

TEAM LIFE

ACCOMPLISHMENTS and GOALS

TEAM LIFE Accomplishments:

- Purchased Polar TriFITT Exercise testing equipment. This system will be used to provide a basic fitness assessment to our Faculty and Staff.
- TEAM LIFE is now established in Office ST-1. This office will be used to conduct the fitness tests and meet with individuals about their health and fitness goals.
- TEAM LIFE has also purchased several heart rate monitors to help train our employees how to understand proper exercise heart rate
- Palomar College Walking maps were created to show our employees the distances of several different walks around campus
- We have implemented the use of the Presidential Fitness website. This website allows each member to record there daily fitness routine and earn points for there activity. Each week during the “Biggest Loser” the fitness point winners are also announced
- TEAM LIFE was able to get 100 pedometers donated. These pedometers are being given out to Faculty and Staff to participate in the 10,000 steps a day challenge.
- TEAM LIFE participated in the CAST employee retreat and Classified Staff Development day.
- The Biggest Loser weight loss challenge has been a great success. In the Spring and Fall of 2008, those that participated in the challenge (about 100 people) lost a total of 650lbs! This semester there are 60 people participating and the goal for the group is to increase our total weight lost to 1,000lbs
- TEAM LIFE offered several WFC Orientation days to teach Employees how to use the equipment in the WFC and design personal exercise programs.
- The TEAM LIFE Harvest walk was conducted in October 2008. This was a scavenger hunt walk around campus.

TEAM LIFE Goals:

- Continue working on the TEAM LIFE office to make it more available and usable for all Faculty and Staff.
- The TEAM LIFE main goals are to find fun, interesting, motivating ways to increase activity and healthy living.
- TEAM LIFE would like to work on a structured wellness program on the Palomar College campus using many other corporate wellness programs as a design basis for the development.
- Find incentives for healthy living.