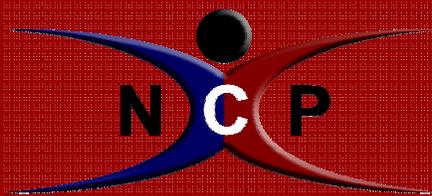
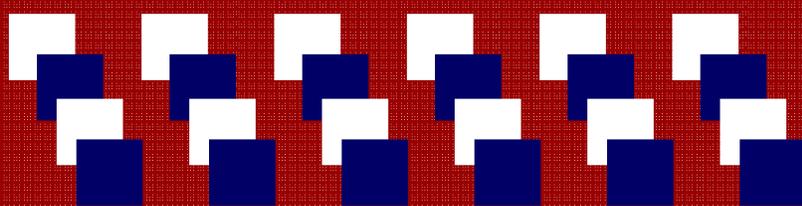


National  
Employee  
Health &  
Fitness Day  
2007







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# INTRODUCTION

## HealthierVA Employees National Health & Fitness Day Activities - Walk and Roll May 16, 2007

The 2007 National Employee Health and Fitness Day was celebrated with great success on May 16<sup>th</sup> at VA Medical Centers throughout the United States. Many facilities made their celebrations a "HealthierUS Veterans" activity this year as well, and included veterans, and their families along with employees. A total of 5039 employees participated, along with 963 veterans and their family members! Displays, demonstrations, health fairs, and "Walk and Roll" events were held simultaneously across the country, demonstrating each medical center's commitment to the health, physical fitness, and well-being of its valuable employees.

This 2007 National Employee Health and Fitness Day/HealthierUS Veterans report tells the story. Written descriptions and photographs highlight the remarkable creativity, enthusiasm, and energy that VA staff members demonstrated in hosting these celebrations. This report is a tribute to those employees as well as the veterans, and family members. The fun enjoyed by all is clearly apparent! Please let yourself experience the energy and the joy these events brought to the participants as you leaf through these pages.





THE SECRETARY OF VETERANS AFFAIRS  
WASHINGTON

April 16, 2007

**MESSAGE FROM THE SECRETARY**

National Employee Health & Fitness Day is May 16, 2007. This national observance offers a unique opportunity to focus on the importance of wellness for staff in the Department of Veterans Affairs (VA). Additionally, the HealthierUS Veterans initiative encourages our veterans and their families to address diabetes and obesity by eating a healthy diet and engaging in regular physical activity. Wellness events at each VA Medical Center on this day provide an opportunity to focus attention on the health and wellness of both employees and veterans.

Worksite health promotion programs enhance employee productivity, improve health care costs, decrease rates of illness and injury and reduce employee absenteeism. Healthy employees are more productive, feel better and give their patients more confidence. Providers who practice a healthy lifestyle are more credible and more effective in delivering health care to their patients.

The National Center for Health Promotion and Disease Prevention (NCP) has provided tools for planning, marketing and promoting these activities on the NCP Intranet Web site at <http://vawww.nchpdp.med.va.gov>. The Web site also provides information and resources for the MOVE weight management program for veterans and employees.

I am requesting your support in recognizing National Employee Health & Fitness Day, HealthierUS Veterans and MOVE. As part of this recognition, VA medical facilities are asked to offer a Wellness Walk & Roll event during the noontime hour. Employees of all fitness and ability levels can join together with veterans to walk or roll over a predetermined course. For those employees that cannot leave their post or cannot be present for any reason, a Healthy Living Pledge is available to accommodate their involvement and commitment to a healthy lifestyle. Supplementary health promotion activities are encouraged. National Employee Health & Fitness Day is designed to promote employee wellness. Combining this with a HealthierUS Veterans event allows patients and other veterans and family members to participate as well. Participation in National Employee Health & Fitness Day and HealthierUS Veterans will be recognized in the NCP newsletter, HealthPOWER! on the NCP Web site and in a report summarizing this day's activities.

A handwritten signature in black ink, appearing to read "R. James Nicholson".

R. James Nicholson



**DEPARTMENT OF VETERANS AFFAIRS  
Washington, DC**

**PROCLAMATION**

**National Employee Health and Fitness Day  
And HealthierUS Veterans  
May 16, 2007**

Whereas, worksite health promotion programs enhance employee productivity, improve health care costs, decrease rates of illness and injury and reduce employee absenteeism;

Whereas, VA medical care staff serve an integral role in the provision of care to veterans, and their lead in healthy eating and active living supports the overall goal of optimal health for all veterans today and tomorrow;

Whereas, National Employee Health and Fitness Day provides a timely opportunity to recognize the importance of wellness and to involve veterans through the HealthierUS Veterans initiative;

Whereas, National Employee Health and Fitness Day/HealthierUS Veterans events are planned at VA medical facilities throughout the Nation for employees and veterans to learn about nutrition and physical activity behaviors to improve their overall health, well-being, and quality of life; and

Now, therefore, be it resolved that I, R. James Nicholson, Secretary for the Department of Veterans Affairs, do hereby proclaim May 16, 2007, as

**National Employee Health and Fitness Day**

And encourage all VA officials and employees to recognize and participate in this observance, including attendance at and support of the planned local events on May 16<sup>th</sup>. This day serves as a focused opportunity to learn about healthy lifestyle habits to practice now and in the future.

R. James Nicholson  
Secretary of Veterans Affairs



The grid on the following pages is a list of reporting facilities:

VISN	Reporting Facility
	VA National Center for Health Promotion and Disease Prevention
2	VAMC Bath, NY
	VAMC Canandaigua, NY
3	VA New Jersey Healthcare System
4	VAMC Erie, PA
	VAMC Philadelphia, PA
	VAMC Pittsburgh, PA
5	VAMC Martinsburg, WV
6	VAMC Asheville, NC
	VAMC Durham, NC
	VAMC Hampton, VA
7	VAMC Augusta, GA
	VAMC Charleston, SC
	VAMC Columbia, SC
	VAMC Tuscaloosa, AL
8	VAMC Lake City, FL
	VA North Florida/South Georgia HCS
	VAMC Miami, FL
9	VAMC Clarksburg, WV
	VAMC Louisville, KY
10	CBOC Canton, OH
	VAMC Chillicothe, OH
11	VAMC Battle Creek, MI
	VAMC Danville, IL
	VAMC Saginaw, MI
	VAMC Indianapolis, IN
12	VAMC Chicago, IL (Jesse Brown)
15	VAMC Columbia, MO
	VAMC Kansas City, MO

<b>VISN</b>	<b>Reporting Facility</b>
	VAMC Marion, IL
	VAMC St. Louis, MO
16	VAMC Alexandria, LA
16	VAMC Fayetteville, AR
	VAMC Little Rock, AR
	VAMC Muskogee, OK
17	VA North Texas Health Care System
	VA South Texas Health Care System
	VAMC Temple, TX
18	VAMC Amarillo, TX
	VA New Mexico Health Care System
	VAMC Phoenix, AZ
	VAMC Prescott, AZ
20	VA Alaska Health Care System and Regional Office
	VA South Oregon Rehabilitation Center and Clinics
21	VA Palo Alto Health Care System
	VAMC San Francisco, CA
22	VAMC San Diego, CA
23	VA Black Hills Health Care System
	VAMC Minneapolis, MN
	VAMC Sioux Falls, SD
	VAMC St. Cloud, MN



**Name of Facility:** VA National Center for Health Promotion and Disease Prevention

**Number of staff involved:** 12

**Brief description of activities:** This year the NCP decided to organize its own activity for Employee Health and Fitness Day. All of the NCP staff and other staff members on duty that morning participated in a 20 – 30 minute walk followed by a brunch of low-fat, low calorie, hi-fiber healthy foods. We had a great time and enjoyed getting some physical activity on a fabulous spring morning.







