RooFit to Get Fit...Just Roo It!

Spring 2020 Wellness Program
RooFit to Get Fit...Just Roo It!

Spring 2020 (pilot program)

The purpose of this wellness initiative is to engage in healthy behaviors with colleagues on campus while having competitive fun and camaraderie.
Conceptual Framework

- **H-** A personal philosophy that emphasizes **HEALTH** can lead to behaviors that promote it.

- **E-** **EVERYONE** can benefit from healthy lifestyles regardless of age or current health status.

- **L-** Healthy behaviors are most effective when practiced for a **LIFETIME**.

- **P-** Healthy lifestyles should be based on **PERSONAL** needs and interests.

RooFit to Get Fit Wellness Program

- Program Highlights

- Teams of 3-5 participants, the program is eight weeks long (January 27 through March 20).
- Registration fee is $5.00 per participant
- Participants consist of campus employees (faculty, staff, contract professionals, administration).
- Program includes: 1) physical activity, 2) consumption of fruits and vegetables, and 3) water consumption.
- The point system will include:
  - Physical Activity, for every 15 minutes of physical activity or exercise, would earn 1 point, with a maximum of 24 points for the week
  - Fruits and Vegetables, 5 servings of combined fruits and vegetables would earn 2 points per day, with a maximum of 12 points for the week
  - Water, 40 ounces of water consumed daily, would earn 2 points per day, with a maximum of 12 points for the week.
RooFit to Get Fit Wellness Program

• Online weekly point submission.

• There will be a Kick-Off event, Friday before the start of the program (Jan. 24, locations to be announced; one on main campus and one on Wayne campus).

• Incentives for the top 3 teams will be included as a motivational and competitive aspect, as well as “most improved team”.

• The top 3 teams with the highest average combined points will receive gift cards as an incentive based on placement status (highest gift cards award will be 1st place (distributed evenly between team members, and so on...))
RooFit to Get Fit Wellness Program

• The University Council Recreation and Wellness Committee is seeking a motion of support from University Council for the Roo Fit to Get Fit wellness program.
Questions
RooFit Wellness Program

- ACHA (2012)...Overarching goals identified by Healthy Campus 2020 Initiative

- Create social and physical environments that promote good health for all;
- Support the efforts to increase academic success, productivity, student and faculty/staff retention, and life-long learning;
- Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death;
- Achieve high equity, eliminate disparities, and improve the health of the entire campus community; and
- Promote quality of life, healthy development, and positive health behaviors.

- ACHA (2012)...Characteristics of a healthy campus initiative include...

  - A network of people working toward a common vision;
  - Priority health needs of your community;
  - A plan with strategies and action steps;
  - Community-and individual-focuses interventions; and
  - Tracking progress.
RooFit Wellness Program

• References

