



The Wellness Committee proudly presents the annual “Spirit of Wellness Award”! Each year NRHS recognizes our employees who have made substantial changes in their nutrition, physical activity and/or spiritual/emotional well-being. These employees have also helped facilitate a culture of wellness in the workplace, while continuing to lead a healthy lifestyle.

How to Nominate Someone for Spirit of Wellness Award!!

To nominate an NRHS employee for this prestigious award:

- 1) Observe the “Spirit of Wellness” behavior of an employee
- 2) Complete the two part checklist and nomination form that supports the description of the “Spirit of Wellness” behavior
- 3) Use the characteristics category checklist below to guide your nomination
- 4) Submit this checklist and the nomination form by email to abrowning@nrh-ok.com or fax to Amber Browning at 307-3179.

CHECK CHARACTERISTICS CATEGORY (more than one category may be checked. Please write a brief description for each category checked on the nomination form.)

- Exercises on a regular basis (at least three days a week for a minimum of 30 minutes per session).
- Demonstrates lifestyle changes to achieve appropriate weight loss or decrease percent body fat.
- Serves as a healthy role model or wellness champion at home or work, for example: taking the stairs, walking or biking to work, parking further away from entrances and/or sharing healthy recipes. Encourages others to join in healthy lifestyle with behaviors such as offering to be a workout partner, bringing healthy snacks to work or educating others about the benefits of lifestyle changes.
- Acts as a leader in wellness such as encourage staff to walk during breaks, provide standing and walking opportunities during meetings, bring healthy snacks/food to work gatherings or promote communication of health and wellness.
- Supports health and wellness by raising funds, donating funds, organizing and/or participating in causes at NRHS or in the community. Joins others to raise awareness about health issues and/or gets involved in human care organizations.
- Promotes and actively practices healthy stress reduction techniques for emotional well-being.
- Makes a healthy lifestyle change, for example: stopping use of tobacco products, improving nutrition habits such as eating more fruits and vegetables, drinking more water, eating less junk food/processed food such as chips, candy, donuts, etc. Eats a well-proportioned meal and healthy snacks such as carrots, apples, nuts, pumpkin seeds, etc. Consistently limits the consumption of soda, caffeinated and sugary drinks.

