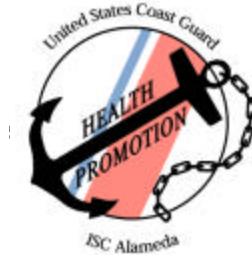


SERVICES OFFERED BY YOUR HEALTH PROMOTION MANAGER



Summary

Your regional Health Promotion Manager (HPM) provides CG unit and staff division Health Promotion Coordinators with a variety of health promotion and training services. These can be summarized under two categories- ***consulting & assessment.***

Consulting and Activity Planning

Your HPM will help you plan your monthly, quarterly, semi-annual, and annual activity calendar. In addition, consultation is available for planning specific activities- such as all-hand trainings or wellness fairs.

Wellness Assessments

a. Health Screenings

Assessments may include any of the following: Cholesterol; Blood Pressure; Body Fat Composition; Body Mass Index (BMI); Waist-Hip Ratio.

b. Fitness Testing

Testing includes: cardiovascular (1 mile walk or 1.5 mile run); muscle strength & endurance (push-ups & sit-ups); flexibility (sitting toe-touch).

c. Dietary Analysis

A computer-based program that includes food-intake analysis, meal planning, and nutritional analysis of foods. For individuals wanting specific dietary guidance.

d. Stress Assessment

The Stress Map assessment tool is used. This includes summaries in 21 stress areas which are organized into four categories- signals, environmental pressures, coping, and mental management.

e. Fitness Planning

Assisting personnel in designing individualized physical exercise programs.

f. Weight Management

Assisting personnel in designing individualized weight management programs.

g. Health Risk Appraisal (HRA)

The *Personal Wellness Profile (PWP)* is a comprehensive assessment which includes a lifestyle questionnaire, fitness testing, and lipid profile (cholesterol). A personalized 16-page report includes recommendations in the areas of lifestyle changes, fitness, diet & nutrition, risk reduction, and stress management.