



Iredell County Employee Wellness Program

Wellness Activities

(July, August, September 2019)

Are you required to complete additional wellness requirements in order to receive the discount on your health insurance premium? Below is a list of activities that you can pick from to qualify for the discount.

30 Minutes a Day Challenge—This challenge lets you pick the type of exercise that you do. Variety is important with exercise. Strength train some days, do various types of cardio (running, walking, cycling, swimming, using an elliptical machine, dancing, etc.), stretch some days, do Yoga or Pilates. Let your body get the benefits of all types of exercise. Just commit to 30 minutes a day of some type of exercise on most days. This challenge runs from July 1—September 30. CLICK [HERE](#) TO REGISTER NOW or contact Sarah Williams to sign-up at (704) 832-2329 or swilliams@co.iredell.nc.us. *For this to count as a wellness activity for the quarter you must turn in your log sheet at the end of the challenge.*

Tobacco Cessation Classes— The classes consist of four 1-hour sessions that focus on understanding nicotine addiction, different methods of quitting, dealing with withdrawal symptoms, and staying tobacco free. CLICK [HERE](#) TO REGISTER NOW or contact Sarah Williams to sign-up at (704) 832-2329 or swilliams@co.iredell.nc.us. You will be contacted to set up a time that works best for you. You must sign up by August 1st for classes to be offered during this quarter.

A visit to the Wellness Clinic OR An Appointment with your personal Physician*

Instant Pot Classes—*Learn how to cook healthy while saving time and energy, retaining food's vitamins and nutrients, preserving food's appearance and taste, and eliminating harmful microorganisms. This is a beginner's class to learn how to cook with an Instant Pot.* CLICK [HERE](#) TO REGISTER NOW or contact Sarah Williams to sign-up at (704) 832-2329 or swilliams@co.iredell.nc.us. ***Open to the first 12 to register for each class time. Registration closes on July 25.***

- Thursday, August 1 from 12:00—1:00pm (Health Department—Multi-Purpose Room)
- Thursday, August 8 from 5:15—6:15pm (DSS—1st Floor Conference Room)
- Friday, August 9 from 12:00—1:00pm (Government Center—South Wing Conference Room)

Iredell County Furry 5K Run/Walk— Make plans to take part in our 1st annual 5K Run/Walk for County employees and their immediate family members! It will start and end in front of the new Iredell County Recreation Center on Saturday, September 21st. Mark your calendar! More information coming soon.

Attendance at a Weight Watchers Meeting*

Participation in a 5k run/walk or bike ride event*

** For activities with an *asterisk beside them, you must submit documentation after completion to Sarah Williams (Wellness Clinic). Documentation must be **SCANNED AND EMAILED** to Sarah Williams (swilliams@co.iredell.nc.us) no later than the last day of the quarter that the activity was completed in.*

If you have questions regarding your wellness requirements, please contact:

Sarah Williams, Wellness Program Manager
(704) 832-2329
swilliams@co.iredell.nc.us

To schedule an appointment at the Clinic, please call:

(704) 878-3065
Located at 200 S Center St, Statesville
(Parking available in the Court Street lot)