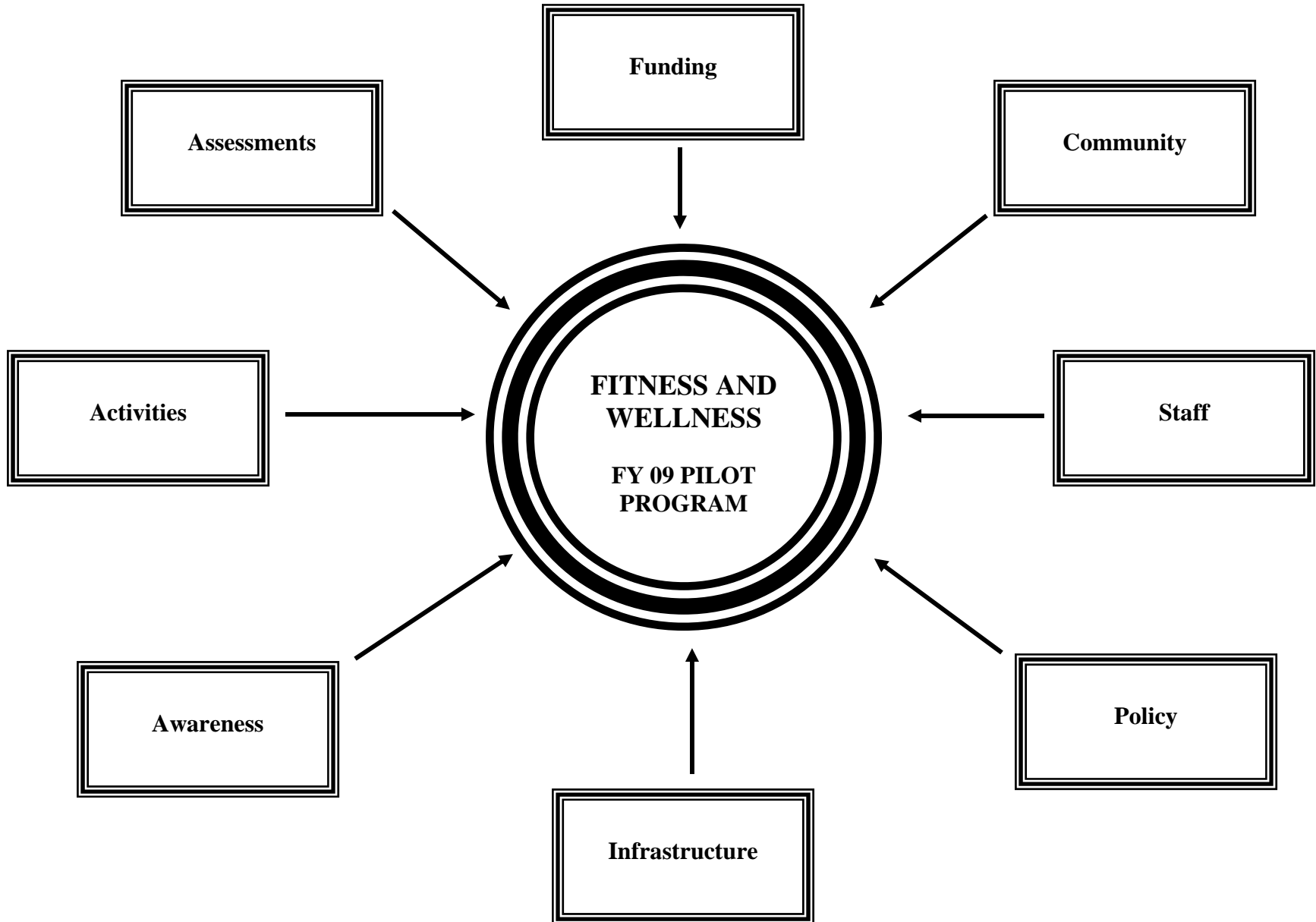


Fitness and Wellness Action Plan

FY 2009



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<u>Goal</u>	<u>Action Items</u>	<u>Owner</u>
<p><u>Goal 1: Conduct Fitness and Wellness Assessments</u></p>	<p><u>1.a. Action item:</u> Encourage faculty and staff to use the free on-line Blue Cross Blue Shield “Health Profile” assessment .</p> <p><u>1.b. Action item:</u> Encourage faculty, staff, and students to use the free on-line Testwell.org wellness assessment.</p> <p><u>1.c. Action item:</u> Identify an assessment tool or contracted service that can be purchased and used by the university to conduct on-going health risk assessments and to collect university-specific data.</p> <p><u>1.d. Action item:</u> Use a survey to measure faculty/staff/student perceptions related to fitness and wellness at the beginning of FY 2008. Repeat at the end of the year to determine change in perception.</p> <p><u>1.e. Action item:</u> Use a survey to determine faculty/staff/student level of wellness at the beginning of FY 2008. Repeat at the end of the year to determine change in wellness level.</p>	
<p><u>Goal 2: Implement Fitness and Wellness Activities</u></p>	<p><u>2.a. Action item:</u> Develop personalized fitness plans for a small test population (20 individuals or less). Include an initial assessment, goal setting, monthly follow-up sessions, and an exit assessment for test population participants.</p> <p><u>2.b. Action item:</u> Coordinate with the regional community to plan and implement fitness activity events that are open to faculty, staff, students, and the regional community (i.e., walks, runs, cycling tours, etc.).</p>	

