WOW! Working on Wellness

Illinois We Choose Health Grant – Worksite Wellness

As a leader in healthcare and wellness, Fairfield Memorial Hospital will be actively participating in the Illinois We Choose Health grant Worksite Wellness program. This program provides an ideal opportunity to support healthy eating and active living considering how much time adults spend at their worksites. Worksite wellness programs give employees opportunities to be physically active, eat health foods and live tobacco free. Employers and their employees can both benefit from such programs.

WHAT FMH IS DOING TO KICK-OFF WELLNESS…

In order to jump start our "WOW" Program, the Wellness Committee will be distributing therabands to each department with an index card that has some suggested exercises using the therabands. These exercises can be done during short breaks throughout each work day.   Our goal is to help our staff increase strength and increase their physical activity during the day. These theraband exercises are also great stress relievers, which the perfect reason for staff to take a break and pick up a theraband during the most stressful times of their work day! After your department has implemented use of the therabands for a couple of weeks, we would like to know any challenges you are facing or successes as a result of using the therabands in your department. If you do not need all the therabands that were distributed to your department, we ask that you let us know, as we plan to use any extras for use in the MAC education room or in other areas to be used before, during, or after various meetings.

WOW IDEAS WELCOME!

If you have a Working on Wellness idea, "WOW IDEA," we want you to share it with us. Simply write it down and place it in the suggestion box!

Gym Membership Benefit Reminder!

Eligibility: Active full-time and part-time employees. Employees are entitled to a $15.00 reimbursement per month for a gym membership. Receipts should be presented to the Administrative Offices to the attention of the CFO.