## VISN 2

**Name of Facility:** VAMC Bath, NY

**Number of patients involved:** 10

**Number of staff involved:** 125

**Brief description activities:** This year's fair was "A calendar year of health and wellness." Each month had a topic/ story board which utilized teaching materials, handouts, posters, buttons. Blood pressure screenings; lamp was used to look at skin lesions/ sun damage; Chiropractor performed simple alignments; massage therapist; YMCA; and Weight Watchers; *MOVE!* and HealthierUS Veterans.

**Name of Facility:** VAMC Canandaigua, NY

**Number of patients involved:** Open to facility-wide patients and families

**Number of staff involved:** 25+

**Brief description of activities:** The Canandaigua VA Medical Center held its annual National Health & Fitness Day Activities on May 15 – 17. On May 16<sup>th</sup>, the Local Wellness Committee invited Bunny Dimmel, teacher and writer for the Post Standard newspaper, to talk about her experience with obesity. Bunny talked about her struggles in dealing with self-esteem and personal tragedies and her eventual success in losing 220 pounds through diet and exercise. Her talk was sprinkled with compassion, energy and humor and what she did to strengthen her self-image. The presentation was taped for our satellite facility (Rochester Outpatient Center) and for those who were unable to attend. A “Walk and Roll” event, led by engineering service, was held at 12:00 noon. (See attached Daily Messenger Newspaper publicity coverage).

On Tuesday, May 15<sup>th</sup> and Thursday, May 16<sup>th</sup>, The Local Wellness Committee aired the video, “Supersize Me,” in the library conference room and held an open house in the employee exercise area. Gift baskets, made by two Wellness Committee team members, were given away as door prizes.

# 300 Words ... on losing 200 pounds

*A middle-school teacher who overcame obesity tells her story.*

**By JULIE SHERWOOD**  
Messenger Post Staff

**CANANDAIGUA** — Bunny Dimmel wasn't obese when she was 12. But she did weigh more than most of her peers — girls built like toothpicks, she said, who used less-than-flattering terms to describe the way she looked. But nine years ago, when her husband made her promise on his death bed to lose weight, Dimmel weighed 383 pounds. Eventually, she lost 220 pounds and has maintained her new lifestyle while devoting much of her time to inspiring others. “It didn't happen overnight,” she said while telling her story last week at the Canandaigua VA Medical Center. “You have the ability to change,” said Dimmel, 55, a middle-school teacher and contributing columnist for the Syracuse Post-Standard newspaper. “Yes, it's hard work,” added Dimmel, who lives near Syracuse. “You have to eat less and exercise the rest of your life.” Though her recipe for success sounds simple, the story of her life and journey back to health is far from it. And Dimmel understands what others in the shoes she once wore are going through. “She is very inspirational,” said Benita Allen of Phelps, who attended the presentation hosted by the VA as part of a series of events promoting health and wellness. Dimmel said her life hit rock bottom in 2004. Her obesity and related health problems, including a broken thigh bone that took two years to heal, caused her to lose a job and admission to a university program, she said. “It was the worst medical abyss I had ever fallen into,” said Dimmel, who discovered the weight-loss plan Weight Watchers. She didn't have to give up favorite foods, like olive oil and bread, but it did require changes. With no quitting allowed. “If you fail, struggle, you pick yourself up,” she said. “It's possible.” For more information, visit [www.bunnydiet.com](http://www.bunnydiet.com). Julie Sherwood can be reached at (585) 394-0770, ext. 263, or at [jsherwood@mpnews.com](mailto:jsherwood@mpnews.com).



STAFF PHOTO/RIKKI VAN CAMP

**On the campus of the Canandaigua VA Medical Center, Vivian “Bunny” Dimmel, a columnist and inspirational speaker, tells the story of how she lost more than 200 pounds. The photo projected on the wall behind her shows Dimmel when she weighed close to 400 pounds.**



# VISN 3

**Name of Facility:** VA New Jersey Healthcare System

**Number of patients involved:** 18

**Number of staff involved:** 201

**Brief description of activities:** Employees and Veterans were invited to "Walk or Roll" from 12:00noon to 1:00pm on Wednesday, May 16, 2007, with a rain date of May 17, 2007. This would be around the grounds (through the tunnels for those with allergies) for the one hour time frame. Registration was held in the Main Lobby of each campus. Rewards: One hour of educational credit; Certificate of Participation; and an ice cold bottle of spring water for participation. Safety Inspection of footwear was done at time of registration. Participants remarks: "This is great ", "Let's do this every week", "How about a walking club?", "Fabulous experience", "I will get my friends to do this with me now", "I feel really good doing this", "Thank you for promoting this", "You really care", and " I know I need to keep my heart healthy and I didn't think I could walk as far as I could. Thanks for the encouragement."













# VISN 4

**Name of Facility:** VAMC Erie, PA

**Number of patients involved:** 0

**Number of staff involved:** 14

**Brief description of activities:** Erie VAMC held a "Spring into Summer", Walk and Roll Event over lunch. A walk was offered at 12pm and 12:30pm to accommodate several lunch periods for employees to participate. We walked outside around the VA "block" which is about one mile. Interestingly enough the temperature that day was 49°F and gloomy, while the day before it was a sunny 80°F!! Par for the course for spring in Erie! We had 14 employees take part, some walked inside due to the weather. The event was also promoted to *MOVE!* veteran participants but we didn't have any takers; most likely the weather was a factor. The event was held in conjunction with Healthier US Veterans so we had HUSV displays and brochures, along with *MOVE!* handouts for promoting weight loss available for participants. Bottles of water and stadium seats were also provided for walkers! All in all, a fun event.



**Name of Facility:** VAMC Philadelphia, PA

**Number of patients involved:** Less than 10

**Number of staff involved:** 11 to 50

**Brief description of activities:** Employees met in the front of the Medical Center for a noon time "Walk and Roll". Employees were encouraged to wear red or navy blue and participate in a 30 minute walk throughout University City, Philadelphia.

Employees enjoyed the walk so much that we are going to continue to have the walks weekly.



**Name of Facility:** VAMC Pittsburgh, PA

**Brief description of activities:** VAPHS celebrated National Employee Health and Fitness Day under the guise of "GET CAUGHT MOVING".

During the hours of 11am-1pm, employees at each of the 3 sites of VAPHS were targeted by enthusiastic *MOVEmployee!* assistants.

Anyone caught moving, whether using the stairs, walking in the tunnels, or participating in planned activities, i.e. guided walking tours or exercise sessions led by a kinesiotherapist, was given a sticker (see below) and a bottle of water.

Water was supplied through the canteen service, supported by management.

216 employees were caught.

The event received such positive response, that it will sponsored quarterly.



I was caught **MOVING!**



# VISN 5

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**Name of Facility:** VAMC Martinsburg, WV

**Number of patients involved:** over 100

**Number of staff involved:** over 100

**Brief description of activities:** In observance of National Employee Health and Fitness Day, the Employee Wellness Program at the VA Medical Center in Martinsburg, challenged all VA Service Chiefs to STEP UP and MOVE for Fitness. The 7 day challenge was to strap on a pedometer and walk as many STEPS as possible, and to be Healthy-Fit examples to their service line employees.

Fifteen Service Chiefs Stepped Up to the Challenge!

The Service Chief with the most STEPS at the end of 7 days won the (2007 – 2008) Annual Employee Health and Fitness Day Plaque.

Pharmacy Services, won the STEPS-MOVE Contest by registering a total of 121, 424 STEPS in 7 days! Second place was Nutrition and Food Services registering 94, 246 STEPS in 7 days, and third place was Prosthetics registering 67, 337 STEPS in 7 days.

Our VA Graphic Artist had fun designing a cartoon bulletin board with competing Chief's head shots looming above animated cartoon bodies in "Full Fitness ACTION!"

Employees as well as other Service Chiefs and Upper Management Staff got a big Kick out of seeing their friends, colleagues and Supervisors in cartoon bodies. They also enjoyed the anticipation of the daily posting of STEP Counts for their Service Chief. What a way to promote fitness!

