Wellness Grant Feature of the Month – Central Human Resources

Wellness Ambassadors: Patty Covington Fleming and Stacey Sheehan

The Department of Central Human Resources used the mini grant to buy yoga mats, mat cleaners, foam rollers, step counters, hand weights, as well as gardening supplies (including flower pots, soil and flowers). The items were purchased to promote wellness activities throughout the year, and the expansion of wellness events, such as ‘fitness breaks’.

With ongoing wellness initiatives such as “Planting Day” and weekly physical fitness breaks, new sessions for Yoga have also been incorporated in to their exercise days.

The main goal of “Planting Day” was to get the staff in the department to get away from their workspace and take the time to relax. This wellness activity provided an alternative to the exercise based activities. A total of 8 participants attended, and 4 staff members including the Wellness Ambassadors take turns in maintaining the potted flowers.

Apart from that, other employees regularly use the weights and mats in the department. The wellness ambassadors have also encouraged people to attend other wellness activities on campus, where they can use the department’s exercise equipment.

Several colleagues have expressed positive comments about the wellness events. The staff and employees are appreciative of the fact that this was possible through the mini-grant. There is an increase in participation in the twice monthly fitness breaks as well as in the use of the weights, step counters and yoga mats. Staff have also utilized the exercise equipment on their own at different on-campus wellness activities. Being able to encourage participation and the fitness breaks has been an important aspect for the Wellness Ambassadors of the Central Human Resources Department. They are also planting any leftover plants in small pots for placement in people’s offices.

For continuous promotion of health and well-being, Patty and Stacey send out a monthly email with various department as well as campus activities. They also include the Wellness Ambassador newsletter and emphasize both physical as well as mental well-being activities. A new addition of monthly coloring/puzzles in the department has encouraged stress relief breaks for coworkers.

In the future, the wellness ambassadors plan on hosting a small “open house” type activity at lunch time to let the staff know all of the items that they have on hand for their use. They have worked to increase participation through the expansion of their mailing list/listserv and by advertising all of the wellness items available to use.