



OREM CITY BIGGEST LOSER

All City Employees are invited to participate

Dates of participation: November 2013-January 2014

All participants required to Check In: Weigh In and Body Fat Measurement

Program Requirements:

**Earn at least 25 exercise points and total of 100 total points on their City Fitness Program Sheets for November and December. Turn sheets into Mark Lindsay.

**Required to weigh in and have body fat measured at beginning weigh in, mid-point weigh in, and end weigh in of the activity (see dates listed below).

Winners: in the following areas of participation:

- Group #1: 1 male winner most weight lost. 1-\$40; 2-\$30; 3-\$20
1 female winner most weight lost. 1-\$40; 2-\$30; 3-\$20
- Group #2: 1 male winner most percent body fat lost: 1-\$40; 2-\$30; 3-\$20
1 female winner most percent body fat lost: 1-\$40; 2-\$30; 3-\$20

Mark Your Calendars: To be eligible for prizes must attend all 3 weigh ins.

Initial weigh in and body fat test: Mid November, 2013

Mid-point weigh in and body fat test: Mid December, 2013

Final weigh in and body fat test: Mid January, 2014

Incentive Drawing: Everyone participating will have their name in the drawing for weekly prizes.

Each individual participant: All who meet program requirements will get a gift card.

Program Contact: Mark Lindsay / Phone: (435) 229-7158 // Email: mdlindsay@orem.org



DRUMS ALIVE-INSTRUCTOR TRAINING

URPA Sponsored Training on **FRIDAY, MAY 9TH, 10AM-6:00PM**

LOCATION: West Valley City Family Fitness Center

COST: \$250 per person (includes lunch)

REGISTRATION DEADLINE: MAY 5TH

**REGISTRATION: online at urpa.org
or call Kim Olson at 801-782-5512**





Park City Recreation



Park City Recreation continues their efforts to provide successful health and wellness activities and events for the community. Through multiple education events and with the recent build of the new recreation center (The PC MARC) the recreation department has ultimately taken over the city's health and wellness program for both community members and city staff. Many of the offerings include monthly lunch and learn education sessions, community fitness testing, catered evening lectures, injury assessments, community health fairs and more.

Over a year ago, successful collaboration between the City's Human Resources and Recreation Departments resulted in a quality wellness program based on preventative healthcare visits, education and fitness goals. The city's wellness team effectively researched the impact of a program such as this and found out that there was a significant decrease in absenteeism, sick days and an effective return on the investment. For all employees participating, this program resulted in a \$50 discount per month on their health insurance premium.

The most recent success story is the implementation of the PC MARC Wellness Week. This week long event provides daily education, health exams/screenings and is capped off with an Olympic athlete panel discussing the role their parents played in their development. With the help of many local healthcare providers and a few other nonprofit organizations, the recreation department is able to offer each of these activities free of charge. Park City Recreation's wellness programming is focused to keep the department's mission statement which is, "Enriching the lives in our community through exceptional people, programs and facilities."

For more information about Park City's wellness programming, please contact Tate Shaw at 435-615-5418.

CENTRAL UTAH TRACK AND FIELD ASSOCIATION (CUTFA)

Nearly 1,000 youth benefit from participation in the Central Utah Track and Field Association. Youth participate in 5-6 meets including an invitational with all teams. Participants benefit from running and exercise during the 2 month program. Other benefits include skill development and social interaction. Participating cities include: Orem, Provo, Heber City, Pleasant Grove, Payson, Nephi, Spanish Fork & Salem Hills. New programs in 2014 included South Sanpete and North Sanpete.

Program Coordinator
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