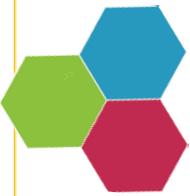


FACULTY STAFF BEST PRACTICES

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- Teach relaxation techniques to students.
 - Teach stress relief techniques.
 - Give faculty/staff praise for doing the “right” thing for students.
 - Conduct a “Biggest Loser” contest.
 - Create faculty/staff teams for bowling, softball, kick ball, staff Olympics, Walk Away the Pounds
 - Provide pedometers for staff.
 - Encourage staff to participate with monthly heart and blood pressure monitoring.
 - Have weekly staff weigh-in for those interested.
 - Have monthly staff recognition.
 - Conduct a staff survey of interests.
 - Provide wellness information and resources to staff.
 - Begin walking clubs during lunch and after school.
 - Encourage yoga for stress relief.
 - Encourage the use of school fitness rooms and equipment where available.
 - Supply weekly health tips via the school bulletin board.
 - Encourage participation of demonstrations to staff members with visits from therapist and fitness club representatives.
 - Mention health tips on morning television show every day.

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- Designate a one-mile fitness trail around the school.
 - Invite Dr. Feder to talk about nutrition.
 - Log and map progress of Walk/Run Across America Challenge in the teacher’s lounge.
 - Use Brag Board to keep staff informed of weekly walking or running opportunities.
 - Email motivating quotes to staff.
 - Offer Zumba classes.
 - Participate in CCPS Master Fitness Challenge.
 - Write monthly articles for newsletters.
 - Body Mass Index (BMI) measured by school nurse at request of any staff member.
 - YMCA discounts to staff members.
 - Participate in Doc’s Dash.
 - Participate in “Relay for Life.”
 - Give every staff member at least two invitations to join a Wellness Program during the year.
 - Give faculty/staff access to a Wii Fit before, during and after school.
 - Present Hoohah for Health to staff.
 - Arrange for a staff healthy lunch – each member brings a dish.
 - Participate in staff softball tournament.
 - Encourage attendance at the Wellness Fair.
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