The Martinsburg VA Medical Center also enjoyed the return of the Iverson Mall Line Dancers for Employee Health and Fitness Day. This is a fit group of high-energy Line Dancing Retirees from the District of Columbia who travel around promoting Health and Fitness to all ages and fitness levels.

Our employees and patients all enjoyed dancing with this group, to the top hits of the 80's, and 90's! Fitness can be FUN at any age!

# National Employee Health & Fitness Day

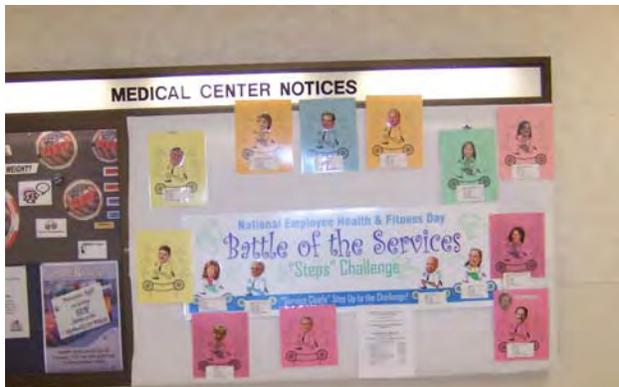
## MAY 2007

### Service Chief "STEPS" Challenge

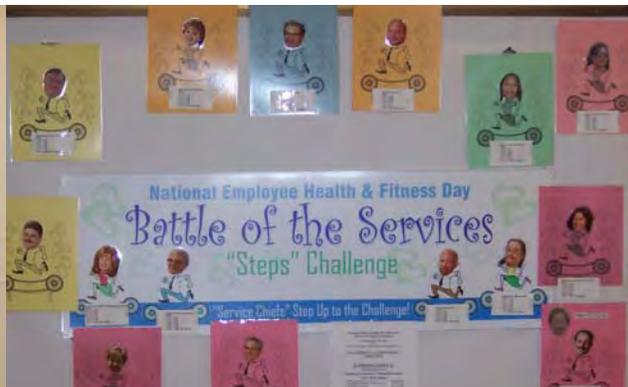


**Employee Wellness Program**





5/21/07 - 17,346  
5/22/07 - 11,629 = Total 29,246







# VISN 6

**Name of Facility:** VA Medical Center, Asheville, NC

**Brief description of activities:** A big THANK YOU to all that helped today with our Healthy Walk. We had 58 participants which I consider a success. At least a dozen or more were veterans and seemed excited to walk with us and receive the pedometer. We didn't have as many the last walk. I think everyone was at the picnic or the gray clouds scared them away. I would like to especially thank Dan Davis and the canteen for supplying us with the pedometers. We have some left over for our next walk. Great job everyone and look forward to the next adventure.

**Name of Facility:** VAMC Durham, NC

**Number of veterans involved:** 50

**Number of staff involved:** 100+

**Brief description of activities:** Over 100 employees and veterans from the Durham VAMC came out to support our 3<sup>rd</sup> annual National Employee Health and Fitness/HealthierUS Veterans activities on May 16, 2007.

Our Preventive Health coordinator, Shirley Gentry, welcomed employees and Veterans and encouraged a goal toward health and wellness.

Our Associate Director for Nursing Programs, Kae Huggins, challenged us to commit to at least 20-30 minutes of aerobic activity at least 3 times/week.

This was followed by warm up exercises to 60s music by our exercise physiotherapist, Carola Ekelund. She really had us "sweating". We then paired off and walked a mile ( 6 laps around the front of our facility).

There were health exhibits by Gerofit, Library Services, Diabetes Education, Nutrition, Risk Reduction clinic, *MOVE!* staff, Occupational Health, and naturally Patient Health Education. Preventive health topics such as exercise, health education resources, diabetes health, healthy eating, cholesterol management, ticks, mosquitoes, immunizations, sun safety, "Time Is Life", "AskMe3", HealthierUS Veteran, My HealthVet and weight management were on display.

Water and pens were given to walkers and an apple to ones not having time to walk.

Preventive health activities thus far include monthly health topics at our Resource Center, monthly *MOVEEmployee!* meetings, signing up Veterans for My HealthVet, and supporting product line educational offerings.

Plans have already begun for next year; shag/twist contest, hula contest and recognition of our "biggest losers" in our *MOVEEmployee!* Program.



**Name of Facility:** VAMC Hampton, VA

**Number of staff involved:** 70

**Brief description of activities:** The Employee/MOVE! Walk and Roll was great success. We had 70 employees to visit our education table, and 16 employees participated in the *MOVEmployee!* Fitness Walk. We had educational materials available pertaining to Physical Fitness and Hypertension.

Employees were provided:

- Physical Fitness packages
- BMI readings
- Fresh fruit
- Hypertension brochures
- Height & Weight measurement

Employees who visited the education table were asked to answer a simple question regarding their current physical activity which qualified them to win a \$20.00 Canteen Coupon. Hampton VAMC had three winners: Kenneth Newton SR. (Call Center), Linda Allison (Social Worker), and Danna Richardson RN., (Primary Care Service).

Display Poster was created and put on display to encourage employees to increase their physical activity in order to decrease their BMI. On the spot BMI checks were completed along with brief counseling of current health status.

Facility Photographer was on hand and took our beautiful pictures

A big thank you goes out to the following employees for their input and support with this project: *MOVEmployee!* Coordinator, Jemecia Braxton, FNP, Hampton Site *MOVE!* Coordinator, Michael Amundson, LPN, Gnanamani Arul, Chief of Staff, and Sharon Durio, Patient Health Education Coordinator.





# VISN 7

**Name of Facility:** VAMC Augusta, GA

**Number of staff involved:** 40

**Brief description of activities:** In conjunction with National Hospital Week activities, the Employee Wellness Committee and Employee Enhancement Group sponsored a 5K Run/Walk for employees. The event was not timed but all participants received a certificate of completion and a free t-shirt.



**Name of Facility:** Ralph H. Johnson VAMC Charleston, SC

**Number of patients involved:** 5

**Number of staff involved:** 25

**Brief description of activities:** Four scheduled 15 minutes walks with BMI calculation and education about exercise, nutrition and available resources.



**Name of Facility:** Dorn VAMC Columbia, SC

**Number of patients involved:** 20

**Number of staff involved:** 26

**Brief description of activities:** Thirty-minute walk around the facility. Fruit, healthy snacks and bottled water provided. The walk will continue each week.



**Name of Facility:** VAMC Tuscaloosa, AL

**Number of patients involved:** Less than 10

**Number of staff involved:** 11 to 50

**Brief description of activities:** Walk and Roll was a one mile walking activity to celebrate National Employee Health and Fitness Day. We did this as part of HealthierUS Veterans initiative. This event was publicized to our employees and veterans who are at the medical center.



# VISN 8

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**Name of Facility:** North Florida/South Georgia Veterans Health System

**Number of patients involved:** Approx. 95

**Number of staff involved:** Approx 450

**Brief description activities:** The North Florida/South Georgia Veterans Health System Kicked-off National Employee health & Fitness Day with a “Walking to New Orleans” themed event. All sites within the system participated. Educational materials promoting *MOVE!* and HealthierUS Veterans were provided to participants. Each participant also received a sticker to wear and an event number much like the ones used at races were also available for people to wear. There were courses indoors and outside. Some areas were under a cloud of smoke due to Florida fires. We credited every 5 minutes of any exercise as equaling ¼ mile. We also had pts in RT, PT and KT clinics taking credit for their exercises and provided certificates for participation. Our outlying clinics did a commendable job in motivating fellow staff and patients. This was a great team building activity that helped create another common bond between staff and veterans at all locations. Go Team VA!

