



## Wellness for Staff

Employee health care costs have skyrocketed in the past decade and there seems to be no relief in sight. School districts pay higher premiums, and these increases are often passed along to teachers. Reducing the number of employee sick days while providing a healthier environment for all staff are worthy goals. The SPARK Wellness for Staff program is designed to address “teacher specific” health issues and offer authentic and effective prevention strategies. Healthy children are better learners and teachers who maintain a work/life balance have more energy, sleep better, and become healthy lifestyle role models for their students.



### Program Components

#### Workshop

A SPARK Trainer will visit your site and conduct an interactive, 6-hour (full-day) workshop. The workshop is presented in three 2-hour modules:

##### 1. Physical Activity

*Topics:* Strategies for adding more activity to your day, how to create and support a more active atmosphere at work. SPARK has a suggested equipment list to support physical activity for teachers.

##### 2. Nutrition

*Topics:* Portion sizes, balanced diets, goal setting, supporting a healthy environment for yourself and peers at work.

##### 3. Stress Reduction

*Topics:* Strategies to manage stress, prioritizing your daily tasks, trainer will lead the staff in a stress management activity.



*Each segment provides practical ideas that transfer from school to the home environment!*

#### Audience

Any and all school staff and members of the school community

#### Cost:

Full Day Workshop: **\$2699.00** plus travel

To Order  
the **SPARK**  
Wellness for Staff  
Program

Or for any questions or additional information  
call **800 SPARK PE**, email [spark@sparkpe.org](mailto:spark@sparkpe.org) or  
visit the **SPARK** website at [www.sparkpe.org](http://www.sparkpe.org)

# SPARK



**COORDINATED SCHOOL HEALTH INITIATIVE**