

Level 1: Fitness Program - \$15/mo

- Incentivizes exercise twice per week (feel free to use lunch breaks). Movement is medicine, it's what our bodies need
- Receive two healthy lunch reimbursements per week in exchange for exercising that day (up to \$12)
- Can participate in Level 1 for 12 months
- Optional (but encouraged) Equipment (delivered directly to your house):
 - Sleep Watch - \$25 up front
 - Smart Scale - \$25 up front

After that you can join our more comprehensive health program.

Level 2: Tracking Program - \$20/mo

- That monitors **sleep, nutrition, exercise, and scale weight**. Must submit a monthly health log.
- You will receive two healthy lunch reimbursements per week (up to \$12). Must maintain a twice/week exercise routine in order to be eligible.
- This level incentivizes not just action but more importantly awareness of our habits. Which is our goal. When we are aware, we make better choices.
- You can participate in Level 2 indefinitely but after 6 months become a **Wellness Program Pro** and only need to maintain 50% of health log data to maintain good standing.
- Required Equipment (delivered directly to your house)
 - Sleep Watch - \$25 up front
 - Smart Scale - \$25 up front
 - No need to purchase If you already have equipment for sleep/scale tracking

For Wellness Program Pros (who have participated in the tracking program for 6 months), you are eligible to participate in our:

Level 3: Advanced Programs

- A. [Apex Athletic Performance Fitness Classes](#)
 - Personal Training with top class trainers and facilities (Coach Steve & Nathan are also Midtown members)
 - Wellness program offers a subsidy of 50% off. Prices are as follows:
 - 1 Class | \$12.50 (normally \$25)
 - 10 Classes | \$112.50 (normally \$225)
 - 20 Classes | \$150 (normally \$300)

- Monthly Unlimited | \$100/mo (normally \$200/mo)

B. [Wellness Edge Nutrition Coaching](#)

- Nutrition professional (and Midtown member) Kylie Schombert offers coaching to help create a sustainable nutritional lifestyle that works for you.
- Wellness Edge also offers meal supplement and replacement products that can be purchased
- Wellness program offers a subsidy of 50% off on coaching (not products). Prices are as follows:
 - 6 months coaching | \$75 (normally \$149)
 - 12 months coaching | \$125 (normally \$249)

C. Steps Challenge

- This challenge is designed to create opportunities for you to increase your activity during your daily rhythm and tasks with little to not negative impact on your schedule
- For \$150 enrollment, you will receive steps challenge equipment:
 - [Under the Desk Walking Pad](#) - approx MSRP \$200
 - [Stand Up Desk](#) - approx MSRP \$100?
 - Note: this equipment was what was purchased at launch of program, future orders may be a similar product but different manufacturer
 - If you do not need a standup desk the enrollment price is reduced by \$50 (so \$100 total)
- Price Reduction Incentives:
 - If you are able to **consistently** find **extra** walking time during your normal day, you are eligible to receive a refund from your upfront enrollment fee
 - 50% Refund (\$75) | If you walk:
 - 30 mins/day (approx 3,000 additional steps)
 - 5 days a week for **4 weeks** = 20 sessions total
 - Notate sessions on your monthly health log
 - 66% Refund (\$100) | If you walk:
 - 30 mins/day (approx 3,000 additional steps)
 - 5 days a week for **8 weeks** = 40 sessions total
 - Notate sessions on your monthly health log
 - 83% Refund (\$125) | If you walk:
 - 30 mins/day (approx 3,000 additional steps)
 - 5 days a week for **12 weeks** = 60 sessions total
 - Notate sessions on your monthly health log
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STEP 1 - FILL OUT ENROLLMENT FORM

- https://docs.google.com/forms/d/e/1FAIpQLScXaDRLXVbPKKe2sTifEA_sp6e2QGcORrHWVgNLr3tNmMo9suA/viewform

STEP 2 - CREATE AND SHARE HEALTH LOG (if doing tracking program)

- <https://docs.google.com/spreadsheets/d/1VU9OGGsObRoK0oOWfKdXp-Vnp7kHeJMo-uDAhehyEDg/edit?gid=1260653244#gid=1260653244>
- Share spreadsheet w/ health@midtowncolumbia.com

STEP 3 - ENROLLMENT IN ADVANCED PROGRAMS (if applicable)