### Expectations Exceeded During Walking to New Orleans Event

Employees, veterans and volunteers joined forces on May 16<sup>th</sup> as NF/SGVHS kicked off National Employee Health and Fitness Day. The Employee Wellness Council met and decided to support a virtual walk. They selected New Orleans, Louisiana as the pretend destination. It worked out that Gainesville would be the central starting point for our system which is about 516 miles to New Orleans. Hence, we were to walk a cumulative total of 516 miles on 5/16. Each participant pledged their mileage for the 24 hour period. ¼ mile credit was also given for every 5 minutes of exercise. We knew that our dedicated employees would do their best in trying to walk to “The Big Easy” but questioned just how easy it was going to be.

Well guess what? After all the numbers were tallied a total of 1786 miles was attained. This is a great accomplishment that has so much meaning due to the fact that this was a system wide effort. Exercising with others is a great team building activity. It is evident based on our mileage total that NF/SG is strengthening the commitment to wellness and a healthier VA.

The event idea was sent from the office of Dr. Richard Harvey, PhD, and Pam Del Monte, R.N., at the VA National Center for Health Promotion and Disease Prevention in Durham, N.C. to further promote *MOVE!* and HealthierUS Veterans. Health information materials were offered to participants along with some promotional items such as stickers and event numbers. Gainesville VAMC staff member, Judy Leonard commented that “people all over the medical center were asking me about the event number I had on my back, so I told them about it” At the Lake City VAMC there were scheduled walks in the welcomed fresh air after many days of smoky conditions due to the devastating forest fires in the area. Patients exercising in Kinesiology and Physical Therapy were also involved in the effort. Veterans involved in the Recreation Therapy Fitness and Pool Therapy clinics also participated. Some sites had music

playing, decorations, and healthy food and water. St. Augustine CBOC staff member, Janie Fitzpatrick said, " This was on the same day as our *MOVE!* Veteran orientation so we walked together as a group and got the program off to a good start"

The event also got people talking about activities they could do in their community. At The Villages CBOC participants utilized a recently measured walking route to get their miles in around the adjacent community recreation center. Over at the Jacksonville Clinic, Kim Corwin encouraged many staff members to take the pledge and, who knows, perhaps a daily walking group may evolve. Many of us spend way too much time sitting these days. "Beware the Chair" No wonder there are so many back problems and deconditioning. Take some time to stretch, walk and just *MOVE!* and you may start to feel better. There's great information to help you on the way at the following web sites: [www.move.va.gov](http://www.move.va.gov) [www.myhealth.va.gov](http://www.myhealth.va.gov) and [www.healthierus.gov](http://www.healthierus.gov) / steps

Pat Leapley, R.D., and *MOVE!* staff member at the Daytona OPC assisted in the clinics effort to exceed our systems goal as well. Our dedicated employees over at the Tallahassee OPC also contributed unselfishly according to Mary Smith, R.D. Mary is also a new member of the NF/SG Employee Wellness Council. David Portero at the Ocala CBOC, and Marie Makda up in the Valdosta CBOC were also instrumental in organizing staff to pledge their miles.

This turned out to be a great system wide effort and all who participated are to be commended for their efforts. It is hoped that employees and veterans will continue to exercise daily in order to promote being fit for life. The NF/SG Employee Council would also like to thank the staff from Medical Media, Physical Medicine and Rehabilitation, Nutrition and Food Service and council members who supported this event for fellow staff, volunteers and especially our veterans.

Name of Facility: VAMC Lake City, FL





**Name of Facility:** VA Miami Healthcare System

**Brief description of activities:** These pictures from National Employee Health and Fitness Day capture the following:

1<sup>st</sup> prize winner was Maria Resillez. 2 Night stay at *Hotel Biba*

2<sup>nd</sup> prize winner was Ben Fein. *Origins* Gift Basket

3<sup>rd</sup> prize winner was Lisa Martin. Gift Certificate for *Camelot Spa*

There were a total of 101 employees who participated by walking either inside on the Hall Walkers Path or outside. A total of 125 miles were walked to a virtual vacation location of their choice....could be Bimini or the West Coast of Florida!!!!

Each participant received a raffle ticket for each full lap completed outside or for every 2 indoor laps completed. Prize winners are noted above. The turnout was great and we surpassed our goal of 100 miles walked!







## VISN 9

**Name of Facility:** VAMC Clarksburg, WV

**Number of patients involved:** 11 to 50

**Number of staff involved:** 5 to 10

**Brief description of activities:** Employees are encouraged to stop by outside of the retail store between 11:00 a.m. and 1:00 p.m. and make a "Healthy Living Pledge". This could be a pledge to stop smoking, start exercise, etc. By making this pledge, employees will be entered into a drawing for prizes. All participants will receive a free water bottle, and are welcome to refreshments, as supplies last. Information will be available on nutrition, exercise, and wellness. Join in on the fun! The event was well received by veterans and employees. A walk was planned outside, by the ELT but rained delayed it. I walked later.

**Name of Facility:** VAMC Louisville, KY

**Number of patients involved:** 10

**Number of staff involved:** >200

**Brief description of activities:** In celebration of National Employee Health and Fitness Day the Louisville VAMC held the Annual Employee Health Fair on May 15, 2007 in the hospital fitness room. Over 200 employees, volunteers, veterans and Regional Office employees participated in the fair and signed up to win prizes donated by the union and the Canteen Service. The Prevention Care Team, with the help of Galen College Practical Nursing Students, offered demonstrations, health screenings and information and handouts on a variety of health related topics including: blood pressure and heart rate screenings, cholesterol and glucose checks, nutrition and *MOVEmployee!* information, % of body fat analysis, safe patient handling/movement, stress management, spiritual vitals signs, mental health/information on how to stop smoking, and tours of the fitness room and information on use of the equipment.













# VISN 10

**Name of Facility:** Canton CBOC (VAMC Cleveland, OH)

**Number of patients involved:** 50

**Number of staff involved:** 10

**Brief description of activities:** The Canton CBOC held a Health Fair along with the Walk and Roll. From 10am-2pm, Veterans and their families, as well as employees, could have blood pressure and blood sugar checks, BMI screening, and body fat analysis. A pharmacist was available for questions. The Diabetes Nurse had a booth on hypoglycemia and safety. Volunteers provided 100 Calorie snack packs and fresh fruit, water and sugar-free punch. There was information on eye screening, food safety and hypertension. We held 2 separate walks through downtown Canton and had several veterans and employees participate. All participants were entered into a drawing for prizes such as pedometers and wrist bands. Many of the patients involved in *MOVE!* participated in the activities.

**Name of Facility:** VAMC Chillicothe, OH

**Number of patients involved:** 0

**Number of staff involved:** 65

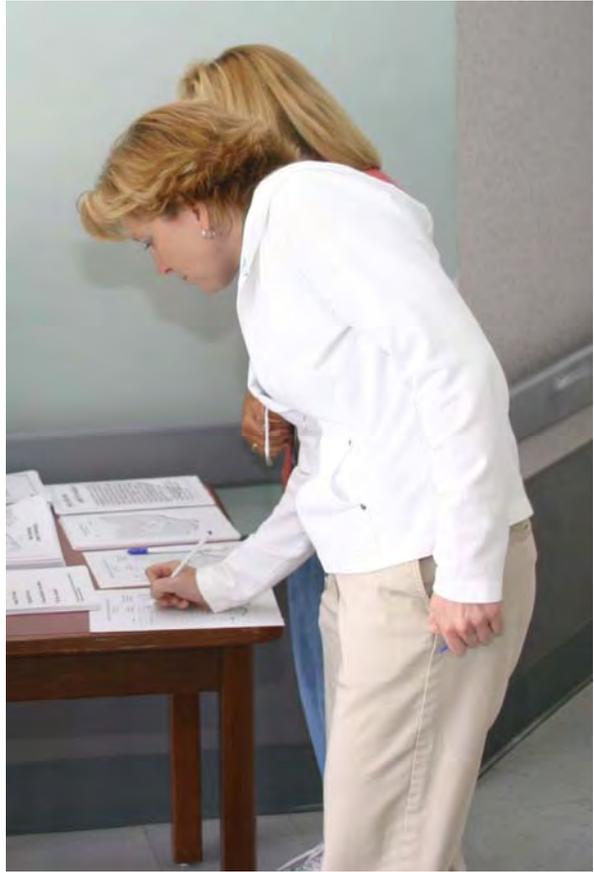
**Brief description of activities:** On May 18, 2007, the Chillicothe VA HUSV Workgroup held a "Walk Across Ohio Challenge" Kick Off in conjunction with the National Health and Fitness Day – Walk and Roll. Staff were encouraged to meet in a specific area between 11a and 1p to walk 2 laps (approximately 15 min.) around the "tunnel" (a popular walking route inside the facility corridors). Staff were asked to register before they began their walk and upon completion they were encouraged to take the "Walk Across Ohio Challenge" which is a challenge for staff to walk 300 miles or 600,000 steps, the distance from Cleveland, Ohio, to Cincinnati, Ohio. Also at the registration table was information promoting a healthier lifestyle, tracking sheets for those accepting the challenge, station maps with walking routes labeled and the mileage listed, as well as cold water for hydration. The response was excellent considering this event was held on a Friday and not near as many staff participated in the recent *MOVEmployee!* Program.



