

F.I.T. Tech's Proactive Health Challenge

A campus- wide contest designed to inspired smart choices and a healthful environment!

The Goal:

This challenge is to inspire you to help make your environment a healthier place to be! Bring health and wellness into your work place, organization, dorm hall or any other group!

The Challenge:

Healthy people live in healthy environments. By making simple changes- such as having healthy snacks at a meeting, organizing a weekly walk, or even establishing a Wellness Leader for your organization, you can help promote a healthy environment- and win prizes! We're asking you to be proactive and make healthy choices the easy choices in your life and in the groups you are involved with here at TTU. Nutrition, fitness, and overall smart health choices can be implemented in all areas of life. Show us how you are being proactive... and it might just pay off!

What does it mean to be proactive? Ideas:

- Set up a Wellness Committee or leader for your group, organization, or department.
- Include health and wellness in your group's mission statement or annual goals.
- Plan health and wellness seminars/discussions. (Watch webinars posted on F.I.T. Tech website. You can do this individually or together as a group and then discuss).
- Give out wellness information- fliers, handouts, notice boards, leaflet racks, etc.
- Develop a policy to ensure healthy options are available at meetings/vending facilities.
- Encourage people to use stairs. Put up signs so that stairs are easy to find; see CDC (<http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/stairwell/index.htm>) for ideas to promote stairs.
- Promote campus walking trails for break time.

Note: Make sure that all information used is reputable- check F.I.T. Tech website for resources or contact F.I.T. Tech staff at fittech@ttu.edu, (806) 742-3046 if you have questions.

How to Participate:

Overview: Submit your project to compete for a prize. (Prizes will be announced later). We are looking for effectiveness and creativity.

1. Do something proactive with your department, organization, or group! The more creative, the better!
2. Document it through pictures or video, and a written description of what you did, how it positively effected your environment, and people's reactions or receptiveness to it.
3. Email this as an attachment to: fittech@ttu.edu by Friday, April 20th. Include the group's name and how many are in the group and the pro-active team member's names.
4. Don't let it stop there! Continue to promote a chain of healthful choices!

****Visit the F.I.T. Tech website link (<http://www.depts.ttu.edu/fittech/index.php>) for more**