<u>Goal</u>	<u>Action Items</u>	<u>Owner</u>
<u>(Goal 2, continued)</u>	<p><u>2.c. Action item:</u> Plan and schedule free seminars offered by individuals or groups that focus on specific wellness related topics such as nutrition, health risks, smoking cessation, fitness activities, etc.</p> <p><u>2.d. Action item:</u> Work with local health clubs to negotiate reduced rates for ASU faculty, staff, and students.</p> <p><u>2.e. Action item:</u> Plan and implement a “Count Calories” campaign using printed media to be placed on tables in dining halls and in the UC food service areas.</p> <p><u>2.f. Action item:</u> Plan and implement a “Loaner Bike” initiative that provides a limited number of bicycles for faculty and staff to use as they travel across campus for errands and meetings.</p> <p><u>2.g. Action item:</u> Plan and implement strategies that enable the regional community to participate in ASU F&W activities and use ASU fitness facilities (for an appropriate fee).</p>	
<u>Goal 3: Increase Awareness of Fitness, Wellness, and Related Activities</u>	<p><u>3.a. Action item:</u> Launch a Fitness and Wellness web site for the university.</p> <p><u>3.b. Action item:</u> Develop and disseminate a monthly Fitness and Wellness newsletter aimed at a target audience of faculty, staff, and students.</p> <p><u>3.c. Action item:</u> Market existing fitness activities such as those managed by University Recreation and local sports organizations to the ASU community.</p> <p><u>3.d. Action item:</u> Conduct monthly seminars to provide information on employee benefits related to health and wellness. Seminars to be conducted by HR staff and contracted vendors.</p> <p><u>3.e. Action item:</u> Conduct an annual Wellness Fair using area health providers, ASU faculty/staff, and contracted vendors. Bring in a nationally recognized keynote speaker for the Wellness fair luncheon.</p> <p><u>3.f. Action item:</u> Plan and implement a process to train and establish “Wellness Advocates” at the department level throughout the university.</p>	

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<u>Goal 4: Implement Fitness-Related Infrastructure</u>	<p>4.a. <u>Action item</u>: Identify, document, and market “Fitness Routes” on and around the University campus to encourage walking, jogging, and cycling.</p> <p>4.b. <u>Action item</u>: Work with the university’s Planning and Construction department to insure that fitness infrastructure is considered in the Master Plan and in all future construction projects.</p> <p>4.c. <u>Action item</u>: Design and implement a satellite fitness center in the University Center.</p>	
<u>Goal 5: Implement University Policies and Procedures Related to Fitness and Wellness</u>	<p>5.a. <u>Action item</u>: Develop appropriate policies and procedures to allow full implementation of HB 1297 (Chapter 664 of the Texas code).</p> <p>5.b. <u>Action item</u>: Coordinate with Texas Tech and the State of Texas Wellness Coordinator to insure that ASU is coordinating efforts related to any future Tech system or State Wellness policies.</p>	
<u>Goal 6: Plan For a Dedicated Fitness and Wellness Staff for FY 2010</u>	<p>6.a. <u>Action item</u>: Research Best Practices at other institutions to determine typical staffing, qualifications, and reporting lines for F&W staff at peer institutions.</p> <p>6.b. <u>Action item</u>: Attend conferences and workshops related to Fitness and Wellness program management.</p>	

<u>Goal</u>	<u>Action Items</u>	<u>Owner</u>
<p><u>Goal 7: Seek Internal and External Funding</u></p>	<p><u>7.a. Action item:</u> Develop FY 2010 and 2011 budget requests that include dedicated F&W coordinator, secretary, and related infrastructure.</p> <p><u>7.b. Action item:</u> Identify external funding sources and develop grant requests to help fund F&W program.</p>	
<p><u>Goal 8: Begin Working Toward a Well City Designation for the San Angelo Community</u></p>	<p><u>8.a. Action item:</u> Develop a “White Paper” that outlines the benefits of working toward a Well City designation for San Angelo (http://www.welcoa.org/wellworkplace/index.php?category=6).</p> <p><u>8.b. Action item:</u> Establish a high level community focus group to begin discussing the possibility of working toward a Well City designation for San Angelo.</p> <p><u>8.c. Action item:</u> Coordinate with the City Planning department, the San Angelo MPO, and TxDot to insure that current and future regional construction projects include infrastructure that supports fitness activities.</p>	