# Your feet were made for walkin'!

The Walk Across Ohio Challenge is open to all employees promoting a healthier lifestyle. There are 600,000 steps (or 300 miles) from Cleveland, Ohio, to Cincinnati, Ohio. Employees are challenged to walk this distance and keep track of the miles or steps that they walk on an honor system. Tracking sheets are available for use by contacting Stacia Ruby via email or ext. 7080. Upon completion of this challenge, the participant is to send an email to the vhacll HealthierUS Veterans mailgroup in exchange. All participants will receive a certificate of participation upon completion and the first 7 to complete the challenge will receive a prize.

We ask that those wishing to participate in this challenge check the appropriate box on the Kick Off registration sheet or send an exchange email to: vhacll HealthierUS Veterans.





# VISN 11

**Name of Facility:** VAMC Battle Creek, MI

**Number of patients involved:** 51-100

**Number of staff involved:** 5 to 10

**Brief description of activities:** A two and a half day fitness festival featuring a variety of physical activities including competitive and casual running, biking, and swimming accompanied by a fitness fair and other fun fitness activities.

Connected with the local bicycling club who offered to help set up event at our kick-off.



**Name of Facility:** VAMC Danville, IL

**Number of patients involved:** Less than 10

**Number of staff involved:** 5 to 10

**Brief description of activities:** walk for lunch

**Name of Facility:** VAMC Indianapolis, IN (Richard L. Roudebush)

**Number of patients involved:** 25

**Number of staff involved:** 150

**Brief description of activities:** The event was actually held May 18<sup>th</sup> due to scheduling conflicts. Our annual Employee Health and Wellness day included a health fair and walk to the Indianapolis Medal of Honor Memorial. The fair included the usual booths that screened for high blood pressure and blood sugar and other booths with pamphlets for various aspects of men's and women's health. We also included a booth by the YMCA and one by the National Institute of Fitness and Sports (NIFS). The mental health department provided depression and anxiety screens along with information on smoking cessation and substance abuse. One of the hits was the lung capacity test. Over the noon hour was the walk to the Indianapolis Medal of Honor Memorial. The walk was about a half hour each way and was attended by 25 people. The Medal of Honor Memorial is a display of all the US Medal of Honor recipients with a description of their honor. There is also a history of how each service came to decide upon their award and to design their medal. Each display has a brief recorded description of what is displayed that can be heard by pushing a button. This was a valued part of the day by those that participated in the walk.

The day prior to the Health and Fitness Fair the Veterans were taken on fitness walk around the hospital.





**Name of Facility:** VAMC Saginaw, MI

**Brief description of events:** Had excellent turnout of veterans and staff. Staff really worked hard and there were many outside vendors. Theme: "Happy Days – Happy to Be Healthy" – with a 1950's motif. There were cloggers on stage, massage therapy, diagnostic work-ups for blood sugar, blood pressure, percentage of body fat and BMI, and a host of other booths with information on health and fitness.





# VISN 12

**Name of Facility:** VAMC Chicago, IL (Jesse Brown)

**Number of patients involved:** Approximately 50

**Number of staff involved:** Approximately 750

**Brief description of activities:** On May 17, the facility encouraged staff and veterans to participate in a six-week walking Fitness Challenge. All participants submitted a pledge for better health and signed a contract to make at least one healthy change in their current lifestyle. All participants were provided with a pedometer and walker's log booklet. Participants formed a total of 85 teams that competed against each other by recording weekly steps. Each week the facility posted results in different areas of the medical center for everyone to view and highlighted the previous week's top three teams. The competition became very intense with the top three teams changing each week throughout the Fitness Challenge. In addition, the majority of teams increased their weekly step totals 50 – 100 percent between the first week and the last. This initiative strengthened JBVAMC's efforts to improve veteran and employee health and fitness.

In addition, approximately a dozen veterans and employees participated in Chicago's annual Bike to Work Week, June 10-16. Participants who rode received free breakfast each day during the week and had their names entered into a daily raffle drawing to win gift certificates to Target. Jesse Brown VA Medical Center strives to make our facility an employer of choice and a provider of choice and is making every effort to assist veterans and employees to improve their health and fitness levels.







# VISN 15

**Name of Facility:** VAMC Columbia, MO (Harry S. Truman Memorial Veterans' Hospital)

**Brief description of activities:** A group of employees, led by Hospital Director Sallie Houser-Hanfelder, joined a "walk and roll" event at the Harry S. Truman Memorial Veterans' Hospital, Columbia, Mo., on National Employee Health and Fitness Day, May 16. The first 20 "walkers" received a copy of a compact disk, "The Healthy Heart Walking." Informational materials were available in the hospital lobby and additional door prizes were provided to other participants.



**Name of Facility:** VAMC Kansas City, MO

**Brief description of activities:** The National Health and Fitness Day was the perfect way to kick off our virtual walk back from Florida. It was a beautiful day, temperature 68 degrees slightly overcast, and everyone was excited to begin their walk on the campus of the Kansas City VAMC. The walks started at 7:30 with an Employee Wellness Committee member in the lead for the 1.4 mile walk occurring every 15 minutes. The route was clearly marked with health education signage and balloons to encourage the walkers. The walks were scheduled to be completed at 1:00, but because of all the participation, the last walker came in at 2:15.

The festivities included music, popcorn, bottled water, fresh fruit, and health information. Two hundred and forty employees walked along with approximately 50 veterans and family members that participated. Each employee was awarded 59 minutes of AA and 30 minutes of educational credit. The excitement and camaraderie were enough of a bonus for the Wellness Committee.



**Name of Facility:** VA Marion Health Care System

**Number of staff involved:** 110 attended the fair on-site. 156 employees off-site were provided the handouts.

**Brief description of activities:** The second annual Employee Health Fair was held with booths educating and screening for Diabetes, Hypertension, Nutrition/Body Fat Measurement, Fitness, Stress, Smoking Cessation, and the Employee Assistance Program. All handouts available at the fair were also provided to each employee in our CBOC and Outpatient Clinics.

**Name of Facility:** VAMC St. Louis, MO

**Number of staff involved:** 126 total: John Cochran 47 and Jefferson Barracks 38

**Brief description of activities:** Our *MOVEmployee!* (subcommittee of MOVE) sponsored the activity. We had assistance from our Dietetic Interns to offer activities at both divisions. Due to staffing and room availability, we offered the following activities at Jefferson Barracks on 5-16-07 from 1100 to 1300 in the gym, a nutrition booth with free water, apples, jump ropes, plus handouts; at which employees picked up a tempo sheet to visit the other booths. The employees were then directed to a booth with BP screening or they could just have the handout on Blood pressure monitoring. The next booth was handout information on exercise tips and they could ask a physical therapist about the gym equipment and receive personal instruction. The Creative Arts Festival is also at our facility this year and they had a booth to inform employees of the Walk/Run for a fundraiser. The employees then checked out of the nutrition booth and completed an evaluation of the event.

