

April, 2021

W.E.L.L. EVENTS

MOVEMENT CHALLENGE



Happy
Administrative
Professionals
Day!



The SwirlWorld

Movement Challenge – Starts Monday, April 5th Any type of exercise or movement counts towards the Challenge-See your Wellness Ambassador to sign up & get your weekly record cards!

ADMINISTRATIVE PROFESSIONALS DAY
WEDNESDAY APRIL 21st—THANK YOU FOR ALL YOU DO YOU ARE APPRECIATED EVERY DAY!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			WORD SEARCH PUZZLES THIS MONTH.... "WHAT DO YOU SEE WHILE WALKING?"	1 APRIL FOOLS DAY.....	2 COUNTY HOLIDAY 	3
4	5 MOVEMENT CHALLENGE STARTS TODAY!! <i>IT'S NOT TOO LATE TO SIGN UP!</i>	6 DISCRIMINATION HARASSMENT & BULLYING TRAINING Details below	7 WORD SEARCH "SIGNS" 	8 SAFETY MEETING @ 10:00 AM VIA ZOOM	9 99th Day of 2021 Walk 99 Extra Steps..do 99 Push Ups or drink 99 oz. of water today!	10
11	12 NEW EMPLOYEE ORIENTATION TODAY.... WELCOME NEW HIRES TO WASHINGTON COUNTY!!	13 SCRABBLE DAY! START A GAME!	14 WORD SEARCH "CLOUDS" 	15 "THUMBS UP THURSDAY" 	16 HALF WAY THRU THE MOVEMENT CHALLENGE.... HOW MUCH HAVE YOU MOVED?	17
18	19 EAP ON LINE SEMINAR FOR THIS MONTH IS FINANCIAL SECURITY CHECK IT OUT!	20 "TAKE THE STAIRS TUESDAY" 2 FLIGHTS IN APRIL	21 WORD SEARCH "IN THE PARK" ADMINISTRATIVE PROFESSIONALS DAY—THANK YOU!	22 HAPPY EARTH DAY PLANT A TREE	23 ONLY ONE MORE WEEK FOR OUR MOVEMENT CHALLENGE..... TIME TO STEP IT UP!	24
25	26 HAPPY NATIONAL COOKIE DAY! FREE SAMPLE !!	27 WELLNESS AMBASSADOR MEETING @ 11:00 VIA ZOOM	28 WORD SEARCH "TREES & SHRUBS" 	29 ONE MORE DAY FOR OUR MOVEMENT CHALLENGE!!!	30 "ADOPT A SHELTER PET DAY".... SEND A PHOTO OF YOUR NEW PET TO HRI!	

WEBSITE: www.washingtoneapsservices.com
 CLICK ON: Work-Life in upper right corner
 LOGIN: wc
 LEGAL & FINANCIAL CONSULTATIONS:
 1-877-337-9553
 COUNSELING TOLL-FREE: 1-800-EAP-LINK

TUESDAY, APRIL 6th, 2021
ROOMS 103/104 @ 10:00 & 2:00

**WORKPLACE
DISCRIMINATION**

COMING UP IN MAY....

- National Bike Month
- National Blood Pressure Month
- Mother's Day Memorial Day

Movement Challenge

April 5th – April 30th

READY.

Pick up your tracking card by April 1st

SET.

Starting April 5th wear your pedometer or tracking device from the time you get up to the time you go to bed. Your goal is 10,000 steps per day.

GO.

Log your steps on your tracking card daily and submit your tracking card to your Wellness Ambassador by May 7th to be eligible to win the prizes.



Due
Tracking cards
are due to
Andi
by May 7th.



Winners
Highest Step
Count & Most
Improved.



Prize
Winners will
receive a 50
minute Spa
Service at Spa
Harmony.


WASHINGTON HEALTH SYSTEM
Wilfred R. Cameron Wellness Center

PROVIDING THE
EXOS EXPERIENCE

Contact
Marissa Watson
at 724-250-6209
or
mwatson@whs.org

2020 MOVEMENT CHALLENGE

April 6th – May 3rd

Movement → Steps Conversion Chart

All 'step' conversions are based on equations developed by the American College of Sports Medicine. They should be considered reasonable estimates that use the best available information, but since many additional variables affect these calculations, they should not be relied upon in calculating true energy expenditure or for weight management purposes. They are just to be used for this Wellbeing Movement Challenge only.

Activity	Details	Step Conversion (for 30 minutes)
Bicycling	< 10 mph leisure	3,600
Bicycling	Stationary, moderate	6,100
Aerobic	General	6,500
Home Activities	Cleaning-light effort	2,300
Home Activities	Multiple household tasks-moderate	3,200
Home Activities	Scrubbing floors, light	1,800
Outdoor	Gardening, weeding	3,000
Outdoor	Mowing lawn, power mower	3,500
Outdoor	Shoveling snow	5,000
Outdoor	Trimming shrubs/trees-manual	3,500
Outdoor	Yard work-general-light to moderate	2,500
Other Exercise	Circuit training-moderate	3,900
Other Exercise	Elliptical-moderate	4,500
Other Exercise	Yoga	2,200
Running	5 mph (12 min/mile)	7,500
Running	6 mph (10 min/mile)	8,900
Swimming	Laps light-to moderate	5,500



WASHINGTON HEALTH SYSTEM
Wilfred R. Cameron Wellness Center

PROVIDING THE
EXOS EXPERIENCE



WASHINGTON HEALTH SYSTEM
Wilfred R. Cameron Wellness Center

Four-Week Movement Challenge April 5th – April 11th Week 1

Week 1 Report of Individual Steps

Participant's Name: _____

Department at County: _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

Total _____

Turn in to Andi Johnston
by April 15th

wrcameronwellness.org



WASHINGTON HEALTH SYSTEM
Wilfred R. Cameron Wellness Center

Four-Week Movement Challenge April 12th – April 18th Week 2

Week 2 Report of Individual Steps

Participant's Name: _____

Department at County: _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

Total _____

Turn in to Andi Johnston
by April 22nd

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WASHINGTON HEALTH SYSTEM
Wilfred R. Cameron Wellness Center

Four-Week Movement Challenge April 19th – April 25th Week 3

Week 3 Report of Individual Steps

Participant's Name: _____

Department at County: _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

Total _____

Turn in to Andi Johnston
by April 29th

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WASHINGTON HEALTH SYSTEM
Wilfred R. Cameron Wellness Center

Four-Week Movement Challenge April 26th – April 30th Week 4

Week 4 Report of Individual Steps

Participant's Name: _____

Department at County: _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

Total _____

Turn in to Andi Johnston
by May 7th

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WASHINGTON COUNTY
DISCRIMINATION, BULLYING AND
HARASSMENT TRAINING

FOR
SUPERVISORS AND EMPLOYEES



MANDATORY TRAINING
FOR

ALL COUNTY EMPLOYEES
TUESDAY, APRIL 6th, 2021

ROOMS 103/104 at
10:00 AM and 2:00 PM



SIGNS



BUS LANE

GENTS

POLICE

BUS STOP

GONE TO LUNCH

SCHOOL

DANGER

KEEP OFF

STAIRS

DETOUR

NO CYCLING

STATION

DON'T RUN

NO ENTRY

WALK

EMERGENCY

ONE WAY

WARNING

ENTRANCE

POISON