

Join the Healthy Penguin Nation

As a member of Team Work Well, Clark College upholds Governor Inslee's statewide initiative to support healthy lifestyle behaviors for our employees. Research shows that healthier employees are happier employees. With that in mind, we are developing a comprehensive wellness program based on the feedback provided in the wellness survey sent out in May. Thank



you to those of you who participated! Your input has been a catalyst for this program as the wellness team plans activities, events and learning opportunities for the Clark College Community.

The mission of the Healthy Penguin Nation program is to engage, educate and empower our community members in adopting and maintaining healthy behaviors that will help improve their personal and professional lives. The focus of the program is the "whole-person" and encompasses more than eating and exercise habits. The Healthy Penguin Nation is a holistic program focused on the Six Dimensions of Wellness that studies show contribute to overall well-being:

- Emotional
- Environmental
- Intellectual
- Physical
- Social
- Spiritual

Here are some ways to actively participate in the Healthy Penguin Nation program:

- Visit the Healthy Penguin Nation webpage and educate yourself on the Six Dimensions of Wellness, and access tools and resources for healthier living.
- Complete a confidential, online well-being assessment and receive a customized report with action plan that will help you take steps to improve your health and well-being:
 - PEBB-subscriber employees – visit Smart Health
 - All employees – Visit MHN
- Join the Clark College Thompson Fitness Center and make your health and wellness a priority.
- Share your favorite healthy recipe and/or personal wellness testimonial with the community (send to kferguson@clark.edu).
- Participate in an upcoming wellness event:
 - **October** – Walktober (walking) Challenge (*individual prizes awarded plus a college challenge between Clark, Lower Columbia College and WSU Vancouver campuses!*)
 - **November** – Penguin Wellness Month (*Clark Benefits/Wellness Fair, Benefits Open Enrollment, NotMe Diabetes Prevention event, plus an array of educational sessions scheduled at various times and locations for your choosing*).
 - **January** – Biggest Loser Challenge through the Thompson Fitness Center
 - Monthly lunch and learn sessions – topics TBA.

We hope you will join us by participating in the Healthy Penguin Nation program! Participation is voluntary, but highly recommended for those who are interested in pursuing a healthy lifestyle, who have made some healthy changes and would like support, or those who already lead a healthy lifestyle and would like to enhance and build on their

personal wellness commitment.

All levels of health and fitness are welcome!