

Stevens Van Lines Employees “Get Up, Get Moving”

Initiative in Brief

Starting a worksite wellness program was a bigger task than Lindsay Stevens expected. Stevens, a Business Process Analyst, credited the *Designing Healthy Environments at Work* assessment tool in helping her realize the importance of having a diverse wellness committee that would assist in implementation. “A wellness committee is a must; it takes the burden off of the company. You can get so many ideas from employees with various interests and concerns.”

The vending machines were one of the top priorities for the committee. “Employees were spending 80 cents to a dollar for a small pack of candy; they could bring in something healthier and less expensive,” said Stevens. Vending machines were removed from the building, and the company periodically provided healthy snacks for employees.

The wellness committee arranged for two, six-week smoking cessation classes to be held at the worksite during the lunch hour at no charge to the employees. “Eliminating [smoking] here was a challenge; [smoking] is so much a part of [the employee’s] life. It’s a step-by-step process to change your culture into a healthier culture,” said Stevens. A healthier culture helped two members of the same family quit smoking. After one family member decided to quit, it motivated the other one to quit too!

The committee was very excited about the *Get Up and Get Moving* healthy lifestyle initiative. Teams of five people were formed, and employees could earn points for physical activity, attending educational sessions on wellness & nutrition, and achieving weekly personal goals. Team and individual prizes were given for the greatest percentage of weight loss, as well as the actual amount of weight.

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Benefits

Noted benefits of the program are:

- Employees supported one another in maintaining new healthier habits.
- Heightened awareness of how health ultimately affects the quality of life into the retirement years.
- Increased confidence and excitement in taking responsibility for own actions.

“As much as you can [get ideas] from other companies, it gives you a big advantage. From a business standpoint, it saves time and gives you a validated source of a proven methodology.”

Lindsay Stevens, Business Process Analyst

Lessons Learned

- Worksite wellness is a growing area. There is so much to learn.
- Keep it easy and have small wins.
- A wellness committee is a must; it takes the burden off of the company. You can get so many ideas from employees.

Cost: \$21 per employee
Risk Factor: Physical inactivity, poor nutrition, cancer and other chronic diseases
Impact/Reach: 125 Saginaw employees with approximately 50% participation
Business/Sector: Transportation/Service