

Directive to Administrators (Specify which administrators)	WAD (Wednesday) Publication Date	WAD Notice Number	No. of Pages
All School Site Administrators	March 10, 2010		1 of 2

WAD Title (Limit to 4-6 Words)	Date Due (if applicable)	Not Applicable After
Active For Life - SFUSD Staff Wellness Program 2010		March 5, 2010

From Linda Wells (Cabinet member or approved by one below)	Title Supervisor, Human Resources	Signature	Telephone 415.242.2615
--	---	-----------	---------------------------

Inform:

(x) Certificated Staff (x) Classified Staff () Parents (x) Post on Bulletin Board Other _____

Administrative Directive

SFUSD Staff Wellness – Get ACTIVE FOR LIFE!



All SFUSD school sites and departments are encouraged to join **ACTIVE FOR LIFE**. ACTIVE FOR LIFE is a 10-week program designed by the American Cancer Society to promote staff wellness. ACTIVE FOR LIFE encourages employees to be more active and make healthy choices.

ACTIVE FOR LIFE works because it promotes individual AND team goals! Participating schools and departments form a team. Each team member works to meet personal fitness and nutrition goals, and their individual progress contributes to the team's success. Teammates encourage and motivate each other. Throughout the ten weeks, activities and workshops, ranging from group walks to workshops on health, help inform and inspire participants.

Captains will receive goodie bags with gift cards, pedometers, wrist pockets, hip baseball caps with SFUSD logo and many other items to share with your team members! In addition, we have FREE Bay to Breakers registration for many participants!

Participants who meet their goals are eligible for weekly drawings of prizes and GRAND prizes are a Wii console and many Wii games!

Program Kick-Off on Monday, March 15, 2010 for Central Office staff will be at 135 Van Ness, 11:30 AM-12:30 PM – captains attend and get goodie bags!

School site Kick-off will be on March 19, 2010 at 1515 Quintara, Student Support Services, 4:00–6:00 PM – captains attend and get goodie bags!

WE NEED CAPTAINS TO MAKE THIS WORK! Each participating site or department should select a team captain. To become a team captain, email BlanchardD@sfusd.edu or call 415-242-2615, x3204 and information will be sent to you to register your team.

Information will be posted on the ACTIVE FOR LIFE website: <http://sfportal.sfusd.edu/sites/activeforlife/default.aspx>

The SFUSD Board of Education supports ACTIVE FOR LIFE as a Staff Wellness Initiative. Regular physical activity has been shown to improve job performance and morale, lower absenteeism and turnover, reduce disability days and lower medical costs. Best of all, it's FUN to have your staff work together — and **ALL SFUSD** staff are health and wellness role models for our students. ACTIVE FOR LIFE is a fun and easy way for your staff to set and meet health goals for 2010. SFUSD was awarded a 2009 California Fit Business Silver Award for staff participation in ACTIVE FOR LIFE.

To participate, identify a team captain and encourage staff members at your site to join.

Approved	Cabinet Member Trish Bascom	Title Associate Superintendent, Student Support Services	Signature
----------	--------------------------------	--	-----------



ActiveforLife



Need help eating healthy and becoming more physically active? Participate in Active for Life 2010!

Brought to you by **SFUSD** and the American Cancer Society

Active for Life is a fun, flexible 10-week program that encourages people to be more active and to eat healthier foods on a regular basis. Active for Life uses a “positive points system” – you earn points for positive behavior and lifestyle changes. The rules for the program are simple. Each day, a participant receives:

- 1 life point for each minute of physical activity
- 1 bonus point for each serving of fruits or vegetables
- 1 bonus point for every 8 ounces of water consumed
- Additional bonus points for participation in scheduled activities and weekly challenges

Active for Life encourages participants to set their own point goals based on how active they are and how active they want to be. Physical activity can be moderate (like walking or yard work) or more intense (like running or tennis). During the program, participants keep track of how many points they earn toward their total point goal, and are rewarded for making progress.

Each Active for Life participant will be asked to join a small team of co-workers, led by a team captain who provides support to help them reach their goals. Being part of a team provides encouragement and motivation. Teams are rewarded as members make progress towards their goals.



Are you Outgoing and Motivated? Sign Up to be an AFL Team Captain!

Being a team captain is easy and a lot of fun! Team captains act as leaders of their team and help motivate team members to achieve their goal. You don't have to be the most physically active person, it's more important that you have the skills to coach your team to success.

Team Captain responsibilities include:

- Recruit team members
- Help team members set realistic goals
- Coach team members by providing information and encouragement
- Organize team activities
- Distribute promotional materials to team members

Interested in Participating?

All SFUSD employees are eligible to participate. If you're interested in learning more about the program, contact Donna Blanchard at BlanchardD@sfusd.edu (415) 242-2615 x3204

Join us for the campaign kickoff event on March 10, 2010
Central Office – 135 Van Ness – time TBD
Schools – Aptos Middle School 2009 4:00 PM



Active for Life™

Come join the team!

1.800.ACS.2345
www.cancer.org

Hope. Progress. Answers.