
Health & Wellness Manual





UNITED STATES WOMEN OF TODAY **Health and Wellness Program Manual**

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Health and Wellness Program Manager Manual

Health and Wellness is a program to help each individual member maintain their physical, mental, and spiritual well-being. This program is designed to inform, educate, and update members concerning a wide variety of topics. Benefits of this national program are that it is extremely flexible, it doesn't need to involve a lot of time, and it provides a multitude of information that will be carried with you throughout your lifetime.

How to Get Started:

Consider appointing a Health and Wellness Program Manager for your chapter. As with any program manager, this person is to oversee the area and is coordinator for the program.

Many chapters find it helpful to take a chapter survey of the interests of their members. This may also include an inquiry of in-chapter resources to find members in the health and wellness profession. These members can be an excellent source of information and/or speakers.

The general topics that qualify under the Health and Wellness Program

- Physical
- Mental
- Spiritual well-being

These topics cover a broad spectrum of subjects so that virtually any subject your chapter is interested in probably qualifies as a Health and Wellness Program. For example you may want to pick a subject of interest to your chapter such as "Knowing your Numbers", "How to become an Organ Donor," or "Stress Management Exercises".

How to Ensure a Successful Program:

Once a subject has been decided, the next step is to arrange the time, date, and place. Health and Wellness is convenient since a short presentation can be given before, during, or after a meeting or at other chapter functions. You can also set up separate event for subjects that your chapter wants to cover more in-depth.

All members should be encouraged to complete this program. When the requirements have been met and they certify, they are to be congratulated. Once a member's form has been completed it should be given to the program manager in charge of Health and Wellness. This contact then reports to the State Health and Wellness Program Manager/Contact, who in turn will send the names of members who have certified to the USWT Health and Wellness Program Manager.

Monthly Health Awareness Areas:

Are YOU a priority in your life?

Our mental and physical well being should be a priority all year long. Below are several monthly health awareness priority areas. For a more complete list, please visit www.healthfinder.gov/nho/nho.asp or www.pohly.com/dates_alpha.shtml.

MAY

- Asthma and Allergy Awareness Month
- Lyme Disease Awareness Month
- National Arthritis Month
- National High Blood Pressure Education Month
- National Skin Cancer Awareness Month
- National Mental Health Month
- National Osteoporosis Awareness Month
- National Stroke Awareness Month
- Older Americans Month

JUNE

- National Safety Month

JULY

- Eye Injury Prevention Month
- UV Safety Month

AUGUST

- Cataract Awareness Month
- Medic Alert Awareness Month
- National Immunization Awareness Month

SEPTEMBER

- America on the Move Month
- Healthy Aging Month
- National Alcohol and Drug Addiction Recovery Month
- National Cholesterol Education Awareness Month
- National Food Safety Education Month
- National Ovarian Cancer Awareness Month
- National Menopause Awareness Month
- National Preparedness Month

OCTOBER

- Healthy Lung Month
- Lupus Awareness Month
- National Breast Cancer Awareness Month
- National Crime Prevention Month

October (continued)

- National Dental Hygiene Month
- National Depression and Mental Health Screening Month
- Talk About Prescriptions Month

NOVEMBER

- American Diabetes Month
- Great American Smoke Out Month
- National Alzheimer's Disease Awareness Month
- National Family Caregivers Month
- National Healthy Skin Month

DECEMBER

- Tie One On For Safety Campaign
- International Aids Awareness Month

JANUARY

- Cervical Health Awareness Month
- National Birth Defects Prevention Month
- National Blood Donor Month
- National Glaucoma Awareness Month

FEBRUARY

- Heart Health Month
- National Cancer Prevention Month
- Wise Health Consumer Month

MARCH

- American Red Cross Month
- Brain Injury Awareness Month
- National Colorectal Cancer Awareness Month
- National Nutrition Month
- Save Your Vision Month
- National Multiple Sclerosis Education and Awareness Month

APRIL

- National Alcohol Awareness Month
- National Cancer Control Month
- National Counseling Awareness Month
- National Donate Life Month
- National Humor Month
- Sexual Assault Awareness Month

Topic Ideas for Programs/Orientations/Speakers for the Health and Wellness Are

TOPICS

Prescription & Over the Counter Drugs	Mental Well-Being
Physicals	Physical Fitness
New Trends in Medicine	Exercise
Cancer Screenings	Proper Nutrition
C.P.R.	Sports
Organ Donation	Yoga
Blood Banks	Belly Dancing
First Aid for Mothers	Makeup and Hairstyling
Rape & How to Deal with It	Pamper Yourself/Time for Me
Female Concerns	Health Spas
Cosmetic Surgery	Proper Cell Phone Etiquette
Medical Malpractice	Domestic Violence
Poison Control	Latch Key Children
Health-related charitable organizations	Parents as Partners
Knowing your Numbers	Sex Education for Children
Affects of Diabetes	Girls Night Out
Stress	Substance Abuse and the family
Teeth Care	Dealing with Aging Parents
Mom Burn Out	Finding the Right Nursing Care Facility
Self-Esteem	Self-Defense
Positive Thinking	
Glasses vs. Contacts	

AGENCYS

Library	Fire Department
American Red Cross	Garden Center
County Extension Office	Health-related charitable organizations
Council on Alcoholism	Law Enforcement
Department of Social Services/Child	Local Mental Health Clinic
Protection Services	YWCA

Health and Wellness Certification Information:

Recognize your members!

