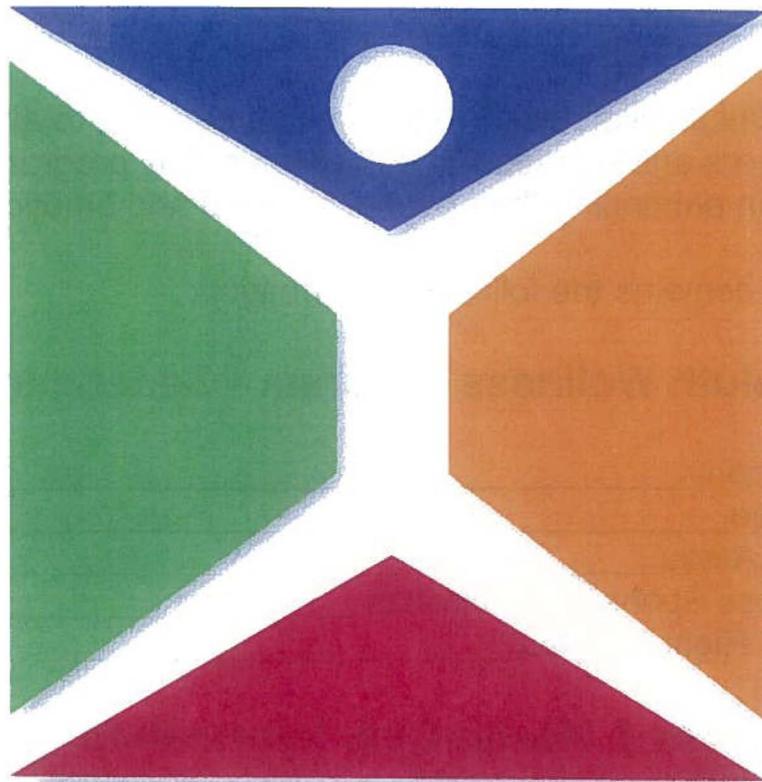


City of Duluth Wellness Program



CITY OF DULUTH
WELLNESS COMMITTEE

Your Invitation to Wellness

City of Duluth Wellness Program
Sponsored by the
City of Duluth and the Labor Management Health Insurance Program

Updated November, 2009

City of Duluth

Wellness Program

Services, Programs and Resources

The City of Duluth Wellness Program offers services to all employees, their family members and retirees. The purpose of this program is to assist participants in enhancing their overall physical and emotional health.

This booklet contains the following information:

City of Duluth Wellness Program - General Information

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Wellness Philosophy

Wellness is creating opportunities to feel healthy through becoming aware of positive lifestyle choices and taking action to prevent illness and disease. The City of Duluth Wellness Program philosophy is to promote physical and emotional health of employees.

The Wellness Program can assist participants in maximizing their health regardless of what condition or stage they are at in life. It is open to employees, and often to their families and retirees.

The Wellness Program is designed as a partnership to help employees develop healthier lifestyles and recognize ways to improve nutritional habits, increase physical activity and monitor: personal self-care, healthcare risks and stress.

Purpose

The purpose of the Wellness Program and the goal of the Wellness Committee is to encourage and support employees to gain more information about healthier habits so they can choose and engage in healthier lifestyle behaviors that could improve overall lifelong health.

Although past choices and genetics are key determinants of individual health, an effective Wellness Program can assist participants in maximizing their health regardless of their present conditions or stage in life. This means you can start anytime.

Focus Areas

The City of Duluth Wellness Program is designed around and based upon current scientific data regarding human health and feedback from City of Duluth employees. Specific areas of focus for the current Wellness Program include:

- Improving nutritional habits
- Increasing physical activity
- Self-care awareness and preventive measures
- Assessing and dealing with personal balance and stress
- Quarterly blood mobile drives/donations and annual flu shots for employees and family members
- Health Fairs and Workshops
- Winter and Summer Challenges (see page 6)

Wellness Sponsored Activities

Throughout the year the Wellness Committee sponsors activities to promote physical exercise and encourage a healthy lifestyle. These activities are led by a Wellness Committee member or someone in the community experienced in that activity. These activities range from one hour single outing to hands on educational classes that meet on multiple days. Such activities include:

- Cross-country skiing
- Snowshoeing
- Hiking
- Kayaking

Is This Right For You?

Participating in a Wellness Program takes dedication and personal time.

Participants:

- Need to have the desire to make change or modify lifestyle habits.
- Should want to join others who share in the positive spirit of the Wellness philosophy.
- Should want to gain new insights, learn and have FUN!

If any or all of the above apply, we welcome you to participate in the programs and services offered, and happily invite you to become involved in your City of Duluth Wellness Program.

Fitness Center & Health Club Information

(This information is subject to change without notice)

Looking for a place to work out? Or perhaps the facility you belong to now isn't meeting your needs. Below is current information on a number of local fitness centers regarding services they provide. Some of these facilities provide discounts to City of Duluth employees. Interested employees are encouraged to contact the facility for more information. Be sure to inform them you are a City of Duluth employee and ask if they provide discounts to City employees.

Arrowhead Tennis and Athletic Center

4402 Rice Lake Road

722-0810

Programs Offered: Aerobic classes, trained staff, dietary consultation, free-weights, Nautilus/cybex machines, tennis, racquetball, lockers, towel service, tanning, parking, cardiovascular equipment.

Center For Personal Fitness

530 East 2nd Street

725-5400

Programs Offered: Aerobic classes, trained staff, dietary consultation, free-weights, cybex machines, lockers, towel service, track, pool, hot tub/whirlpool, massage therapy, cardiovascular equipment, arthritis aquatics.

