

# Project SEARCH Wellness Program- Overview

Spring 2020

## FitBit/Fitness:

- Students will receive FitBit devices on January 10<sup>th</sup> and competition will begin immediately.
- Competitions for the Spring semester include:
  1. Building Consistency Challenge: Student who displays the best record for having device on and charged above 25% for the first 2 weeks after receiving the FitBit
  2. Food Logging Challenge: Student who logs the most “green” choices for the first two weeks of February
  3. Increase in Overall Steps Challenge: Student who has the highest percent increase in steps by comparison to individual baseline (baseline was established in the Building Consistency Challenge)
  4. Weekend Challenge: Student who logged the most steps across 2 weekends (percentage increase from baseline)
  5. Spring Break Challenge: Student who logs the most active minutes during the week of Spring Break
  6. Mini-Challenges: Will be deployed as shorter-cycle competitions (most flights of stairs, most calories burned, student who shows best commitment to tracking water consumption, student who shows best commitment to wearing FitBit device to monitor sleep)
  7. Final Challenge: Awarded to student who displays the best overall commitment to Wellness Program
- Students will be participating in adaptive recreation through exploration of group fitness at the Anschutz Health and Wellness Center. Monthly classes will include: Orientation to Fitness Machinery, Cycling, Zumba, Water Aerobics and Yoga. Classes will be modified to accommodate the physical functioning and unique athletic ability of each participant.

## Partnership with King Soopers:

- As part of a unique partnership with King Soopers, students will have the opportunity to learn about the in-store and online shopping experiences.
- In January, students will take a field trip to the King Soopers in Aurora where they will be given a tour of the store. Representatives from each department (produce, meat/seafood, customer service, dairy, bakery, pharmacy), will speak to the group about their role at the store, and give tips to the students on how to shop in each department with *health* as a consideration. Students will learn:
  - The idea that the healthiest foods are located in the outside isles of the store (e.g.- produce, meats, dairy) and foods which are considered more processed are usually located on the interior isles
  - How to select fruits and vegetables that are in-season
  - How to look for the items with the best value in the meat department, and how to store meat in the freezer
  - How to read nutrition labels to look for hidden added sugars, even in foods which are considered “healthy” (for example, yogurt)
  - How to read nutrition labels to look for hidden sodium, even in foods which are considered “healthy” (for example, mixed nuts)
  - What services are provided by Customer Service
  - Additionally, considering the employment focus of the Project SEARCH program, students will be provided with information on the required experience and qualifications of various professions within the store (e.g.- what type of education and experience is required for the pharmacist vs. the baker vs. the head of customer service)
- Students will each be provided with a \$100 King Soopers gift card
- In February, the students will take another trip to King Soopers to practice the process of checking-out from the grocery store. Students will be instructed to select a healthy snack (students will make selections after reading nutrition labels and deeming an item “healthy” by comparison to definitions which are taught in class). Students will use their King Soopers gift cards (with support of program staff), to check themselves out and practice using the point-of-sale machines.

- As part of classroom instruction, students will be introduced to the concept of grocery delivery through use of the King Soopers online grocery ordering and delivery system on kingsoopers.com. Instructional themes will include:
  - Setting up one's online account
  - Searching for items
  - Comparing prices
  - Fresh items vs pre-packaged items
  - Entering notes for items/delivery windows
  - Checkout/payment
  
- Students will research, select and submit recipes which they feel are representative of a green, or "healthy" choice
  
- In March, students will use the King Soopers online platform and the remainder of their King Soopers gift card to purchase the items necessary to make the healthy recipe. The order will be delivered to their home, and families of students will be asked to help the student prepare the meal according to the recipe.
  
- As a final project/learning showcase, students will bring in a portion of their prepared recipe to eat for lunch. Students will share out about the recipe and how they helped prepare the food. Recipes will be compiled and presented to students in a keepsake book as part of the end of the year celebration.

### Food Prep:

- Students will attend a 2-hour interactive lesson on safe and healthy food prep at the Highlands Ranch Community Association. Instructional themes will include:
  - Hand washing
  - Food safety (refrigeration, handling of raw meats, produce washing, etc.)
  - Knife safety and chopping
  - Measuring and interpreting recipes
  
- Students will use a hands-on approach to prepare a meal from scratch with the help of Chef Angie, and will then get to enjoy the meal for lunch.

## New additions to wellness programming for Spring 2020

- BMI education and reduction target:
  - Representatives from CHCO Nutrition department will come educate the interns on what body mass index is, and ideas on how to achieve and maintain a healthy BMI
  - Biometrics will be taken for all interns and staff in January, and a target reduction will be set for the group for May.
  - If target reduction is achieved, a special group prize will be awarded.
  
- Engaging with host departments
  - Interns will bring a 1 p flyer to their Spring hosting departments, which will be an overview of the Spring Wellness Programming, and an opportunity to enlist “accountabil-a-buddies” to help them meet their fitness goals.
  - Each accountabil-a-buddy will receive the weekly challenges and will be committing to participating in the challenge alongside their intern and encouraging them to reach the goal for the individual challenge.
  - Utilizing the employee FitBit rental program, employees who do not currently own a device, can rent one to participate in challenges.
  - Accountabil-a-buddies will be recognized at the graduation ceremony, and a consideration will be a small gift to each to recognize their efforts in helping our students reach their health and wellness goals.