

# Hit Your Stride with Wellness at Children's

At Children's Healthcare of Atlanta, we believe the health of our patients and employees come first, so we take wellness to heart. And we're looking for employees who share our philosophy that better health leads to a happier and more fulfilled work life. After all, we need to take care of ourselves to take care of kids.

Our commitment to wellness centers on Children's **Strong4Life** program. Want to change your life like so many of our Children's employees? Join us by engaging in **Strong4Life** — it's designed to provide you with the structure and support you need to set goals. Whether you're new to exercise and nutrition, or a seasoned athlete seeking your next personal record, or somewhere in-between, we've got trainers, nutritionists and on-site classes that will keep you moving.

## 4 Ways to Feel Great Working at Children's

Our employees do more than deliver amazing healthcare. They influence others by serving as healthy role models for our patients and their families. Because that's not always easy, **Strong4Life** features four themes to help guide the way:

**4Support.** From healthy lifestyle development, consultations and wellness forums to chronic disease management, our programs link employees to both group and personalized wellness support.

**4Activity.** We make it easy, convenient and fun to get moving! We have free onsite fitness classes, organized sports, sponsored events such as walks, runs and triathlons as well as our Stair Gyms; we know you'll find something inspiring to participate in. Want to know how far you walk every day? We provide our staff with free pedometers and regularly host challenges for the most steps taken so you can increase your physical activity and win great prizes along the way.

**4Nutrition.** Children's makes it simple for you to eat healthy in the workplace. Not sure which is a healthy dish in our cafeteria or snack in our vending? Look for both the Weight Watchers and Strong4Life logo on entrées and the green dot items in vending machines. We also offer a discounted Weight Watchers at Work program and discounts for community meetings or online memberships.

**4Fun.** Our goal is to help you find the fun in exercise at Children's by offering fresh, motivating activities and events for all levels. We regularly offer friendly competitions, special recognitions, rewards and lots of surprises along the way. Just look at one of our Strong4Life's success stories:

"Today, I am proud to say that I'm 125 pounds lighter. My medications have decreased from six to two; my sleep apnea is no longer considered severe; I can easily hike 7 to 8 miles, and most importantly, I feel great!" – *Paula Hickman, Manager, Physician Data Systems*

We're proud of the reputation we've earned for being a great place to work and one of Atlanta's Healthiest Employers. If you're looking for a work environment that treasures the health and well being of its employees, look no further. You've found us.



2011 **YOUR TOTAL REWARDS  
BENEFITS  
AT A GLANCE**

# Children's Strong4Life:

At Children's, we know that an employee wellness program cannot merely be a list of exercise classes. It must be life-changing, continuously inspiring and challenging. It must also set the stage for a culture of health and wellness throughout the entire organization.

## 4Support:

- Stress management
- Smoking cessation
- Weight Watchers at Work
- You4Life Behavioral Weight Loss Program
- Employee and family wellness programs
- Strong4Life online portal for tracking, employee forums and health education
- Annual preventative screenings and health risk appraisals
- Onsite trainers and nutritionists
- Campus employee wellness ambassadors and mentors

## 4Activity:

- Multiple Team and Individual Physical Activity and Nutrition challenges
- 40+ free weekly group exercise classes like Zumba, Power Pump and Pilates
- Weekly group walks throughout campuses
- Campus walking trails
- Onsite exercise videos for independent use on campus
- Membership discounts available with over 10 gyms
- Campus trainer to assist with individual goal setting, program development and accountability

## 4Nutrition:

- Onsite Weight Watchers meetings and discounts
- Healthy vending and cafeterias with Strong4Life and Weight Watchers logos signifying healthy choices
- Nutrition contests
- "Learn at Lunch" sessions
- Recipe exchanges
- Healthy cooking demonstrations
- Eat Right Atlanta healthy fruit and vegetable basket delivery
- Fresh and Fit Cuisine delivery
- Campus nutritionist to answer nutrition questions and provide personal guidance

## 4Fun:

- Children's-sponsored events throughout the year including walking, running and triathlon events
- Race discounts and free Children's shirts for all of our sponsored events
- Incentives for completing annual preventative health screening and health risk assessments
- Rewards and recognition for individual and team/department challenge and contest winners
- Employees sharing their wellness journeys through Strong4Life blogs

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