

## Wellness Resource List

**National Wellness Institute – 6 dimensions of wellness** Definition of Wellness, Applying wellness.

[http://www.nationalwellness.org/index.php?id\\_tier=2&id\\_c=25](http://www.nationalwellness.org/index.php?id_tier=2&id_c=25)

### **Worksite Wellness Program Keeps Employees Healthy**

Center for Health Improvement Research Brief. July 2008. Results from a three-year study implementing interventions into the workplace at the California Department of Health Services.

[http://www.chipolicy.org/pdf/6111.Research\\_Brief\\_7\\_08\\_LR.pdf](http://www.chipolicy.org/pdf/6111.Research_Brief_7_08_LR.pdf)

### **Implementing Wellness Programs in Small Business Settings — Part 1. WELCOA**

[http://www.welcoa.org/freeresources/pdf/aa\\_7.2\\_jan08\\_sb1.pdf](http://www.welcoa.org/freeresources/pdf/aa_7.2_jan08_sb1.pdf)

### **Implementing Wellness Programs in Small Business Settings — Part 2. WELCOA**

[http://www.welcoa.org/freeresources/pdf/aa\\_7.3\\_feb08\\_sb2.pdf](http://www.welcoa.org/freeresources/pdf/aa_7.3_feb08_sb2.pdf)

### **WELCOA's 7 Benchmarks of Success.**

[http://welcoa.org/wwp/pdf/aa\\_6.1\\_novdec06.pdf](http://welcoa.org/wwp/pdf/aa_6.1_novdec06.pdf)

### **Creating Cohesive Wellness Teams. Developing Results-Oriented Wellness Programs. WELCOA**

[http://www.welcoa.org/freeresources/pdf/aa\\_6.3\\_feb07.pdf](http://www.welcoa.org/freeresources/pdf/aa_6.3_feb07.pdf)

### **Choosing Appropriate Interventions. WELCOA**

[http://www.welcoa.org/freeresources/pdf/aa\\_6.8\\_aug07\\_appint.pdf](http://www.welcoa.org/freeresources/pdf/aa_6.8_aug07_appint.pdf)

### **Stressed Less. WELCOA**

[http://www.welcoa.org/freeresources/pdf/stressed\\_less.pdf](http://www.welcoa.org/freeresources/pdf/stressed_less.pdf)

### **101 Ways to Wellness**

[http://www.welcoa.org/wwp/pdf/101\\_Ways\\_To\\_Wellness.pdf?PHPSESSID=5a33078bfc\\_eab85e731264697a93...](http://www.welcoa.org/wwp/pdf/101_Ways_To_Wellness.pdf?PHPSESSID=5a33078bfc_eab85e731264697a93...)

### **Doing Your Best is Good Enough**

<http://www.inneridea.com/library/doing-your-best-is-good-enough>

### **The Healing Power of Laughter**

<http://www.rd.com/living-healthy/health-benefits-of-laughter--optimism/article16341.html>

### **Life at the Speed of Change**

<http://www.brianlukeseaward.net/articles/SpeedofChange.pdf>

**Hard Times,Tough People. Is Resilience In Your Future?**

[http://www.welcoa.org/freeresources/pdf/resilience\\_case\\_study.pdf](http://www.welcoa.org/freeresources/pdf/resilience_case_study.pdf)

**Healthier Worksite Initiative (from CDC)** <http://www.cdc.gov/nccdphp/dnpa/hwi/>

[http://www.cdc.gov/nccdphp/dnpa/hwi/about\\_us/index.htm](http://www.cdc.gov/nccdphp/dnpa/hwi/about_us/index.htm)

**Quick Resources** - <http://www.cdc.gov/nccdphp/dnpa/hwi/resources/index.htm>

**National Center for Health Promotion & Disease Prevention (NCP) - Employee Wellness. (United States Dept of Veterans Affairs)**

<http://www.prevention.va.gov/W.asp>

**Worksite Wellness Start-up Guide**

[http://www.prevention.va.gov/Wellness/Startupwellnessmanual\\_1.0\\_2006.doc](http://www.prevention.va.gov/Wellness/Startupwellnessmanual_1.0_2006.doc)

**Infinite Wellness Solutions**

<http://www.infinitemwellnessolutions.com/>

(Free health and wellness handouts)

**The Wellness Junction**

<http://www.wellnessjunction.com/>

<http://www.wellnessjunction.com/prof/> (for professionals)

Useful Wellness links - <http://www.wellnessjunction.com/links/>

**The California Wellness Foundation**

<http://www.tcwf.org/about/index.htm>

**Wellness Proposals**

[http://www.wellnessproposals.com/about\\_wellness\\_proposals.htm](http://www.wellnessproposals.com/about_wellness_proposals.htm)

