

## Examples of Announcements in the Daily Briefing

### ***WIN-Wellness Is NOW***

The Employee Health Promotion Program needs your help! We are looking for all walking groups that are open to new members. If you walk daily or on a regular schedule and are open to new walking buddies, please contact your wellness coordinator by email or phone, ext. XXXX. If there are any running groups, we would like your information also. We are interested in: when you walk/run, where you walk/run, and the distance. Also, we want to hear from any groups that have continued walking since last year's Champions Challenge.

### ***WIN=Wellness is NOW***

Got your flu shot  
Got your sucker  
Now it's time to get Wellness  
WIN Kick-off (date) in the (location)

### ***WIN-Wellness is Now***

Job getting to you, family driving you crazy, dreading the holidays? Take the stress assessment survey and find healthy ways to deal with stress. Come to the WIN Open House (date) from (start time) to (end time) in the (location).

### ***WIN-Wellness Is NOW***

Do you smoke? Thinking of quitting? Come to the WIN kick-off (date) from (start time) to (end time) in the (location). Find out more about the Employee Tobacco Cessation Program.

### ***WIN-Wellness Is Now***

Are you making healthy choices in the cafeteria? Come find out more about the WISE UP Program at the WIN - Wellness is Now kick-off (date) from (start time) to (end time) in the (location).

### ***WIN Kick-Off***

How healthy am I? Do you know your fasting blood sugar? How about your cholesterol [high-density lipoprotein (HDL), low-density lipoprotein (LDL), triglycerides]? What is my body mass index (BMI)? Come to the WIN kick-off (date) in the (location) from (start time) to (end time).

### ***WIN Kick-off***

Change is the current catch phrase, so let's jump on the bandwagon and make some small changes in our lives. Increasing our activity by 2,000 steps a day and decreasing our caloric intake by 100 calories will prevent the average American from gaining 1 to 2 pounds per year. Come find out more ways to increase your activity at the WIN kick-off (date), (start time) to (end time) in the (location).

***WIN Kick-off***

"I've tried every diet, why can't I lose weight?" Does this sound familiar? Come to the WIN kick-off (date), (start time) to (end time) in the (location). Check out the Wellness Web site. Log onto the Nutrition site and evaluate energy balance (calories in and calories expended). Check out Weight Watchers® or the MOVEmployee! Program!

***WIN Kick-off Thursday***

It's time to treat yourself to the new Employee Health Promotion Program, WIN=Wellness is NOW. (Name of Wellness Coordinator) is our new wellness coach! She can be reached at ext. XXXX, or stop by her office (room number). Find out more about the program on (date) at the kick-off located in the (location), (start time) to (end time).

***WIN Kick-off Tomorrow***

The holidays are right around the corner and with them the added stress and change in our eating patterns. Come to the WIN kick-off on (date) in the (location), (start time) to (end time), to find out more information about stress reduction, tobacco cessation, nutrition, weight management, physical activity, and flexibility.

***WIN Kick-off Today In Second Floor Flag Atrium – Stop by, Learn, Get Well!***

The WIN kick-off event is today, (start time) to (end time) in the (location). Come gather more information on the program. Get your flu shot! Find out about the WISE UP Program in the cafeteria.

***Wellness Is Now (WIN) Program Up and Running***

We will be kicking off a 6-week walking program utilizing America on the Move. This is a program that will track your exercise, utilizing the Internet with daily step/minute entries. The (name of facility) group name is (group name). The VA group number is (number). You will need this number when you register for the program. You can either go to the WIN Web site under resources, or you can go to: <http://www.americaonthemove.org>. If you do not have a pedometer and would like to participate in the walking program, please contact (name of Wellness Coordinator) for a free pedometer. Grab a work buddy and get "on the move".

For the nutrition portion of the program you can take the MOVE!23 questionnaire to obtain a baseline assessment. Print out both your evaluation and your provider's information. ***Weight Watchers® @ Work Starts Today***

Today at (start time) in room XXXX is either the first day of the next 17-week session for Weight Watchers @ Work (if we have 20 members present) or a time to say good bye to our program here at VAMC. Members who have already paid should pick up their payments and member folders. Call the Wellness Coordinator (ext. XXXX) with questions.

***MOVEmployee! Session Tomorrow***

The first session of the new year for the MOVEmployee! Program is (date), with weigh-

in from (start time) to (end time) and an information session from (start time) to (end time) in room XXXX. Come find out more about the food pyramid!

### ***WIN-America on the Move***

VAMC is kicking off a 6-week walking program utilizing "America on the Move". The program will track your exercise using the Internet with daily step/minute entries. To register, you can either go to the WIN Web site under resources or you can go to <http://www.americaonthemove.org>. The group name is (group name); group number is RMI136087. If you do not have a pedometer and would like to participate in the walking program, contact the Wellness Coordinator for a free pedometer. Grab a work buddy and let's get "on the move." For the nutrition portion of the program, you can take the MOVE!23 questionnaire to obtain a baseline assessment. Print out both your evaluation and your provider's information.

### ***Wellness Is Now (WIN) Offers Free Glucose and Cholesterol Testing***

The Employee WIN Program offers free glucose and cholesterol blood draws to all who complete their wellness profile. Go to the WIN Web site and you will find the profile in a yellow button on the right hand side of the page. Bring your completed profile to room XXXX and receive some fun prizes. Contact the Wellness Coordinator (ext. XXXX) to schedule labs.

