

DU's Fit Friendly Initiatives in 2013

Area: Smoking Policy

The University of Denver is a 100% smoke-free campus, meaning the use of smoking products is prohibited on all university owned and operated campus grounds both indoors and outdoors. The University has been a smoke-free campus since January 1, 2010. The policy is posted on the University's website and various promotional materials are visible around campus.

Area: Physical Activity

A. Promotional tools/activities:

Well@du, our employee wellness program, has increased physical activity and motivation through an annual 8 - week online activity tracking program with a team competition component called Thrive Across America at DU. We also offer educational information through emails, online newsletters, workshops, and a dedicated wellness webpage on the University's website. Pedometers are available to all employees to encourage walking around campus.

B. Sr. Management promoting walking meetings

Senior management routinely schedules group and one-on-one walking meetings around campus and at nearby city parks. Several departments at the University also encourage team walking meetings.

C. Walking/Maps:

DU has a plethora of walking paths around campus and several showers available to employees to encourage activity breaks during the workday. Detailed 1.5 mile and 5K maps of campus paths are available for employees. The wellness program organized the first annual Crimson Classic 5K event for faculty, staff and students on campus.

D. Physical Activity classes:

Our on-site club, Coors Fitness Center, offers employees a choice of over 45 group fitness classes including Zumba, yoga, Pilates, cycling, and boot camp. Classes are provided daily from 6am through 7:30pm allowing employees various times to attend.

E. Fitness facilities:

Employees are encouraged to take advantage of their lunch breaks and join our on-campus Coors Fitness Center. A discounted rate of \$25/month has been negotiated as an employee benefit. Free memberships are also available to members that are engaged in the Thrive Across America program. The fitness club has 12 certified personal trainers, over 45 group exercises

classes, an Olympic sized pool, designated cardiovascular and strength areas, and provides members with wellness trackers and educational materials.

F. Incentives for Physical Activity

Well@du provides all employees with a free pedometer to promote walking. Employees registered in healthy activity or eating programs are incented with arm bands, fitness belts, exercise balls, cookbooks, water bottles, and apparel to use during fitness activities.

Area: Nutrition

A. Nutrition/ Healthy Eating promotions:

Well@du offers multiple learning opportunities regarding nutrition including: Healthy Connections Workshops – 8-week weight loss management classes lead by a Kaiser Permanente registered dietitian which focus on behavioral lifestyle diet changes; Mix It Up – online produce tracking tool available to employees year round as well as an annual 8 – week team competition; DU sponsored Weigh & Win Kiosk; Healthy Cooking Workshops – lead by the University’s School of Hospitality Management Teaching Chef with seasonal healthy menus. Educational materials, recipes, and cookbooks are available through our dedicated website and to participants engaged in the above programs.

B. CSA - Gardening

The wellness program has partnered with the University’s Center for Sustainability to offer a Community Supported Agriculture (CSA) fruit and vegetable pickup on campus for employees. Local organic farms are chosen to provide the produce and employees are educated on the growing process and where their food is coming from. Well@du also offers a gardening series from May – October at our on-campus community and permaculture gardens with 2 – 3 monthly workshops focused on planting, harvesting, and canning healthy produce. These workshops focus on the importance of eating unprocessed and pesticide free foods. The wellness program also has a dedicated plot in the community garden that all employees are welcome to practice their gardening skills.

Area: Culture

A. Internal Coordinator

The University of Denver appointed a full time wellness program manager prior to the launch of the employee wellness program in 2012 to assist in the development of the strategic wellness plan. The manager coordinates health promotion programs and is available to support employees with their health and wellness needs.

B. HRA’s and feedback

Employees are encouraged to take an online Total Health Assessment and participate in our Wellness Incentive Program annually. We partner with our healthcare provider, Kaiser Permanente, to provide preventative and targeted screenings for our employees. Upon completion of these programs, employees are informed of their health risks and given the opportunity to engage in online healthy lifestyle programs.

C. Health risk classes/programming

Employees may participate individually in online healthy lifestyle programs that pertain to their behavior and health risks. These programs address healthy eating, weight loss, smoking cessation, mental health, insomnia, stress management, diabetic care, chronic conditions, and pain management. The University provides onsite 8 – week weight management programming in a group setting lead by a Kaiser Permanente registered dietician. Single class workshops on stress management, meditation, healthy eating, and physical activity are provided year-round.