- A. Have the Health and Wellness Certification form available for all members.
- B. Implement a fun new topic each time you have a program for the Health and Wellness area.
- C. Provide a Health Challenge to your members. Some examples are a walk/step challenge, weight loss challenge, exercise program, sharing healthy menus, or laughter challenge.
- D. Provide special recognition for members achieving their Health and Wellness certification.

Spiritual Clarification:

Spiritual in this programming area is to improve members' outlook on life. A kind word, a special reading, a poem, etc. can be what another person needs to hear that day to uplift them.

You may use the word God in a reading. It is recommended not to use the following; Jesus, Lord, Holy Spirit, Buddha, Jehovah, etc. As it is specific to a religion, and the Women of Today organization is a non-denominational group.

Examples of things that can be offered under the Spiritual area

- Sending out cards to members
- Prayers/Prayer Chains
- Sending an email with a thought for the day/week
- Readings
- Poems
- Invocations and Benediction at meetings
- Famous quotes or sayings
- Fellowship Services

Example of a Fellowship Service:

- Welcome
- Introduction
- Invocation
 - Breakfast
- Set Sail (reading)
- The Mountain (reading)
- Music-Climb by Miley Cyrus
- The Sign (reading)
- Activity—Share with other
- The Change (reading)
- Music—Its Life
- Closing
- Music—Together We Can Change the World

Websites Resources

Listed below are some websites with great readings, poems, quotes, healthy living and eating information:

- <http://www.skywriting.net/quotes>
- http://www.dailyinspiringquotes.net/news_motivator.htm
- http://try.alot.com/tb/quotes/quotes_poems
- <http://www.poem-and-poems.com/inspirationalpoems.html>
- <http://wherepeacefulwaters.com/readings.htm>
- <http://www.heartnsouls.com>
- <http://www.inspirationalarchive.com>
- <http://www.motivational-inspirational-corner.com>
- <http://www.quotegarden.com>
- www.foodfit.com
- www.webmd.com
- www.foodnetworktv.com
- www.mayoclinic.com
- <http://www.helpguide.org>
- <http://health.howstuffworks.com>
- <http://www.laughtertherapy.com>
- <http://100-poems.com>
- <http://www.myfitnesspal.com>
- <http://www.healthylivingonline.org>
- <http://www.about.com/health/>
- <http://www.eatingwell.com>
- <http://www.cookinglight.com>



United States Women of Today

HEALTH AND WELLNESS CERTIFICATION FORM

Health and Wellness is designed to help each individual be aware of their physical, mental, and spiritual well-being. This form may be completed once each USWT year. Complete a minimum of 15 out of the following 30 items and submit it to your state contact postmarked no later than May 1.

Name _____ Date Joined _____ Date Certified _____

Address _____ City _____ State _____ Zip _____

Email _____ Phone _____

Chapter _____ State _____

- _____ Have a physical exam
- _____ Have an eye exam or hearing tested
- _____ Know your numbers {cholesterol, blood pressure, glucose, and body mass index}
- _____ Have a dental check up
- _____ Have a mammogram or Pap test
- _____ Have a colorectal cancer test
- _____ Have a bone density test
- _____ Have a flu or pneumonia shot
- _____ Perform monthly self breast or testicular exams
- _____ Be a registered organ donor
- _____ Quit smoking or support someone else
- _____ Donate blood or participate in an awareness walk (i.e. March for Babies, Relay for Life, Autism)
- _____ Wear your seatbelt or helmet
- _____ Do not text while you drive or use a hands free device while talking on your cell phone
- _____ Have a home fire drill or assemble an emergency preparedness kit
- _____ Certify in CPR or First Aid
- _____ Check your medication cabinet for out-dated items and dispose of them properly
- _____ Update your medical history
- _____ Eat breakfast everyday for at least a month
- _____ Keep a diary for at least a week of everything you eat
- _____ Exercise a minimum of 3 times per week for one month
- _____ Wear a pedometer for 2 months
- _____ Attend a seminar, health fair, or read an article on a health topic (i.e. stress management, exercising, weight loss, etc.)
- _____ Keep a journal for at least one month on diet, time management, mood or exercise
- _____ Watch a funny TV show or movie
- _____ Attend a fellowship breakfast
- _____ Participate in a prayer chain
- _____ Visit a nursing home, hospital, or shut in.
- _____ Attend a spiritually orientated program or project
- _____ Other _____