

Indiana County Employee Wellness Program!



Get Ready to Boost Your Well-being!

We are excited to launch a new Wellness Improvement Program for all employees! We're committed to helping you improve your health and well-being.

What's in it for you?

- **Wellness Pledge & Challenges:** You participate on your own in activities focused on relaxation, physical activity, nutrition, and fun!
 - **Relaxation & Stress Reduction:** Yoga, meditation, leisurely walks in Indiana County parks, spending time outdoors.
 - **Physical Activity:** Cardio sessions, strength training, charity 5k, regular walks.
 - **Healthy Habits:** Healthy lunches, increased vegetable intake, cutting out bad habits.
 - **Physical Health:** PCP wellness exam, dental exam/cleaning, medical screening.
 - **Practical & Fun:** Hobbies/crafts, social activities, volunteering.
- **Chance to Win Wellness Gift Baskets!** Complete challenges and earn tickets for drawings. Baskets will include items like:
 - Gift certificates to fitness facilities
 - Plants
 - Cozy items (blanket, herbal tea, eye mask)
 - Water bottles or books on healthy living
 - Healthy food items
- **New Walking Path:** We're developing a walking path around the courthouse and other county buildings with measured routes and highlighted points!

How to Participate:

Notify Melissa in the Commissioner's Office that you are participating by July 30th. You will receive a bag containing information and an enclosed Incentive Program Checklist. Follow the instructions on the checklist and return NO LATER THAN SEPTEMBER 5th at noon to Melissa.

Key Dates:

- **August End:** Submit your completed wellness forms for the first cycle by September 5th!
- **Quarterly:** New cycles of forms will be available for the following quarter.

Why are we doing this?

We want to encourage healthy behaviors and lifestyles, support your mental and emotional well-being, promote a positive work environment, and help detect/prevent early health issues. Our long-term goals include reduced absenteeism, increased productivity, lower healthcare costs, and improved employee retention and recruitment.

Questions?

Contact Bonni at bdunlap@indianacounty.pa.



Employee Wellness Challenge

Name _____

Department _____ **Month** _____

To be eligible for raffle prize drawings each month, employees must complete at least 5 of the challenges below, including at least 1 item from at least 4 different categories.

Check the boxes next to the challenges as you complete them and turn sheet in at the end of the month to Melissa Miller in the Commissioner's Office.

Relaxation & Stress Reduction		Physical Activity	
3 yoga sessions (at least 30 minutes each)		At least 10 cardio sessions – Walk, run, bike, swim, hike, etc.	
3 meditation sessions (at least 10 minutes each; approx. 20 minutes is recommended)		At least 5 strength training sessions (minimum 30 minutes each)	
At least 3 relaxing leisurely walks at parks and trails in Indiana County (minimum 20 minutes)		Participate in a charity 5k walk or run	
Spend at least 1 hour outdoors each week		Walk at least 1 mile, 3 times per week	
Healthy Habits		Physical Health	
At least 2 “Healthier” lunches each week		PCP Wellness Exam	
Eat vegetables 5 days each week		Dental Exam/Cleaning	
Cut out at least one “bad habit/item” at least 3 days each week		Medical Screening	
Practical & Fun			
Participate in a hobby or craft at least one time per week			
Attend an organized social activity			
Volunteer at least 3 hours			

Map Features

Courthouse Walking Routes

- 0.73 Miles
- 0.77 Miles
- 0.70 Miles
- State Roads
- Local Roads
- Points of Interest
- ★ Start/End

Courthouse Walking Route



Indiana Gazette

Indiana County Office of
Planning & Development

Indiana Borough
Building

Jimmy
Stewart
Museum

County
Courthouse

InFirst Bank

S&T Bank

Grace Church

Old Hospital

First Baptist
Church

Calvary
Presbyterian Church

Graystone
Evangelical
Presbyterian
Church

Zion Lutheran
Church
John Sutton
House

Old Indiana
Jail
Old County
Courthouse

Indiana County
Welcome Center

David Ralston
House

J. Blair Sutton
House

James Mitchell
House

Sudie Cameron
House

Thomas Sutton
House

Silas, M Clark
House

Indiana County
Historical Society

