

## VRHS Wellness Success Story 2017

Vista Ridge our wellness goals for the year were as follows:

- We wanted to create a garden area with raised beds for staff and students.
  - Unfortunately due to water restrictions we had to cancel this goal
- We attempted to use social media – specifically Instagram – to encourage students to document their healthy choices which in turn would be rewarded by Under Armor clothing.
  - Unfortunately, no students chose to participate in this challenge
- We purchased a large set of lighter weighted dumbbells to increase interest and participating in our weight training classes. We were also trying to coordinate an information session for our students who are not athletes but are still interested in the benefits of weight training.
  - Unfortunately due to the time of year this project started, we were not able to coordinate a time with a speaker but that will remain on our list of goals for the upcoming school year.
- We continued our partnership with our Adventure PE class and used our wellness funds to purchase additional climbing gear to continue growing the program
- We used social media – specifically a closed Facebook group – to encourage VRHS staff to document their healthy choices. Weekly winners were rewarded by an extra jeans day during the week. The top winners of the challenge were rewarded with Under Armor sweatshirts and water bottles.
  - We had a total of 12 staff participate with a total of over 130 posts!
  - Please see a sample of the photos below:



