are welcome. Please direct to Dr. David Hunnicutt, Executive Editor, at the address below.

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**WELLNESS COUNCILS
OF AMERICA**

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GENERAL INFORMATION

WELL WORKPLACE *Bronze Application*

Basic Information

Name of Organization: West Virginia University Student Recreation Center

Address of Organization:

Council Affiliation: Wellness Council of West Virginia

Contact Person: Heath Foggiano

Title: Fitness, Wellness, & Informal Recreation Manager

Work Telephone:

Fax Number:

E-Mail Address:

Alternate Contact: Pam Hagedorn

Parent Organization: West Virginia University

Number of Sites Covered by this Application: 1

Number of Employees Covered by this Application: 18

Nature of Business: Recreation/Education

Name of CEO: David H. Taylor

Date of Application: May 31, 2004

PREFACE: ORGANIZATIONAL AND PROGRAM BACKGROUND

The Student Recreation Center opened on the West Virginia University campus on July 17, 2001. There are a total of 18 employees working at the West Virginia University Student Recreation Center. Many of the staff have chosen the recreational field because of the active lifestyles they have enjoyed. These staff members provide active recreational opportunities through programs and services to our students, faculty and staff and their spouses and families at the Student Recreation Center.

Wellness Initiative

Our wellness initiative at the Student Recreation Center was a direct result of a larger wellness initiative started at West Virginia University that suggests ideas for teaching our students, employees and other West Virginians better principles of Nutrition and Wellness. Due to the nature of the activities/services provided by the Student Recreation Center highlighting on health, wellness, fitness and nutrition, it became apparent that the Student Recreation Center should “step up” and be a leader with their own wellness initiative. Our wellness initiative is based on the principle that we owe it to ourselves and our loved ones to maintain a healthy lifestyle.

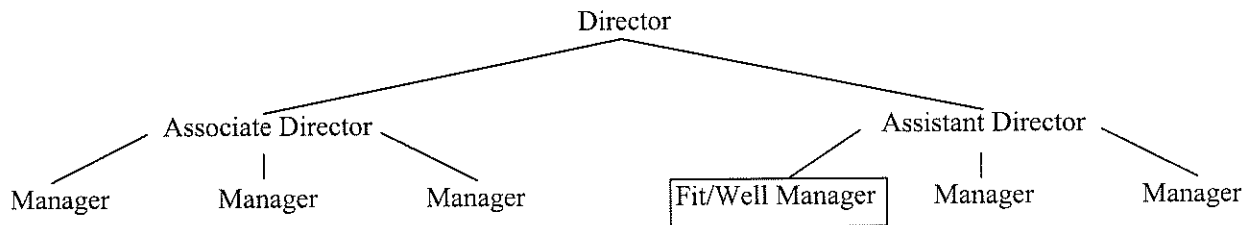
Vision and Mission Statement

Our mission of the Wellness Program is to promote the well-being of all our employees through company-sponsored activities and referral programs. We will offer our employees a wide variety of wellness-related programs and we encourage all employees to enjoy all the wonderful benefits that a healthier lifestyle offers.

Our vision of the Wellness Program is that by participating in the Wellness Activities coordinated by the Student Recreation Center not only will you gain healthy benefits but you will also “feel good” about yourself.

Organization

The Wellness Program falls under the administration of the Manager, Fitness/Wellness who has extensive educational and professional background in health/fitness/wellness issues.



7 Critical Benchmarks

- Senior Level Support – The Wellness Initiative is strongly and wholeheartedly supported by the senior level staff members of the Student Recreation Center. This is demonstrated through their own active involvement in the wellness initiative as well as communication to the value of the initiative to other employees.
- The Wellness Team – The Wellness Team is made up of seven staff members including the Director and Associate Director. The team is chaired by a Manager, Fitness/Wellness with excellent credentials in the Health and Wellness field. The Wellness Team meets monthly and communicates regularly (bimonthly) with employees at staff meetings.
- Data Collection – Employees completed HRAs, interest surveys, blood glucose testing and cholesterol testing.
- Operating Plan – An operating plan has been put into effect by the Wellness Team. The Wellness Team has crafted their goals and objectives for the Wellness Initiative.