Curves For Women

(Available to all female employees and female family members of male employees)

14 E. St. Marie Street, Duluth

724-7097

4310 Menard Drive, #100, Hermantown

279-2878

5602 Grand Avenue, Duluth

628-9238

1111 Cloquet Avenue #1, Cloquet

879-2423

1420 Belknap Avenue, Superior

398-6179

Programs Offered: Trained staff, 30 minute circuit, nutrition classes, cardiovascular equipment, parking.

Gary Mattevi's Martial Arts Academy

102 Belknap Street, Superior

394-5425

Programs Offered: Martial Arts programs, Tae Kwon Do, Karate, Jiu Jitsu, Kung Fu, traditional weapons, Muay Thai, kick boxing, mini-ninjas, self defense, private lessons.

YMCA

302 West 1st Street

722-4745

Programs Offered: Aerobic classes, trained staff, free-weights, Nautilus/cybex machines, racquetball, lockers, towel service, track, pool, hot tub/whirlpool, massage therapy, parking, cardiovascular equipment.

Anytime Fitness

1215 East Superior Street

724-6653

4865 Miller Trunk Highway

722-5930

215 North Central Avenue

624-1311

823 Belknap Street, Superior

392-6003

910 Highway 33S, Cloquet

879-6220

Programs Offered: 24-hour Co-ed Fitness Center to include cardio, circuit machines, elliptical machine, free weights, rowing machine, stair machine, bicycles and shower facilities.

North Star Health & Fitness

2806 Belknap Street, Superior

392-9100

Programs offered: Total fitness center to include weights, cardio center, Women's area, tanning & personal training available.

Footnote:

The above is a partial listing of fitness centers and health clubs in the Duluth area. Members of the Wellness Committee can assist you in searching for fitness centers or health clubs. Another source is the phone book or an on-line search.

Long Hot Summer & Winter Challenges

The Long Hot Summer Challenge (LHSC) is an annual three-month long event that runs from June - August. The purpose of this event is to challenge full-time city employees to be active and to increase their level of activity over the summer.

A similar Winter Challenge is held. Typically we begin in January or February and go for three months. Each challenge has a different theme. If the challenge is met, t-shirts or sweatshirts are given to participants and finishers.

Attention: Blue Cross Blue Shield Health Plan Members

A large amount of free health and wellness related information is available through Blue Cross Blue Shield.

BCBS Web Site

Employees with internet access (home, work or public library) can view the Blue Cross Blue Shield web site home page. Here's what you'll find:

- Medical articles and health-related information, 24 hours a day, seven days a week.
- BCBS network and maps to providers.
- Updated healthcare and wellness news and much more!

Internet access is at: www.bluecrossmn.com

BCBS Newsletter

Employees can also subscribe to the "*BCBS BluePrint for Health*" Newsletter. By entering the internet access address www.bluecrossmn.com you can register online for a personalized newsletter that will be sent to you on a regular basis.

BluePrint for Health Stop Smoking Program

BCBS offers members the *BluePrint for Health* Stop Smoking Program. Personalized and customized "Stop Smoking Programs" are now available by calling: 1-800-835-0704.

A phone counseling specialist will work directly with you to develop a customized program and help you follow a plan that works for you. The program provides:

- 1) Tools to support behavior changes.
- 2) Personalized support for up to 6 months.
- 3) Opportunity to progress at your own pace.

* Before considering any smoking cessation approach (patches, programs, etc.) contact your Blue Cross Blue Shield provider to better understand your options available through your health plan.

Educational Sessions & Wellness Seminars

Wellness workshops and educational sessions are offered as part of the Wellness Program. Based upon feedback from past participants, future programs will undergo some positive changes. In addition, since the Wellness Program has a new philosophy and specific focus areas, we will target the sessions toward the following parameters:

- Wellness sessions and educational seminars are offered during the lunch hour, so more employees can attend. These sessions and seminars will be offered by the City of Duluth and St. Louis County Wellness Committees. Please watch for postings of when these events occur.
- Topics will be selected based upon current health and wellness concerns and from suggestions and ideas from Wellness Program participants.
- Wellness sessions will involve Wellness Committee members who are willing to assist with topic selection, contacting speakers, securing dates, room facilities and general planning for the sessions.

If you have any idea for a Wellness Program or would like to be more involved with the Wellness Program, contact one of the members.

PERSONAL PROBLEMS?

**We can usually manage our personal problems,
but most of us need help at some time!**

The **Employee Assistance Program** is provided by Midwest EAP Solutions and is available to all City of Duluth Employees.

- If stress, anger or other situations (including legal matters) in your job or personal life have gotten out of hand, an Employee Assistance Counselor can help you gain back control and manage your situation better.
- The Employee Assistance Program is a confidential, free service provided by the City of Duluth for you and your family members.

CONTACT THEM-- THEY ARE THERE TO HELP:

24-Hour Crisis Line
1-800-383-1908

FAX
(218) 740-3044

Website
www.midwesteap.com

user name: cityofduluth
password: member

Wellness Committee Members & Contact Numbers

For more information and suggestions for future topics--contact one of the following Wellness Committee members:

Peter Dane	Fire	730-4396
Charles Froseth*	Planning & Development	730-5580
Cary Schmies	Attorney's Office	730-5490
Carrie Lane	Police/Animal Shelter	730-5325
Marie Lassman	Library	730-4221
Janie Miller	Finance	730-5042
Cindy Stafford	Fire/Building Safety	730-5250
Scott Sutherland	Finance	730-5016
Marlene Van Puymbrouck	Human Resources	730-5198
Larry Winner	Public Works & Utilities	730-5073
Eric Schlacks	Public Works & Utilities	730-4060
Sara Benning	Fire/Building Safety	730-5151
Sharon Montgomery	Police	730-5473

* Current Chair