The Washburn Employee Wellness Program is committed to keeping the healthy people healthy and rewarding individuals who possess the self leadership skills necessary to maintain their own wellness status.

Do you know a Faculty or Staff Member who demonstrates this level of wellness in the choices they make and the way they lead their life? Are you one of these people?

The Employee Wellness Program is currently accepting nominations for Living Well Awards – its way of recognizing individuals who most exemplify wellness, based on everyday behaviors or special isolated events and activities. Some examples include:

- Completed at least 100 hours of organized volunteer work at least the past 2 years
- Donated blood 5 times within the course of a 1 year
- Lost 10 or more pounds and is keeping it off
- Logged over 1,000 miles in a year by swimming, biking, walking, or running
- Hiked/climbed a mountain or trail (10 mile minimum)
- Completed a 1/2 or full marathon, ironman, century ride, or biathlon
- Personally raised over $500 for a charity
- Live completely debt free with the exception of a home mortgage and/or one car payment
- Eat a minimum of 5 servings of fruit/vegetables AND 3 servings of whole grains AND two servings of dairy AND 2 servings of healthy fats AND drink 5 glasses of plain water at least 5 days a week
- Quit smoking completely and is now a non-smoker
- Exercises on a consistent basis, averaging at least 3 times per week for the last 3 years

Nominations are accepted on an ongoing basis.
Return to Celeste Hajek in the Student Recreation & Wellness Center