



BASELINING FOR BETTER RESULTS

Congratulations! Welcome to Small Changes for Health 2006, your employee wellness program. As before, this year's program will start out with getting some measures from you. This is called baselining. We'll get our starting measures to assist in making realistic goals and to help us measure our progress as we proceed through the program. Small Changes for Health is a powerful program IF YOU WORK IT!



TIPS FOR SUCCESS WITH SMALL CHANGES FOR HEALTH 2006

1. **Make the effort to try the suggested change for the entire week.** Once you see how easy some of these changes are to do, you may surprise yourself. Additionally, when you achieve success doing some of these small things, that will help you to plan for bigger changes and be successful with them too.
2. **Take advantage of the support offered.** If you are struggling with a suggested change, pick up the support material that is available in the Resource Center. Look at what's available through the website. Ask the Health Promotions staff for additional help/guidance. Our staff wants to help you be successful!
3. **Invite your friends, family and coworkers to participate.** Having others to work with and support you may be the key to your personal success. If you are a competitive person, having a friendly competition with others may be the thing that pushes you to succeed. Use the support of others in whatever way works best for you.
4. **Complete the feedback sheets.** This tells us that you are participating and keys us into areas of interest and your successes, and gives us ideas for future changes and classes. **With your feedback, this program can be tailored to fit your needs.** Additionally, turning in your feedback sheets will be the way you earn chances to win the monthly participation prizes. You can't win if you don't participate.
5. **Never give up!** You may not be able to do everything, but we guarantee there will be changes that you can do that will benefit your health and well being. Stick with us and we'll stick with you.