What’s In Your Smoothie?
The Registrar’s Office Wellness Group

Background
- The Registrar’s Office is a mid-sized office comprised of a diverse population.
- Recognizing individual wellness efforts, a small group gathered to form the RO Wellness group in fall 2014.
- The Process:
  - Assess the landscape
  - Gather leadership support
  - Utilize existing campus resources
  - Draft a strategic plan applying WELCOA’s Seven Benchmarks
  - Create and analyze an office-wide survey
- The Goal:
  - Meet people where they are and provide a supportive environment.

7 Steps
Wellness Council of America’s (WELCOA) Seven Benchmarks
1. Obtain the support of Leadership
2. Create a Wellness Team
3. Collect data to drive efforts
4. Create an operating plan
5. Select wellness topics of interest
6. Create a supportive environment
7. Evaluate outcomes

Mission and Vision
Mission: Develop a supportive environment that encourages employees to make healthier lifestyle choices.

Vision: To create and sustain a healthy office culture that educates, motivates and empowers staff to adopt and maintain healthy lifestyle behaviors.

Three Pillars: Nutrition, Fitness, and Mindfulness

Survey Results

Events and Initiatives
Over the past 18 months we have hosted events utilizing our three pillars of nutrition, fitness and mindfulness practices.
- Hosted: Nutritional Value of Super Foods, Smoothie Contest
- Lunch and Learn with Wellness Champions
- Hosted: Biometric Screening and Health Assessment
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- Train Your Brain Webcast Screening
- Partnered with UHS to promote Community Supported Agriculture (CSA)
- Participated in Wellness Symposium
- Promoted walking meetings
- Invested in standing workstations
- Promoted healthy options at staff gatherings
- Offered flexible summer schedule options

Next Steps
- Mid-point Evaluation Survey
- Step-A-Thon
- Container Gardening
- Morning Meditation
- webinar: “The World We Make”
- Biometric Screening 2016
- Community Supported Agriculture Pickup Site with UHS

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