

## **CVT Fit for Life Wellbeing Program District Wellbeing Champions Frequently Asked Questions (FAQ)**

The goal of California's Valued Trust (CVT) Fit for Life Wellbeing Program is to encourage healthy eating, physical activity, and a healthy, emotionally balanced lifestyle for CVT members. CVT is committed to providing resources, tools and incentives to our school districts which support individual health improvements and achieving a healthy lifestyle.

Three basic but valuable ideas; resilience to stress, healthy eating, and remaining active, are the foundation of our initiatives. One key component of the CVT Fit for Life Wellbeing Program are the CVT District Wellbeing Champions.

### **Frequently Asked Questions**

#### **What makes an effective Wellbeing Champion?**

A Wellbeing Champion is someone who has a passion for improving the health and wellbeing of fellow employees. He or she has an understanding of the school district processes, the school district culture and district schedules and events. They have established trusted relationships with co-workers and know the best way to communicate with and reach them with information that will support their health and wellbeing.

#### **What types of wellness activities can the CVT District Wellbeing Champion promote?**

- The programs should be fun and engaging, focusing on establishing or reinforcing healthy behaviors. Common programs include walking, challenges/competitions, nutrition, stress reduction, etc.
- The Wellbeing Champion will also post and promote district wellbeing information including programs offered through CVT.
- The Wellbeing Champion will submit summaries of the programs offered at the worksite and a final report detailing that year's progress.

#### **What does it cost the school to have this program?**

There is **no cost** to the school or district for this program. CVT provides each Wellbeing Champion a budget they can use to pay for supplies, speakers, and incentives for the school or district program (up to \$500).

#### **What are the benefits of the CVT Fit for Life Wellbeing Program?**

It has been proven that people who are healthy and manage stress effectively are more productive, more motivated and more satisfied - at home and at work. While our focus is to promote the health & wellbeing of district staff through education, behavior modification, guidance and support, the program also produces positive, healthy role models for the students.

#### **What is the responsibility of the Administrator, Supervisor or Committee in assisting the Wellbeing Champion?**

In order to have an effective wellness program, administrators or committees will need to allot time to the Champion at staff meetings, allowing them to distribute materials and information to teachers and support staff, and provide meeting rooms as available if needed. Administrative support and encouragement will encourage staff participation and lead to a positive perception of the program. Administrator, supervisor and Wellness Committee participation in worksite and district wellbeing programs is highly encouraged and appreciated.

### Are Wellbeing Champions compensated for their efforts?

Yes, All Wellbeing Champions will receive a CVT Wellbeing Champion polo shirt. In addition, Wellbeing Champions have the potential to earn rewards as activities are completed (3 activities = 3 rewards). See details below:

One activity	Two activities	Three activities
Activity 1 Prize Choice	Activity 1 +2 Prize Choices	Activity 1 + 2 +3 Prize Choices

**Activity 1:** **One** completed activity earns the Wellbeing Champion a choice of:

- ☐ Dick's Sporting Goods gift card for \$50
- ☐ REI gift card for \$50
- ☐ Barnes and Noble gift card for \$50
- ☐ Vons or Safeway gift card for \$50
- ☐ TJ Maxx gift card for \$50

**Activity 2:** In addition to the Milestone 1 reward, a **second** completed activity in the same school year earns the Wellbeing Champion a choice of:

- ☐ Instant Pot\*
- ☐ Ninja Professional 3 speed Blender\*\*
- ☐ Air fryer\*\*\*
- ☐ Dick's Sporting Goods Gift Card for \$100
- ☐ REI Gift Card for \$100
- ☐ TJ Maxx Gift Card for \$100

**Activity 3:** In addition to Milestone 1 and 2 rewards, a **third** completed activity in the same school year earns the Wellbeing Champion a choice of:

- ☐ Dick's Sporting Goods Gift Card for \$200
- ☐ REI Gift Card for \$200
- ☐ Vons or Safeway gift card for \$200
- ☐ Target gift card for \$200
- ☐ Disneyland gift card for \$200
- ☐ TJ Maxx gift card for \$200

\* A programmable pressure cooker that speeds up cooking by 2-6 times using up to 90% less energy to produce nutritious, healthy food.

\*\*A modern blender perfect for ice crushing, blending, pureeing, and controlled processing in seconds.

\*\*\*A kitchen appliance that replaces oil with air with up to 75% less fat in your food. Circulating hot air at high speed, cooks the food and produces a crispy layer.

**For additional questions, contact Robin Wood, CVT Health Program Manager at 1-800-288-9870.**