



**The Vermont Governor's Council on Physical Fitness and Sports  
presents the  
2008 Work Site Wellness Awards**

Your workplace is invited to participate in the Work Site Wellness Awards program of the Vermont Governor's Council on Physical Fitness and Sports. The awards recognize Vermont employers that model and support healthy workplaces. At a ceremony this fall, Governor Jim Douglas will present the awards and meet with employers who participate.

In this 14<sup>th</sup> year of the awards, we have changed the timing of the application deadline and awards to coincide with a new, statewide Work Site Wellness conference to be held in fall 2008. The council is planning the conference with the Vermont Department of Health, Vermont employers and other partners. The conference will give employers a more extensive opportunity to share best practices and learn about the many resources for achieving a vigorous workforce.

The following 8-question awards application was designed to examine the various ways that employers of all types and sizes can support healthy lifestyles among their employees. Please submit the application by **July 15<sup>th</sup>, 2008**. Send your completed application via email to [wellness@vtmednet.org](mailto:wellness@vtmednet.org) or mail to Evelyn Sikorski, Work Site Wellness Awards Chairwoman, UHC 4th floor), 1 S. Prospect St., Burlington, VT 05401. If you have questions or need an application mailed to you, please call me at (802) 847-6540.

Please forward this invitation and application to your colleagues. We encourage all to apply!

To Your Health,

Evelyn Sikorski, Awards Chairwoman

Manager, Health Management and Employee and Family Assistance, Fletcher Allen Health Care

Members of the 2008 Vermont Work Site Wellness Awards Committee:

- Suzanne Brue, author
- David Butsch, M. D. General Surgeon
- Liz Campbell, C.P.A. and representative of New England Bicycle Racing Association
- Tom Clavelle, Executive V. P. and C.E.O, Engelberth Construction, Inc.
- Janet Franz, writer and professional fitness instructor
- David Kerin, Assistant Coach, Field and Multi-Events, Middlebury College
- Maureen Mayo, Advocacy Specialist, Vermont Center for Independent Living
- Tori Ossola, V.P. of Marketing, Vermont Ski Areas Association
- Burt Wilcke, Jr., Ph.D., Associate Professor and Chair, Department of Medical Laboratory and Radiation Sciences, University of Vermont



## The Vermont Governor's Council on Physical Fitness and Sports 2008 Work Site Wellness Awards Application

Deadline for submission: July 15, 2008, via email to [wellness@vtmednet.org](mailto:wellness@vtmednet.org).  
Contact: Evelyn Sikorski, Awards Chairperson, (802) 847-6540.

**\*\* VERY IMPORTANT - PLEASE COMPLETE \*\***

Work Site Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Title: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Postal Address: \_\_\_\_\_  
Street Town State Zip

Number of employees \_\_\_\_\_

Has your work site received an award from this council in the past three years? (check)  Yes  No

If yes, what in what year(s) and at what level(s)? \_\_\_\_\_

Is it OK to make your award information public? (check)  Yes  No

**Please answer all the questions that are applicable to your work site wellness efforts. Be specific, provide examples, list outcomes and quantify results where possible. Refrain from attaching documents that do not precisely answer the questions. Use additional pages as necessary, but please limit your application to five pages or less.**

**1. How do you encourage employees to participate in health and fitness initiatives? For example, does your work place:**

- **reward healthy lifestyles?**
- **provide educational resources for achieving healthier lifestyles?**
- **make use of time, money or space to facilitate healthy lifestyles?**

**2. Describe your most successful wellness initiative during 2007. What was done, what was achieved? How did you measure its success? How was this initiative creative or unique?**

**3. If you applied for/received a Vermont Work Site Wellness Award from the council in the past, how has your program grown or improved?**

**4. How does health promotion or wellness support your organization's mission and business objectives?**

**5. How do leaders visibly model healthy lifestyle choices?**

**6. How does your workplace support healthy lifestyles in the broader community?**

**7. How do you track and evaluate your work site wellness efforts?**

**8. How did you learn about the Work Site Wellness Awards? Please be specific. Please also provide any additional comments or suggestions about the awards program. We appreciate your input!**