Employees were asked to wear their tee-shirts from the Wellness Contests and we were able to get a photo at Jefferson Barracks which is attached. Participation at John Cochran did not have a large group available at any one place due to logistics.

At John Cochran, they had tempo check points set up throughout the hospital on 5-17-07 with the same booths as mentioned above. They also held a 4 hour Aerobic-thon which was attended by 8 employees. A walk (0.65 miles) was held at John Cochran at lunch time. The response from staff was positive and we hope to expand this activity next year.







## VISN 16

**Name of Facility:** VAMC Alexandria, LA

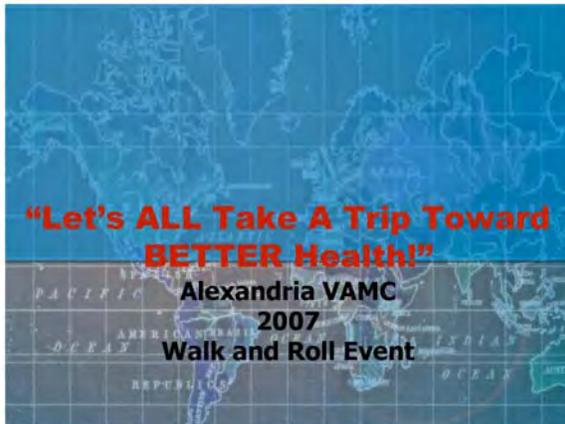
**Number of patients involved:** 20

**Number of staff involved:** 212+

**Brief description of activities:** "Let's ALL take a trip toward BETTER Health" was the theme of the Alexandria VAMC "Walk-and-Roll" event. This trip began at "The Depot" where travelers (participants) registered for the event and door prizes. Pedometers provided by the Canteen Service were provided to everyone. The participants continued their journey to the pavilion to enjoy sugar-free lemonade and pretzels while cruising the various VA and community booths to learn more about healthier eating, risks for diabetes, the *MOVE!* program, the HealthierUS Veterans initiative, and information on the benefits of exercise. Several local health and fitness clubs also participated by providing information on facility offerings and rates.

This Trip To Better Health offered two excursions: "Walk and Roll" or "Dancing On The Greens." The Walk and Roll was a group led ½ or 1 mile walk occurring several times during the day. If the participants wanted to be more adventurous, Dancing On The Greens was offered under a lovely Live Oak tree at three times during the course of the day. The first and third dance sessions encouraged participants to "get their groove on" by line dancing to various Hip Hop tunes. The second session allowed the participants to take a trip to the Middle East to learn basic belly dancing moves.

At the end of their excursions, the participants received the message, "You have reached your destination for today, however, the journey to better health has just begun!" Eat Healthy, Be Active, Get Fit For Life!



**Summary of 2007 Walk and Roll**

"Let's ALL take a trip toward BETTER Health" was the theme of the Alexandria VAMC "Walk-and-Roll" event. This trip began at "The Depot" where passengers (participants) registered for the event and door prizes. Pedometers provided by the Canteen Service were provided to everyone. The participants continued their journey to the pavilion to enjoy sugar-free lemonade and pretzels while cruising the various VA and community booths to learn more about healthier eating, risks for diabetes, the *MOVE!* program, the HealthierUS Veterans initiative, and information on the benefits of exercise. Several local health and fitness clubs also participated by providing information on facility offerings and rates.

This Trip To Better Health offered two excursions: "Walk and Roll" or "Dancing On The Greens." The Walk and Roll was a group led 1/2 or 1 mile walk occurring several times during the day. If the participants wanted to be more adventurous, Dancing On The Greens was offered under a lovely Live Oak tree at three times during the course of the day. The first and third dance sessions encouraged participants to "get their groove on" by line dancing to various Hip Hop tunes. The second session allowed the participants to take a trip to the Middle East to learn basic belly dancing moves.

At the end of their excursions, the participants received the message, "You have reached your destination for today, however, the journey to better health had just begun!" Eat Healthy, Be Active, Get Fit For Life!

**Pavilion used for information booths**



**Employees exploring their pedometers they received.**



**1/2 or 1 Mile route was used for the group led walks which were held several times during the day.**

Kristi Bellard, RD - VISN 16 & Alexandria MOVE Coordinator, HUSV POC and the coordinator of the National Employee Health and Fitness Day—provided encouragement while leading a group walk.

## Dancing on the Greens!



Some of our employees were adventurous and took a trip to the Middle East to learn basic belly dance moves!

Jessica McDaniel, an Alexandria VAMC Registered Dietitian, provided basic belly dance instruction.



## Many decided to "get their groove on" by line dancing to various hip hop songs!

Lori Green, Secretary to the Associate Director, provided instruction in learning some of the popular hip-hop line dances.



## The take home message for this event:



"You Have Reached Your Destination Today, however, your journey toward better health had just begun!"

**Remember:**

**Eat Healthy**

+

**Be Active**

**Get Fit For Life!**



**Name of Facility:** VAMC Fayetteville, AR

**Number of patients involved:** 15

**Number of staff involved:** 30

**Brief description of activities:** VAMC Fayetteville, AR participated in National Health & Fitness Day sponsored by Employee Wellness/HealthierUS Veterans/*MOVE!* on May 16, 2007. The Director and Associate Director were among 45 participants. In addition to a self paced walk, employees and veterans participated in games on the lawn such as a Hula for Health, Bocce Ball, Putting Green, Pitching Net, Casting of a fishing line, Baggo and Badminton. Participants received pedometers, Move calendars and other health related materials.



**Name of Facility:** VAMC Little Rock, AR

**Number of patients involved:** 51-100

**Number of staff involved:** 51 or more

**Brief description of activities:** Employee Wellness Program booths offered Employee MOVE info, diet education, ergonomic info, Fitness Center enrollment, Smoking Cessation. Fresh fruit snacks and samples of "natural" tooth paste products were distributed.

211 employees stopped by the booths for health ed. info. Eight employees signed up for smoking cessation. 23 signed up for the Employee Move/Fitness Center enrollment.



**Name of Facility:** VAMC Muskogee, OK

**Number of patients involved:** 51-100

**Number of staff involved:** 11 to 50

**Brief description of activities:** Had four scheduled walks with team leaders. Walked to nearby park and back. Had water station set up in the park. Provided coupon for free salad for participants in the walk. Had mini health fair with TB skin testing set up inside the hospital. Good participation and involvement from members of upper management.





# VISN 17

**Name of Facility:** VA North Texas Health Care System (VANTHCS) Dallas, TX

**Number of patients involved:** 14

**Number of staff involved:** 248

**Brief description of activities:** The Employee Wellness Committee hosted a Wellness Expo targeting VANTHCS employees from 10:00 a.m. to 2:00 p.m. The following booths were presented: physical fitness; blood pressure screenings; body composition; foot health; asthma/allergies; breast cancer; skin cancer; dental care; diabetes; HIV/AIDS & STDs; heart disease; stroke; nutrition; cholesterol; smoking cessation; stress management; depression; spiritual health; chiropractic; identity theft; safety; ergonomics; air filtration; and water purification. The 10<sup>th</sup> Annual Fitness Challenge was held on Thursday, May 17<sup>th</sup> and consisted of a 1 or 2-mile walk, 1, 3, or 5-mile run. T-shirts and healthy snacks were provided for all participants. Both events were well received by those in attendance.





