



CVT's Fit For Life Wellbeing Program

A better quality of life for members



California's Valued Trust (CVT) developed its Fit For Life Wellbeing initiative with one major goal in mind: improving the overall health of CVT members by providing resources and programs to achieve a better quality of life.

Both Districts and Members Can Participate

Fit For Life is designed to help districts and members leverage healthy lifestyle opportunities. It is an opportunity for districts and members to participate in health screenings, fairs and seminars, while also promoting school involvement and success. CVT, along with its vendor partners, provides no-cost, customized offerings including:

- On-site, district-wide biometric health screenings to assess health indicators through blood pressure, glucose, cholesterol and body mass index measures
- Flu vaccination clinics are offered from September to March
- Wellbeing seminars on a variety of topics such as Work-life Balance, Healthy Eating and Stress Management



Our Vision for Fit For Life
100% productive, healthy and happy employees.



Fit for Life Goals for Members and Districts

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.

While our focus is to promote the health and wellbeing of members through education, behavior modification, guidance and support, the program also produces positive, health role models for students.

District Fit For Life Wellbeing Champions

A key component of the CVT Fit for Life Wellbeing Program are the CVT District Wellbeing Champions. Nominated by a district or school administrator or wellness/benefits committee, district champions plan and coordinate Fit for Life programs at school sites. They promote, advertise and encourage participations in Fit for Life programs.

Do you or someone you know have a passion for improving the health and wellbeing of fellow employees in your district or school?

Fit for Life Grants

CVT will provide a grant to districts to support certain kinds of Fit for Life Wellbeing programs including physical activities, healthy eating or weight management, tobacco cessation, stress management or improved sleep and more. Grant applications are available from CVT.

For information about any of these Fit For Life programs please contact:

Robin Wood, Health Program Manager, CVT
Email: fitforlife@CVTrust.org or call **800-288-9870**



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