



Wisconsin Wellness Program Favorites

Worksite Name: Regal Beloit Motor Technologies

Contact Person

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How would you categorize your company?

Manufacturing

How many employees are in your company?

> 300

How would you classify the initiative?

Behavioral Program, campaign or intervention (i.e. 10,000 step program, or exercise classes)

What's the primary focus area for your initiative?

Physical Activity

Wellness Program Favorite Overview:

Name of the initiative: Poker Walk/Run and Walk to the Dells

Purpose: Two different events held by this employer were done to encourage physical activity by their employees.

Brief Description (1000 character maximum): The first event was a one day walk done at the plant. Every employee that wanted to participate walked the course laid out around the facility at least 5 times which totaled approximately 2.5 miles. With each lap they collected a card from a deck & after 5 laps had the choice to keep walking to be able to trade in a card to make a better Poker hand. The best hands at the end of the day won memberships to a local fitness center. The second event is an 8 week competition called Walk to the Dells. Wisconsin Dells is approximately 75 miles from Black River Falls so each participant signing up is to walk & record 75 miles of walking during the 8 week time frame. Everyone completing 75 miles will have their name put in a drawing for an overnight stay at the Wilderness Resort as well as a certificate to Uno Chicago Grill & passes to Pirate's Cove Adventure Golf. To reward everyone

that makes an attempt there are also McDonald's salad certificates for everyone that does at least 30 miles.

Evaluation:

Why was this initiative successful?

Because these events are very recent or still current we have not yet received much feedback about them.

What did employees like/not like about this initiative or receive from this initiative?

What would you do differently if you were going to implement this again or what words of advice would you have for another worksite looking to implement this initiative?

Attachments? Please check here if you have attachments that further describe your initiative and that you are willing to share with others.

Yes