

**Raymore-Peculiar**



**Wellbeing**

**A YEAR IN REVIEW**

**2018-2019**

## WELLNESS SUCCESSES!

- **All Staff Workouts**
- **Voluntary Health Screenings**
- **Gym Reimbursements**
- **Activity Trackers given to Employees**
- **Step Challenges**
- **Weight Management Challenges**
- **Hydration Challenge**
- **Water Wednesdays**
- **5K Opportunities**
- **Snow Day Giveaways**
- **PRIZES!!!!!!**



## UPCOMING OPPORTUNITIES

- **Step Challenges**
- **Voluntary Health Screenings**
- **Treadmill Desks and Bike Collaboratio  
Tables**
- **Social Media Photo Challenge**
- **Holiday Challenge**
- **Hydration Challenge**
- **Monthly Wellness Newsletters**
- **Mental Health Challenges**
- **Infused Water Offerings**
- **Gym Reimbursements**
- **All Staff Workouts**



# HEARD ON THE STREETS

- “I loved that the Wellness team worked with Child Nutrition to provide healthy drinking opportunities!”
- “This year’s challenges have been motivating and helped me to get moving!”
- “Amazing prizes! I am looking forward to next year’s challenges!”
- “This has definitely been the best year ever for this committee!”
- “Having an activity tracker has really helped me up my game and become more conscious of my movements!”
- “I had a blast participating in the challenges this year and I literally cannot wait for the next district challenge!”

