



The Wellness committee is pleased to announce our annual “Spirit of Wellness Award”! The human ability to weather challenges, make healthy living a priority, and encourage or mentor others to make lifestyle changes is to be celebrated. **If you know an employee who has made substantial changes in their nutrition, physical activity, emotional well-being, and has helped facilitate a culture of wellness in the workplace, or continues to live and lead a healthy lifestyle please fill out the nomination form below.**

**CHECK AN AWARD CATEGORY:**

If more than one category is chosen please give detailed examples of each one for ranking purposes.

- Positive Pounds
- Healthy Habits
- Fitness Fan
- LOVE Living Life
- Exceptional Encouragement

**REASON FOR AWARD:**

Please be specific about each category checked. Attach one additional sheet if needed.

\_\_\_\_\_  
**NAME OF NOMINEE**

\_\_\_\_\_  
**DEPARTMENT/LOCATION**

\_\_\_\_\_  
**PHONE**

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Nominated By: \_\_\_\_\_ Date: \_\_\_\_\_

**Please send completed nomination form to: Health Promotion & Education Department-Porter, via interoffice mail or fax to 307-3179. Questions call 307-3178.**



## A W A R D C A T E G O R I E S

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**Positive Pounds-** This person has made healthy changes to their lifestyle (diet and/or exercise) to achieve appropriate weight or percent of body fat.

**Fitness Fan-** Exercises on a regular basis (at least three days a week for 30 minute sessions), takes the stairs, parks further away from the entrance at work to get more walking in their day. Walks or rides bicycle to work. Consistently makes time for exercise during their day.

**Exceptional Encouragement-** This person serves as a healthy role model or wellness champion, and encourages others to join in a healthy lifestyle as well. Gets regular exercise, eats healthy, or encourage healthy behaviors and attempts to educate others on the benefits of a lifestyle filled with healthy habits. Examples include: begins a walking group and brings healthy snacks to work meetings, social gatherings, and shares healthy recipes. They offer to be a workout buddy for someone beginning or continuing an exercise program.

**Healthy Habits-** Makes a lifestyle change such as stops using tobacco products, engages in worksite wellness programs, changed their diet in a healthy manner, such as eating more fresh fruits and veggies, drinking more water, or eating less junk food (potato chips, candy bars, donuts, and fast foods). Consistently eating a healthy, well portioned breakfast to help start their metabolism for the day; eating healthy snacks such as carrots, apples, nuts, and pumpkin seeds. They limit the consumption of coffee, soda, and sugary drinks.

**LOVE Living Life-** Optimistic about life and its challenges, supports health and wellness by raising funds, donating, organizing, or participating in causes within Norman Regional or the community. Joins others to raise awareness about health issues, and serves the community by getting involved in human care organizations. Consistently practices healthy stress reduction techniques for their emotional well-being.

## P R O C E S S & A W A R D S

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**Nomination Review Process:** Nomination forms will be reviewed by select members of the NRHS Wellness Committee and maximum of three employee award winners will be selected each quarter. Only one employee out of the quarterly winners will receive the Spirit of Wellness award at an award reception and will be recognized at a NRHS Management team meeting. Nominations can be submitted year round and one person can be nominated a maximum of two times during the current fiscal year.

**Awards:** Quarterly award winners will be announced, and recognized in the Pulse, on the Well@Work website, the flat panel screens at all hospital locations, and other employee communication venues.

The one winner selected out of the quarterly winners will receive a wellness prize basket, a plaque with their name, department name, and categories of wellness success at a NRHS Management Team meeting, and an award reception with co-workers, family, and friends.