**Free Toolkits**

[http://www.wellnessproposals.com/wellness\\_proposals\\_free\\_wellness\\_tool\\_kits.htm](http://www.wellnessproposals.com/wellness_proposals_free_wellness_tool_kits.htm)

**Weight-control; Information Network** <http://win.niddk.nih.gov/index.htm>

**Resource list** - <http://win.niddk.nih.gov/publications/index.htm#health>

**Personal Best** <http://www.personalbest.com/>

Personal Best promotes health and safety in the workplace through employee wellness programs and publications that educate, encourage, and enrich, through employee self-help publications.

**America on the Move (AOM)**

<http://aom.americaonthemove.org/site/c.krLXJ3PJKuG/b.1524889/>

**Partnership for Prevention** - <http://www.prevent.org/>

**Worksite Health:** <http://www.prevent.org/content/view/29/39/>

Facts and Resources (Reports)

<http://www.prevent.org/content/view/29/40/#Facts>

**Business Group on Health**

<http://www.wbgh.org/>

Toolkits on a variety of topics, publications and the RTI Obesity Cost Calculator™,

**Kirk Weisler - Create an Outstanding Culture Within Your Organization**

**Books - The Cookie Thief and Dog Poop Initiatives**

<http://www.kirkweisler.com/>

**Be Active! Worksite Program**

**Network for a Healthy California – Worksite Program**

**Worksite Program California Fit Business Kit!**

<http://www.cdph.ca.gov/programs/CPNS/Pages/WorksiteProgram.aspx>

**Seek Wellness. Dr. Don Ardell's Wellness blog**

<http://www.seekwellness.com/wellness/>

**American Cancer Society - Workplace Solutions**

<http://www.acsworkplacesolutions.com/index.asp>

Wellness Report and a Newsletter called, *Because We Care*

**American Diabetes Association – Winning at Work**

<http://www.diabetes.org/communityprograms-and-localevents/waw-default.jsp>

**American Heart Association - <http://www.heart.org/presenter.jhtml?identifier=1200000>**

Fit-Friendly Companies Program

<http://www.heart.org/presenter.jhtml?identifier=3053113>

**City and County of San Francisco**

**Guidelines for Healthy Meetings**

<http://www.sfdph.org/dph/files/MCHdocs/Guide-Menu4HlthyMtgs08292005.pdf>

**Shape Up San Francisco**

[www.shapeupsf.org](http://www.shapeupsf.org)

**CA 5 A Day Be Active Worksite materials**

<http://www.takeactionca.com/> .

**American Cancer Society—Active for Life.**

[http://www.cancer.org/docroot/PED/content/PED\\_1\\_5X\\_Active\\_For\\_Life.asp](http://www.cancer.org/docroot/PED/content/PED_1_5X_Active_For_Life.asp)

**The UC Berkeley Wellness Letter** <http://www.wellnessletter.com/>

**Resources – Fitness Programs/Facilities and Legal Liability**

**Books**

Eickhoff-Shemek, J.M., D.L. Herbert, and D.P. Connaughton. *Risk Management for Health/Fitness Professionals: Legal Issues and Strategies*. Baltimore, Maryland: Lippincott Williams & Wilkins, 2009.

Cotten DJ, Cotton MB. *Waivers & Releases of Liability*. 4th Ed. Statesboro, GA: Sport Risk Consulting, 2004. Contact phone number: 912-764-4848.

Tharrett SJ, McInnis KJ, Peterson JA, eds. *ACSM's Health/Fitness Facility Standards and Guidelines*. 3rd Ed. Champaign, IL: Human Kinetics; 2007.

*Exercise Standards & Guidelines Reference Manual*. 4th Ed. Sherman Oaks, CA: Aerobics and Fitness Association of America (AFAA); 2005.

### **Journals**

*ACSM's Health & Fitness Journal* ([www.acsm.org](http://www.acsm.org)) – available to non-ACSM members – written for practitioners in the field. Includes a Worksite Health Promotion column (written by Dr. Nico Pronk) and a Legal Aspects column (written by Dr. Eickhoff-Shemek) – published bi-monthly

### **HIPPA Final Rules for Worksite Health Promotion Programs**

71 Fed. Reg. 75,013 (Dec. 13, 2006) (to be codified at 26 C.F.R pt 54, 29 C.F.R. pt. 2590, 45 C.F.R. pt. 146). Available at:  
<http://www.dol.gov/ebsa/Regs/fedreg/final/2006009557.pdf>