- [Apex Athletic Performance Fitness Classes](#)
 - Instructions: Download the Mindbody App, Log in, Search for "Apex Athletic", Select ideal location (Lex or DT) and view schedule.
 - In order to purchase a bundle of classes, send email to both:
 - Nathan Wakefield (APEX Trainer) | Nathan.wakefield@prismahealth.org
 - Chris Kakaras (Wellness Program Coach) | ckakaras@midtowncolumbia.com
 - Note: Midtown will pay for classes up front and withdraw employee portion (50%) via paychecks. Please specify the bundle amount you wish to purchase
- [Wellness Edge Nutrition Coaching](#)
 - In order to enroll, send email to both:
 - Kylie Schombert (Health Coach) | kylie@yourwellnessedge.com
 - Chris Kakaras (Wellness Program Coach) | ckakaras@midtowncolumbia.com
 - Note: Midtown will pay for coaching up front and withdraw employee portion (50%) via paychecks. Please specify the length of coaching you wish to purchase

PREVIOUS TRAININGS

In case you missed our introductory trainings and explanations on our program, here are some helpful links:

Training from 11/20/23 to introduce the vision of the program

- [Audio of the training with slides included](#)
- [Written Transcript](#)
- [Slides Presentation](#)

Training from 12/11/23 to train Wellness Program participants on how to use apps and submit health logs

- [Audio of the training with slides included](#)

Training from 9/9/24 to train Wellness Program participants on new advanced programs

- [Written Transcript](#)
- [Slides Presentation](#)

Training from 12/9/24

- [Audio of training with slides included](#)
- [Written Transcript](#)
- [Slides Presentation](#)

HEALTH LOGS

This program has 3 points of attention:

- **Sleep** (7-9 hours of sleep per night. Our challenge is going to be 2/3rds. So 20 out of 30 days your aim is to get more than 7 hours of sleep.
- **Nutrition** (Consume appropriate calories based on personal Daily Metabolic Rate and Fitness Goals)
- **Exercise** (Weight Lifting Encouraged. Our challenge is to stress our bodies through exercise at least twice per week)

The way we will keep track of these items are through our **health logs** that each of us will submit.

Our health log template can be found [here](#). You will submit your health log EVERY MONDAY. In order to submit just "share" it to "health@midtowncolumbia.com." Make sure to select "notify individuals"

HEALTH LOGS are reviewed monthly. The first week of every month is the typical time frame in which they are reviewed for the previous month. **Health Logs MUST be completed to be approved for fitness lunch expenses.**

COMMUNICATION

01/03/2024

Hello Wellness Program Participants! We are 3 days into 2024 and you are either:

- A - Pumped because you are off to a good start with our wellness initiative or
- B - Already starting to be discouraged because things seem daunting

Either way...you are in THE RIGHT SPOT where you need to be. I promise. Here are things I want to tell you in either case.

#1 - I'm your coach. You aren't alone

I spent the end of 2023 being very undisciplined with my health. Partly I knew I had a big push alongside ya'll coming January 2024 that I wanted to save my will-power units for and also partly it was the inevitable holiday season treats that reeled me in. But whatever I tell myself "why" I was undisciplined, discipline for me comes from my psyche and not external circumstances.

A 'trick' for increasing my motivation regarding health is when I'm on a TEAM. If my lack of discipline/self-control/diligence will negatively impact YA'LL that motivates ME to follow through with my health inputs. And I VERY much want to set a good example.

So we need each other. I'm fighting alongside ya'll harmoniously. As a coach I want to offer help, tips, tricks, encouragement to follow the path. And if you keep fighting it motivates me to keep fighting too.

The bottom line, you are not alone. If you feel alone, this is my first attempt to get you to believe that you are not. We have 14 people pushing alongside you. A rising tide raises all boats and health progress/enthusiasm is contagious. So you fighting towards your health goals will aid (without you even knowing) your teammates.

While I'm not an expert, I AM an ENTHUSIAST and I do CARE. Please feel free to ask me questions, especially if you feel stuck.

#2 - I made a Slack for our Wellness Program Participants

I do not know if it will be used (I certainly will do my best but no promises). But I wanted a place that we could be in communication with each other. Offer the place and opportunity for 'when you see something say something' regarding health, wellness, and fitness.

i.e. When you see good gym equipment that you want go on sale...you say something. When you create a delish macro friendly recipe...you share and pic and you say something. When you struggle...you say something.

Without a space to stay connected, our team will feel more disconnected. So in order to reflect an accurate picture of our connectedness, I made a slack.

#3 - First Week Tip - MyfitnessPal

I have started a strategy where I enter the upcoming week's worth of meals in myfitnesspal when I do my meal plan for the week (on Saturdays). I've only done it for 1 week but wanted to share the tip.

