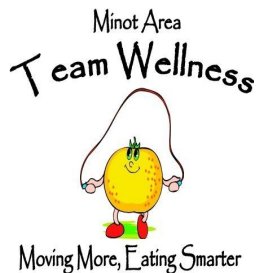


The Minot Area Team Wellness Award was created to recognize businesses and organizations that inform, promote and encourage healthy eating and a physically active lifestyle.

How Does the Award Program work?

- Anyone can nominate or complete the application.
- Submit application form to:
Minot Area Team Wellness / FDHU
801 11 Ave. SW • PO Box 1268
Minot, ND 58702
Fax: 701-852-5043
- Applications will be reviewed by the MATW Committee. Businesses/organizations that qualify will be notified.
- Deadline to apply is September 15th and March 15th of each year.



Minot Area Team Wellness
First District Health Unit
801 11 Ave. SW • PO Box 1268
Minot, ND 58702
Phone: 701-852-1376
Fax: 701-852-5043

Moving More Eating Smarter Award



In a typical worksite of 25 North Dakota employees you will find:

- 16 are overweight or obese
- 13 have two or more risk factors for heart disease
- 7 have high cholesterol
- 6 binge-drink
- 5 smoke
- 4 have high blood pressure
- 4 get no leisure-time physical activity
- 3 have had a heart attack or stroke or have been diagnosed with heart disease
- 1 has diabetes

Why wellness is important to businesses:

- Decrease absenteeism
- Improve productivity
- Help employees better manage their time and stress
- Assist in employee recruitment and retention
- Bolster employees' morale and commitment to the company
- Help enhance your company's image

For more information on wellness plans or to create a formal program, go to:

www.ndworksitewellness.org

Detach here and send to FDHU, Attn: MATW

Nomination Form – Minot Area Team Wellness Moving More, Eating Smarter Award

Nominee (Person/Business you are nominating)

Name: _____

Contact Person: _____

Address: _____

Email: _____

Phone: _____

Nominator (you)

Name: _____

Address: _____

Email: _____

Phone: _____

What is your connection with the organization you are nominating?

__ Employee

__ Friend/Relative

__ Parent of Child in Daycare/School Program

__ Other (please specify) _____

Please check the box next to all items that describe the healthy behaviors included in the wellness program.

1. Nutrition

- Offers healthful food options for meetings and/or in vending machines
- Offers a nutrition program (i.e. fruit and vegetable challenge)
- Provides incentives for participation in nutrition and/or weight management/maintenance activities

Other _____

2. Physical Activity

- Offers breaks and flexible hours to allow for physical activity
- Offers physical activity challenge programs
- Provides on-site exercise facility

Other _____

3. Wellness

- Encourages yearly physical exams and provides wellness education
- Has worksite policies on tobacco use and/or cessation program
- Has defined wellness plan with budget and/or staff dedicated to that plan

Other _____

4. Please write about the outstanding achievement of your nominee in the space below. What are their unique qualities and how do they inspire a nutritional environment and promote physical activity?

5. Licensing (This Section For Daycare Providers only)

- Daycare facility is licensed by State of ND
- Healthy meals and are snacks served, which are fully consistent with current nutritional science and the U.S. Dietary Guidelines.
- Promotes physical activity, and limits time spent watching TV or videos.

Other _____