

Fitness Assessments and Motivational Programs— How they can work together.



Fitness Assessments are a tangible way for employees to set benchmarks. It gives the employee a starting point and a point of reference once they start accomplishing their goals. In combination with a motivational program, fitness assessments can be used toward an incentive to make positive changes in the employee's health to do better on the post-assessment. The assessments (all parts voluntary) consist of the following:

- Resting heart rate
- Resting blood pressure
- Girth measurements
- Body fat percentage
- Step-up test
- Sit and reach
- Push-ups



The assessment can be done one time or it can be done as part of a program that is started with a pre-program assessment for baseline numbers and finished with a post assessment to show improvements. We can keep track of your weight loss via scale, body fat and or inches if you decided to turn it into a motivation program.

Check the back of this flyer for more information on how to combine this with the “Wellness Your Way” program.

Combining Fitness Assessments and Motivational Programs

For more information about “Wellness Your Way,” go to MMEHT.com website (click on: Wellness, Wellness Committee Resources and the Class Catalog) on page 7 of the Class Catalog, it explains how Wellness Your Way works, lists topics and also has a sidebar on setting up a program.

**To give it a try contact
Danielle at
dyale@memun.org and
we can help get you
started.**



Combining the fitness assessments with a motivational program such as “Wellness Your Way” motivates employees in a fun and engaging way.

“Wellness Your Way” has one-week and month long challenges, emails, quizzes and promotional tools already created for you.

By combining the assessments and “Wellness Your Way,” you create excitement for what’s coming next. You can use everything in “Wellness Your Way” or bits and pieces to tailor it to your program. Some suggestions are a combination of any of the following:

- Pre-fitness assessment
- Week long challenges (one month)
- Month long challenges (another month)
- Various classes or other education programs
- Post-assessment

(if you have any ideas for week long or month long challenges, let us know and we can put it all together for you.).

Again, the combinations of fun quizzes, informational short emails, different types of challenges brings excitement and engagement to your program.