I have found in the first 3 days of 2024 that I'm way more likely to update myfitnesspal when I have something entered in (and I just need to edit it slightly) rather than facing a blank page at the end of my day. It might be worth giving it a try.

#4 - If you fall short of your target...IT'S OKAY

The goals that I have for you is (1) to KNOW your target and (2) NOT give up. That's it. Notice that results or meeting your personal goals is NOT MY GOAL for you.

I just want us to grow in an awareness and understanding of what impacts our bodies. And health journeys are LONG. Not a sprint. You may fail in 2024 and 2025 only to find out you needed to grow skills along the way so you could succeed in 2026. FAILING IS OKAY. No need to beat yourself up about any of this...whenever you fail, find your footing somehow, someday, someday and get back on track.

I'm glad you are doing this, if you stick with it long enough. Your life will be changed!

#5 - Vacation WILL mess you up

I have been on a focused health journey since Fall of 2019 and vacations, trips, and holidays just about ALWAYS derail me. I think this is a common place people will "quit" focusing on their health.

Here is what I expect you to do when you go on vacation. **ENJOY YOUR VACATION.**

1. If you want to try to fill out the health log...that's fine, but you will likely accidentally not fill it out completely. And it's okay.
2. You may attempt to limit calorie surplus...that's fine. But you will likely come back several pounds heavier (it's not all fat, it's mostly glycogen reserves). And it's okay.

So long as you don't quit, you will come back to your normal routine and will be fine. I have a VERY hard time getting out of my routine and I splurge in these events. Like I said earlier, holiday season is a killer for me in that every year...so I've come to expect this. I make sure I am ready to course correct when I get back to my normal life.

#6 - Check-In Monday Jan 8th at 8:45 am via zoom

There is no staff training at 9 am this week because I would like to use this as an extended check-in with Wellness Program Participants

This Monday at 8:45 am using this [link](#) (password: 'staff') log in ready to share about your experience for the first week. If you can't make it right at 8:45, make it when you can. You can use this time to fill in your health log. I just want to make sure everyone has the tools they need and knows how to use them.

I will stay on and answer any questions and I will also talk some about my own experiences as well. You do not need to stay long, if you would like to submit your health log and share your experience asap and bounce...feel free.

But I would love this first week to check-in as we all push forward together. Thanks everyone, hope this program to be an incredible blessing.

Love - Chris

01/08/2024

I have added "notes from coach" in everyone's logs. Everyone except: Schombert/Rike (they didn't submit - tsk tsk, fitness lunch approval hangs in the balance) and Dom/Nick (they submitted and did great but didn't share it with "health@midtowncolumbia.com" so I couldn't edit their doc). To EVERYONE ELSE - AMAZING JOBS IN THE FIRST WEEK. I'm proud of each individual and the group as a whole. Something magical happens when we all push in the direction of health TOGETHER. Thanks for playing your part, good luck in week 2. Remember, do not kill yourself. I don't care about blanks. I want sustained effort in week 20 more than I want extreme effort in week 2.

01/15/2024

I reviewed health logs and made notes from week 2. People named Andrew were the only ones that I was missing (let me know if I missed it though). I'm VERY impressed with week 2's efforts. I have been incredibly encouraged to stay consistent and disciplined because of your effort and enthusiasm. This is a wonderful thing for all of our health, so thank you for being a part. Let's make sure to keep in mind I want us all pushing together in Week 20 and not just fall off after Week 2. If you find yourself discouraged and wanting to give up...give your coach a call, he cares for you greatly and is proud of you for taking these steps toward your health & fitness journey! keep it up!

01/22/2024

I have updated everyone's Health Logs for Week 3. Alice was only one that I was missing (let me know if I missed it though). We had 3 perfects, woot woot. And according to my very subjective grading scale, we also had 9 additional excellents. Thank you for the kind words and about the wellness program. It is very encouraging. I don't know if ya'll connect to what we are doing on this level, if it's only me I'm okay to be the weirdo. But observing what is optimal and tracking our own progress makes me feel connected to God oddly enough. Since he designed our body with such complexity and engineering but somewhat simple at the same time. Anyway, its cool to hear how so many are feeling a positive experience tracking and observe as scientists. And also the effort level has been very high, most of ya'll are

PUTTING IN WORK. So ya'll keep it up! - Love coach.

01/29/24

02/05/24

02/12/24

02/19/24

02/26/24
