

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The central area is white, providing a clean space for the text.

2014 Worksite Wellness Challenge Accomplishments

MCKENNA



RECOVERY CENTER

Our staff is
participating in
cross-fit, walking,
running, and
going to the gym.

BIKINIS HANDMADE ON KAUA'I

KAI **K** **INI**

We talk about health constantly.



UNIVERSITY of HAWAII[®]
KAUA'I
COMMUNITY COLLEGE



We provided an online
Nutrition Program:
Are You Eating Enough
to Lose Weight?

Ohana Real Estate Investors

HANALEI

PLANTATION RESORT



CULTURE



ECOLOGY

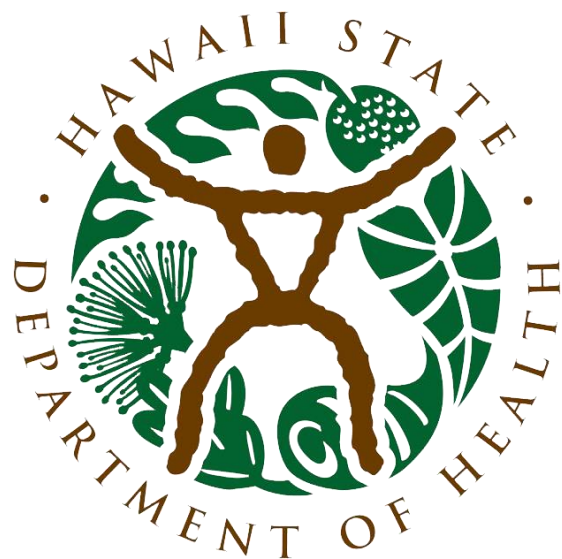


HANALEI

Our eating habits have
changed for the better!

We are committed to improve our
employee wellness and look
forward to the next Challenge!

GRAND | HYATT®



**Presentations/Workshops are video taped
for later viewing and participation of
employees not able to attend in person.**



KAUAI
RESORT

Marriott[®]

We now offer
24-7 access
to associate
fitness center
at no cost to
the associate!



KAUA'I
AT COCONUT BEACH

We became aware of our level of wellness as a company, and the resources available to progress!



**We are finally forming a
Worksite Wellness Committee!**



We have been promoting
the program on the radio
for the community

MCKENNA



RECOVERY CENTER

I love that we
have staff who are
individually really
paying attention to
Wellness.

BIKINIS HANDMADE ON KAUA'I

KAI KIMI

We hike together.



We have provisions available so that employees can bring healthy lunches from home.



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KAUA'I
COMMUNITY COLLEGE



The Wellness Committee
planned a campus-wide
health fair.



We have bike racks



KAUA'I
AT COCONUT BEACH

We gained participation and buy in from management and line level employees in the development of our worksite wellness program!



We put out a healthy tips newsletter

MCKENNA



RECOVERY CENTER

I loved finding that
Wellness can be
adding a happy talk
point for mental
wellness in our
meeting agendas.



We support community
physical activity
opportunities



KAUA'I
AT COCONUT BEACH

We were able to put on an
In-house farmer's market,
health fair, nutrition classes,
and develop a cookbook!

Touching Lives Everyday



Hawaii Health Systems Corporation
Kauai Region

Samuel Mahelelona
Memorial Hospital

We installed
bike racks

BIKINIS HANDMADE ON KAUA'I

KAI KIMI

We go to Yoga together.



UNIVERSITY of HAWAII[®]
KAUA'I
COMMUNITY COLLEGE



We had more
participation in the
Wellness Committee.



KAUA'I
AT COCONUT BEACH

We were able to identify employees who have shown initiative in helping us reach our goals.



KAUAI
RESORT

Marriott[®]

We offer a consistent selection of healthy food options in the associate cafeteria (i.e. brown rice, salad bar which consists of fresh vegetables and fruits)

We made healthy
Additions to our
Vending machine



BIKINIS HANDMADE ON KAUA'I
KAI KINI

We bring in healthy
meals to share.



We provide access
to a shower and
changing facility
to our employees



KAUAI
RESORT

Marriott[®]

We offer 24-7
online access to
healthy living
information
and training
on managing
life/work
balance



**We are implementing
Community Park
Clean-ups!**



UNIVERSITY of HAWAII*
KAUA'I
COMMUNITY COLLEGE



We are planning for continual
healthy eating seminars
for faculty/staff once a
month beginning Spring 2015

Touching Lives Everyday



Hawaii Health Systems Corporation
Kauai Region

Samuel Mahelelona
Memorial Hospital

We distributed nutrition
information and
gave prizes during
nutrition month

We had a good
participation in
the *Mayor-a-thon!*



Touching Lives Everyday



Hawaii Health Systems Corporation
Kauai Region

Kauai Veterans
Memorial Hospital

We have put up
“Use The Stairs”
Posters

We started eating meals together



KUHIO MEDICAL CENTER



We are starting to look for potential locations for a community garden which is exciting :)



UNIVERSITY of HAWAII[®]
KAUA'I
COMMUNITY COLLEGE



The Wellness Committee
planned a campus-wide
fitness/nutrition challenge.

We encourage each other to
make healthier food choices.



KUHIO MEDICAL CENTER

Touching Lives Everyday



Hawaii Health Systems Corporation
Kauai Region

Samuel Mahelelona
Memorial Hospital

We formed a
Worksite
Wellness
Committee!

We have a new
Walking / Running
one mile course
on company property!





We have provisions available so that employees can bring healthy lunches from home.



LAWAI BEACH RESORT

**We made healthy improvements
In the Associate luncheon menu
and received positive feedback!**

Touching Lives Everyday



Hawaii Health Systems Corporation
Kauai Region

Kauai Veterans
Memorial Hospital

We have a Wellness
Bulletin Board



LAWAI BEACH RESORT

We changed meeting and event snacks to include healthy options.



We have healthy lunch pot lucks



LAWAI BEACH RESORT

We sponsored Associates for active community events, such as the Kauai Marathon and Alzheimer's Walk.

Ohana Real Estate Investors

HANALEI

PLANTATION RESORT



CULTURE



ECOLOGY



HANALEI

We became a healthier workplace
and have better snacks in the office!

Touching Lives Everyday



Hawaii Health Systems Corporation
Kauai Region

Kauai Veterans
Memorial Hospital

We have an
Employee Wellness
Committee!



We organize
Social events
throughout
the year.

We held a successful
Health fair with classes
And an Expo.





LAWAI BEACH RESORT

We enrolled five Associates in a
National Fitness and weight loss
Competition!



**We have a new
Lunchtime Walking Club!**

Touching Lives Everyday



Hawaii Health Systems Corporation
Kauai Region

Kauai Veterans
Memorial Hospital

We are Smoke Free!