**Name of Facility:** South Texas Veterans Health Care System

**Number of patients involved:** 10 (San Antonio); 9 (Kerrville); 25 (McAllen)

**Number of staff involved:** 36 (San Antonio); 48 (Kerrville); 50 (McAllen)

**Brief description of activities:** In San Antonio, a “Walk and Roll” took place at the University of Texas Health Science Health Science Center track across from the Audie L. Murphy Memorial VA Medical Center. Participants received bottled water, cereal bars and pedometers. The Volkssports Association was invited to set up a table to give information about their organization and local walking opportunities. The Kerrville Walk took place on the Medical Center grounds. Participants received bottled water, granola bars, yogurt and stress balls. The McAllen Outpatient Clinic had a series of wellness presentations starting with a reading of the Secretary’s Proclamation and talking about “VA Employee Wellness”. Social worker, Hector Palacios presented on “Stress and Anger” and a presentation by PSA Steven Brown on My Health@Vet. Dietician, Nancy Martinez, gave nutrition facts and information to the employees and veterans. All areas gave wellness information from the MOVE! and HealthierUS Veterans. This event was organized and implemented by the Recreation Therapy Service, Employee Wellness Committee and the HealthierUS Veterans Subcommittee.







**Name of Facility:** VAMC Temple, TX

**Number of patients involved:** 11 to 50

**Number of staff involved:** 11 to 50

**Brief description of activities:** One mile (or more) walk/roll, cholesterol & glucose screening, tobacco cessation display, display highlighting *MOVE!*, *MOVEmployee!*, MHV, HUSV, Women's programs



# VISN 18

**Name of Facility:** VAMC Amarillo, TX (Thomas E. Creek)

**Number of patients involved:** 1

**Number of staff involved:** 42

**Brief description of activities:** The Thomas E. Creek VAMC's Wellness Task Force hosted the Walk & Roll event which was held on 5/16/07 from noon to 1 p.m. Participants registered in front of the Armed Forces Museum entrance. Our Director spoke on healthy living prior to the walk; refreshments & educational materials were available. All participants registered for door prizes which were given out after the walk. A total of 42 employees & one NHCU resident came out & enjoyed the fresh air & activity on a beautiful, sunny day.





**Name of Facility:** New Mexico VA Health Care System

**Number of patients involved:** 11-50

**Number of staff involved:** 11-50

**Brief description of activities:** We collaborated with the Employee Wellness Committee and had a time of booths with the various community gyms, biking booth and entertainment. We used our parade ground track to have a walk and roll. We invested in a banner and our volunteers manned the track, encouraging everyone on. They also gave out stickers. This was a way to advertise our walking track and make sure everyone knows it is there as a free healthy active space.



**Name of Facility:** VAMC Phoenix, AZ, (Carl T. Hayden)

**Number of staff involved:** 15+

**Brief description of activities:** The focus this year was to highlight fitness facilities available to staff through our Medical Center. We featured an "Ask the Trainer" program to highlight our free VA Regional Office Wellness Center and the corporate membership to PURE Fitness available through our VAEA. Representatives brought a pictorial "open house" display to show off their facility resources. They discussed the equipment, range of activities, incentive challenges, how to enroll, where to park, etc. We provided applications and encouraged staff to complete them during the program so they could ask any questions.

For the entire month of May we submitted messages for our facility's weekly Hayden Hotline (on-line newsletter) and corner intersection marquee promoting our own worksite resources that increase physical activity, like our indoor walking routes. In addition, we promoted our Employee Wellness Program brochure to highlight our whole range of wellness options, as well as free community exercise options such as local mall walking programs.

**Name of Facility:** VAMC Prescott, AZ (Bob Stump)

**Number of patients involved:** 20

**Number of staff involved:** 30

**Brief description of activities:** We began the event by inviting staff, volunteers, veterans and their families through the use of email and flyers. After several station wide announcements we met in a common recreation room for an exercise warm up led by Beth Brehio and KT staff. Thereafter, we walked and rolled around our beautiful main hospital campus for thirty minutes while everyone was encouraged to keep moving and breathing! We returned to the recreation room and socialized over healthful snacks and beverages. We want to thank our food service staff and volunteers for helping to make this event possible.







# VISN 20

**Name of Facility:** Alaska VA Healthcare System and Regional Office

**Number of staff involved:** 24

**Brief description of activities:** Late start due to Nurses Week. Had display board in lobby for over a week. Invited *MOVE!* participants to activity. Flyer and announcements the day before event and day of event for employees







**Name of Facility:** South Oregon Rehabilitation Center and Clinics (SORCC)

**Number of patients involved:** 60

**Number of staff involved:** 65

**Brief description of activities:** The SORCC celebrated its third annual Health and Fitness Day on Wednesday May 16th with a "walk and roll" around our picturesque facility. The weather was just perfect resulting in a record turnout of veterans, staff, retirees, spouses and pets. The crowd totaled upwards of 125 participants with an even mix of staff and veterans. The event had folks assembling into our theater at noon time with temptations of healthy snacks: luscious fresh fruits, crunchy vegetables and creamy yogurt. A few words of encouragement were offered to the participants prior to their 1.25 mile sojourn by our director, and walker himself, Dr. Max McIntosh. As participants walked into the sunshine and warm air many were grabbing bottled water as they left. After the fun event everyone assembled back in the theater where nursing provided blood pressure checks and clinical dietetics provided written words of encouragement to foster a healthy lifestyle. Recreation therapists coordinated the raffle for veterans. Prizes included a desk top stereo system, four am/fm portable radios with headphones, and two am/fm weather band radios, something much needed for the ever changing southern Oregon weather experienced here in the Rogue River Valley. Our *MOVE!* Program coordinator organized the prizes for our staff participants, with the help of our director. They included time off awards of up to 4 hours. Even those staff having to work or were off during this event could become eligible for awards by walking on their own and filling out the coupon tickets. It was a fun and healthy activity shared by all who participated.





# VISN 21

**Name of Facility:** VA Palo Alto Health Care System

**Number of patients involved:** 15

**Number of staff involved:** 135

**Brief description of activities:** The VAPAHCS HealthierUS Veterans Committee and Recreation Therapy Service teamed up to celebrate National Health and Fitness Day by sponsoring a "Walk and Roll" at our three main divisions and at our six community based outpatient clinics. The "Walk and Roll" at the main campus in Palo Alto culminated in a celebration that included a band, healthy refreshments (fruit and veggie trays and water) and educational information on health and wellness. The "Walk and Roll" was conducted for 30 minutes around the perimeter of the three main divisions. The celebration at the Palo Alto Division took place from 12:00 -1:00 and was open to all patients and staff (including those who did not participate in the walk). A "Wellness and Community Resource Guide" that was developed by the HealthierUS Veterans Committee was distributed to patients and staff members who joined the celebration.

A part of our campaign to encourage participation included the raffling off of an Ipod Nano that was purchased through the Palo Alto Canteen. All participants in the walk and roll or fitness activities at each location were eligible to win. In addition, we raffled off a pedometer and water bottle at each division and CBOC.

**Name of Facility:** VAMC San Francisco, CA

**Number of patients involved:** Estimate – over a 2/15 hour period, >50

**Number of staff involved:** 5 staff providers as volunteers; >50 staff attendees

**Brief description of activities:** The San Francisco VA celebrated May 16<sup>th</sup> as National Employee and Staff Fitness Day with an informational display in the cafeteria. Activities included: Blood pressure screening (as May is Blood Pressure Education month) and corresponding handouts related to the DASH diet (diet limited in total fat, low saturated fat, moderate in calories and rich in potassium, magnesium and calcium); a special featured healthful entrée, Asian Turkey Salad, and an Organic Produce/local agriculture promotion/display. On-going Wellness activities featured throughout the year and throughout that week: Wellness tips on the electronic bulletin board, Yoga, fitness walks and hula. Two special events were planned and promoted: 1. “Food and Fitness for Every Body”, a motivational/informational presentation and 2. Stretching/relaxation exercise, with massage therapy availability. And for the very fit and motivated, National Bike to Work Day, on May 18<sup>th</sup> was also promoted.





Open to Staff and Veterans!

