

¡Miranos! Staff Wellness Program

The staff wellness program is designed to be used by center staff throughout the year to create healthy habits that lead to a healthier lifestyle. The wellness manual guides staff to create goals for healthy habits, track goals, and reevaluate their progress through the program. There are also wellness challenges to participate in that coordinate with the children's healthy contest. The entire center staff and children are encouraged to participate in the contests together.

The staff wellness manual is available in 6 short videos or in a PDF file that can be viewed or printed if desired. The program is divided into three sections. Each section is a guide to follow and use daily.

- Section 1: Physical activity and hydration
- Section 2: Fruits and vegetables
- Section 3: Overall wellbeing

Within each section of the wellness manual there are facts and information, helpful tips, goal setting, recipes, and other additional resources.

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References

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<https://www.choosemyplate.gov/fruits-nutrients-health>



Wellness Program Implementation Instructions

It is recommended that center directors be responsible for implementing the ¡Míranos! Staff Wellness Program at each center. Invite all staff members to participate in the program. A print copy, the PDF file, or links to the video version of the ¡Míranos! Staff Wellness Program Manual should be provided to those staff who wish to participate.

¡Míranos! Staff Wellness manual files

- [Staff Wellness Introduction Video](#)
- Staff Wellness Program Videos
 - Section 1:
 - [Physical Activity](#)
 - [Hydration](#)
 - Section 2:
 - [Vegetables](#)
 - [Fruits](#)
 - Section 3:
 - [Overall Wellbeing](#)
- [Staff Wellness PDF manual](#)
- [Health Challenge tracking sheets](#)

Healthy Challenges

Each center will need a wall sized poster to track the progress of staff that participate in the challenges. The poster should list Monday through Friday and a place to list the staff names. Centers may wish to provide incentives to motivate staff to participate and complete the challenges. Incentives might include a cash prize drawing, gift cards, a gift basket of donated products from local retailers, etc. Ask staff what incentive would motivate them!

Challenge 1: Physical activity

- Goal: 30 minutes per day for a total of 150 minutes per week



Challenge 2: Non-sugar sweetened beverages/Water

- Goal: 74 ounces of non-sugar sweetened beverages, including water for a total of 370 ounces per week

Challenge 3: Vegetables

- Goal: 2 cups of vegetables per day for a total of 10 cups per week

Challenge 4: Fruit

- Goal: 2 cups of fruit per day for a total of 10 cups per week

Challenge 5: Vegetables and fruits

- Goals: 2 cups of vegetable and 2 cups of fruit per day for a total of 10 cups of vegetable and 10 cups of fruit per week

Challenge 6: Sleep

- Goal: 7 hours of sleep each night for a total of 35 hours of sleep per week

Challenge 7: De-stress

- Goal: daily de-stress activity for a total of 5 de-stressing activities per day

Challenge 8: Healthy habits

- Goal: participant in healthy habits each day (3-6 listed above) for a total of 20 per week.

Preparing for weekly challenges

1. The week before the challenge

- Post a reminder flyer specific to the challenge the next week. [Appendix A](#) contains an example flyer. Be creative with the flyers you make for your center!
- Hang the challenge poster in a staff only area where staff can sign up.

2. The week of the challenge

- Post the challenge flyer specific to the challenge that week.
- Staff will write their challenge information for each day (Monday-Friday) on the poster.



3. The week after the challenge

- Document the # of staff that participated.
- Document the # of staff that reached the goal.
- Remove flyers and poster.

Appendix A: Health Challenge Flyer Example



❖ **Next week is the Physical Activity Challenge!**

❖ The goal is to be active for **30 minutes per day** or a total of **150 minutes each week!**

❖ Sign up on the Physical Activity Challenge poster to join!

Thank you!

