



Join your cause.

Wellness Mini-Grant Program PROGRAM IDEAS

| FITNESS | NUTRITION |
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| <ul style="list-style-type: none"> • Gym Membership Fees • Personal Training Sessions • Gym Equipment for Work-site Fitness Center, including: balls, mats, weights, machines, jump ropes, etc. • Physical Activity Classes, including: aerobics, yoga, Pilates, Tai Chi, karate, etc. • Registration Fees for Walks/Runs or Other Fitness Related Activities • Wii Game Systems (no extras) • Running/Walking Shoes, Bicycles, Rollerblades, etc. | <ul style="list-style-type: none"> • Healthy Food Options in the Lunchroom or at Staff Meetings, including: fruit, nuts, light popcorn, etc.). NO DRINKS, including: bottled water, soda, fruit drinks, Gatorade, etc.. • Employee Healthy Food Cookbook • Lunch and Learn Education Sessions on Nutrition and Other Related Topics (speakers and healthy lunches) • Nutrition/Dietician Consultants • Healthy Cooking Classes |
| STRESS MANAGEMENT | AWARDS & INCENTIVES |
| <ul style="list-style-type: none"> • On-Site Chair Massage, Massage Systems and Massage Therapy Sessions • Lunch and Learn Education Sessions on Stress Management and Other Related Topics (speakers and healthy lunches) • Acupuncture Sessions | <p>Awards and Incentives must be Health, Wellness or Fitness Related.</p> <ul style="list-style-type: none"> • Fitness or Health Food Store Gift Certificates • Gym Bags, Water Bottles, Stress Balls, etc. • Healthy Food Service • iPod Nano • Wellness Newsletter Subscriptions and Self-Care Guides |
| OTHER | PROGRAMS/ITEMS NOT ACCEPTED |
| <ul style="list-style-type: none"> • First Aid and/or CPR Training • Cardiac Defibrillators • Wellness Resource Center, including: books, magazines and DVDs on a variety of health, wellness or fitness topics • Wellness Newsletter Subscriptions and Self-Care Guides | <ul style="list-style-type: none"> • *Health Screenings & Flu Vaccinations • *Smoking Cessation Programs • *Pedometers • *Hand Sanitizer • *Ergonomic Evaluations • Premiums, Co-Payments, etc. • Weight Watchers or Other Similar Weight Loss Programs Enrollment/Joiner Fees • Awards and Incentives that are not Health, Wellness or Fitness Related, including: attire, televisions, gas cards, etc. • Drinks, including: bottled water, soda, juice, Gatorade, etc. • Water Filters • Unhealthy Foods (please use your best judgment) • Plastic Utensils, Paper Plates, Plastic Containers, etc. • Shipping/Handling Costs, Food Delivery Service Fees and Set-Up Charges • Straight Cash Reimbursement |

This list of program ideas is not limited, and therefore other ideas can be submitted to be possibly accepted or declined under the Mini-Grant Program.

**Program is already available FREE under the COSE Wellness Program. Please visit www.cose.org/wellness or call 216.592.2222 to learn more.*