# MAY

# 2007



**\*NOTE:** All Move to Music, Hula and Yoga classes are in the Auditorium

Sat/Sun	Mon	Tues	Wed	Thurs	Fri
		 <b>1</b> YOGA 4:30pm-5:30pm	<b>2</b> Hula Noon-1:00pm Fitness Walk 12:30-1:00 <i>Meet in front of Bldg. 6</i>	<b>3</b> Hula Noon-1:00p.m. 	<b>4</b> Hepatitis Awareness Day Fitness Walk 12:30-1:00 <i>Meet in front of Bldg. 6</i>
5/6	 <b>7</b> Fitness Walk 12:30-1:00 <i>Meet in front of Bldg. 6</i>	 <b>8</b> YOGA 4:30pm-5:30pm	 <b>9</b> Fitness Walk 12:30-1:00 <i>Meet in front of Bldg. 6</i>	<b>10</b> Food & Fitness For Every Body (HR Training Rm Noon-12:30)	 <b>11</b> Fitness Walk 12:30-1:00 <i>Meet in front of Bldg. 6</i>
12/13	 <b>14</b> Fitness Walk 12:30-1:00 <i>Meet in front of Bldg. 6</i>	 <b>15</b> YOGA 4:30pm-5:30pm	<b>16</b> Fitness Walk 12:30-1:00 <i>Meet in front of Bldg. 6</i> <b>MA HEALTH &amp; FITNESS DAY</b> (Information Display: Canteen)	<b>17</b> Stress Reduction Massage Therapy (HR Training Rm, 12:30-3:00) <b>*BIKE TO WORK DAY*</b>	 <b>18</b> Fitness Walk 12:30-1:00 <i>Meet in front of Bldg. 6</i>
19/20	 <b>21</b> Fitness Walk 12:30-1:00 <i>Meet in front of Bldg. 6</i>	 <b>22</b> YOGA 4:30pm-5:30pm	<b>23</b> Hula Noon-1:00pm Fitness Walk 12:30-1:00 <i>Meet in front of Bldg. 6</i>	<b>24</b> Move to Music Noon - 12:30 	 <b>25</b> Fitness Walk 12:30-1:00 <i>Meet in front of Bldg. 6</i>
26/27	 <b>28</b> Fitness Walk 12:30-1:00 <i>Meet in front of Bldg. 6</i>	 <b>29</b> YOGA 4:30pm-5:30pm	<b>30</b> Hula Noon-1:00pm Fitness Walk 12:30-1:00 <i>Meet in front of Bldg. 6</i>	<b>31</b>	

**\*\* PLEASE ACCESS THE FOLLOWING FOR MORE BENEFITS OF A HEALTHY LIFESTYLE THROUGH VA RESOURCES \*\***

My Health@Vet: [va.www.myhealth.va.gov](http://va.www.myhealth.va.gov)

Managing Overweight/Obesity for Veterans Everywhere (MOVE): [va.www.move.med.va.gov](http://va.www.move.med.va.gov)



# VISN 22

**Name of Facility:** VAMC San Diego, CA

**Number of patients involved:** Less than 10

**Number of staff involved:** 11 to 50

**Brief description of activities:** Combined employee/veteran & family Walk/Roll event held at VA San Diego Healthcare System





## VISN 23

**Name of Facility:** VA Black Hills Health Care System

**Number of patients involved:** Fort Meade: 31

**Number of staff involved:** Fort Meade: 49

**Brief description of activities:** Fort Meade site: On 5/15/07, day of the *MOVE!* group meeting, 10 *MOVE!* group veterans participated in a walk through the facility. On 5/16/07, 49 employees, 1 outpatient, and 1 volunteer participated. Each participant received a bottle of refreshment, a South Dakota Mile Pin, a National Walk/Roll sticker, and each name was then placed for prizes that were drawn on 5/17/07. On 5/16/07, for the afternoon recreational activity, the recreation department and wellness committee held a courtyard walk for 21 Geriatric Extended Care residents that could participate. Each resident received a National Walk/Roll sticker and refreshments.

Hot Springs posted signs and banners promoting health and fitness. Employees were encouraged to walk during the day.

**Name of Facility:** VAMC Minneapolis, MN

**Number of staff involved:** 54

**Number of volunteers involved:** 2

**Brief description of activities:** The VA Medical Center at Minneapolis, MN, observed the National Health and Fitness Day for the third year. It was a mostly sunny, cool, and breezy day with waning fragrant lilac. Occupational Health led the program consisting of ½ mile wellness walks between 11:00 AM-1:30 PM, health promotion displays, a gift of chilled bottled water, posters and handouts focusing on physical activity.





**ATTENTION VA EMPLOYEES!**

# WALK & ROLL

**WEDNESDAY,  
MAY 16  
2007**

**1<sup>st</sup> FLOOR FLAG ATRIUM  
11:00AM - 1:30PM**

**FOR MORE INFORMATION  
CONTACT:**

**PETER MITCHELL, NP  
Occupational Health Event Coordinator  
x2986**

**FEEL BETTER  
GET FIT  
HAVE FUN**

**\*In partnership with the Wellness Center, the National  
Health and Fitness Day, & HealthierUS Veterans**



**Name of Facility:** VAMC Sioux Falls, SD

**Number of patients involved:** 35

**Number of staff involved:** 81

**Brief description of activities:** One hundred and nineteen walkers participated in the Sioux Falls VA's Employee Health & Fitness Day on May 16 - a turnout that beat our previous record of 106 walkers in 2005. The Acting Director, Stephen DiStasio, and Chief of Staff, Steven Julius, MD led the walk and granted employees an extra 30 min. during their day to participate. The South Dakota weather was perfect for walking – sunny and 75 degrees. Veterans and staff who were not able to walk the entire route of just over a mile were encouraged to walk as long or as far as they could, emphasizing the importance to *Just Move*.

The VA Wellness Committee sponsored this event, and bottled water and peanuts were provided to all participants using Veterans Canteen Dividend Funds.

Of the walkers, 65 were employees; 17 were veterans; 16 were employees and veterans; 2 were veterans and volunteers; 4 were volunteers or visitors.

Tabletop displays included HealthierUS Veterans brochures as well as copies of the handouts found on the NCHPDP website and other brochures encouraging staff to pursue a healthy lifestyle.





**Name of Facility:** VAMC St. Cloud, MN

**Number of staff involved:** Approx. 225

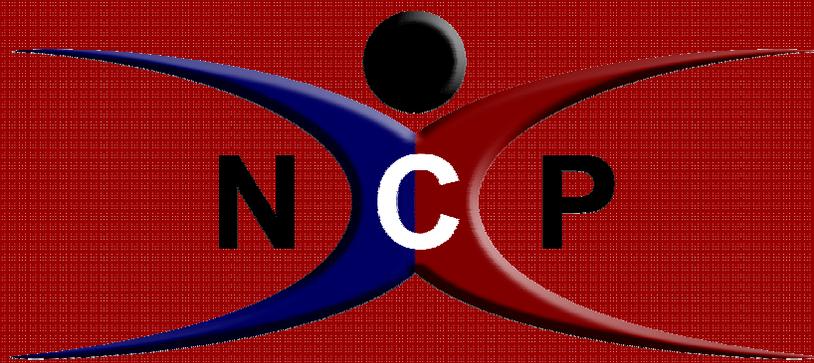
**Brief description of activities:** Our facility held an employee wellness fair on this day. We had a very good turnout and very positive responses from all those who attended. We invited outside vendors such as local health clubs, holistic health centers, and our local EAP. We provided on-site blood pressure screening as well as cholesterol screening and blood sugar screening. We also had a booth for smoking cessation and booths for healthy eating. We provided a variety of health snacks as well.











VA National Center for Health Promotion  
and Disease Prevention  
VHA Office of Patient Care Services  
3022 Croasdaile Drive, Suite 200  
Durham, NC 27705

(919) 383-7874 (phone)  
(919) 383-7598 (fax)

[www.prevention.va.gov](http://www.prevention.va.gov)

Linda Kinsinger, MD, MPH  
Director