- Programs and Interventions – A number of programs and interventions have been coordinated for the staff by the Wellness Team.
- Supportive Environment – The Student Recreation Center is an excellent supportive physical environment for the Wellness Initiative.
- Evaluation – An evaluation of the overall Wellness Initiative is being planned for all staff, as well as evaluations for individual programs and interventions. Verbal evaluations are solicited at all staff meetings (bimonthly).

Wellness Initiative/What It Is Today

David H. Taylor, the Director of the Student Recreation Center, has been extremely supportive of the wellness initiative. He was quoted as saying, “I am excited about the support shown by our staff at the Student Recreation Center for the Wellness Initiative and look forward to their continued involvement in the programs and activities offered.” He agreed to serve as the chair for the Wellness/Nutrition Task Force for the entire West Virginia University campus. He keeps the staff well informed on the happenings within the Task Force at the bimonthly staff and manager meetings. After working the university wide wellness initiative, David decided to also focus on the Student Recreation Center staff. David put together the wellness team and actively serves on it. He also actively participates in the programs and activities sponsored by the Student Recreation Center. His vision is that all employees will develop healthier lifestyles as a result of their active participation in the wellness initiative.

Three Unique Strengths

1. The Student Recreation Center facility itself is available to all the staff employees. In most cases, companies and corporations have to provide a small workout area for their employees or they have to provide access to an outside gym. The employees of

the Student Recreation Center have the advantage of having all the equipment/programs/services readily available to them on a daily basis. The total square footage of the Student Recreation Center is 170,000 and 17,000 square feet are dedicated to weight/fitness. Employees are encouraged to use the facility before work, during lunch, after work and on the weekends. Working in an atmosphere everyday where thousands (3,000-4,500) of participants are actively involved in physical activity is an excellent and unique motivator for Student Recreation Center staff to “work out” themselves. There is almost a guilt feeling if you do not take advantage of the active recreational opportunities that are available.

2. Another unique strength that the wellness initiative offers to the employees of the Student Recreation Center is that by being part of a large university, many resources in the health/wellness/nutrition arena are available. Nurses from Student Health Services were available to help administer the health appraisals. Flu shots, meningitis vaccines, health fairs were actually scheduled in the Student Recreation Center so were readily available to employees. A number of programs and services, Walk 100 Miles/100 Days, Jeff Novick (Pritikin Longevity Center and Spa Lecture), wellness website, fitness and weight management program, Lifetime Activities Program are available to staff through West Virginia University.
3. A third unique strength that the wellness initiative offers to the employees of the Student Recreation Center is the staff/faculty that are available to assist with health/wellness/nutrition issues. The Billy Carlton Lecture Series is an 8-event series on health, wellness, nutrition, fitness topics that is sponsored by the Student Recreation Center and available to all employees. Student Health Services provide

staff (doctors and nurses) to assist with health/wellness issues. Courses on Wellness and Nutrition courses are offered each semester at West Virginia University.

Popular Programs and Activities

Two of our more popular programs and activities include the Walk 100 Miles/100 Days and our noontime physical activity program. A total of 13 of our 18 employees actively participated in the Walk 100 Miles/100 Days program. All of our employees take advantage of our noon-time physical activity program which includes walking, swimming, Wally ball, badminton, squash, racquetball, basketball and bicycling.

Other Pertinent Information

The wellness initiative has actually helped to bond staff members at the Student Recreation Center closer together. Staff are encouraging each other to actively participate in the wellness activities. Through the HRAs and the interest surveys, staff members are learning valuable health information about themselves. The Wellness Team is anxiously looking forward to providing additional activities/programs/services for staff members in the future. Doing the “right thing” in the area of health and wellness is a good feeling for everyone.