

# AT THE INTERSECTION OF WELLNESS AND SUSTAINABILITY IS YOUR WORKSITE

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# DEFINITIONS

- ▶ Wellness = an active process of becoming aware of and making choices toward a healthy and fulfilling life. – UC Davis
- ▶ Sustainability = “Sustainability is development that meets the need of the present without compromising the ability of future generations to meet their own needs.”



# THE COMMON DENOMINATOR

- ▶ The natural environment
- ▶ What's good for one's health is often good for saving natural resources. - Fahmida Ahmed, Director of Stanford office of Sustainability
- ▶ Both reduce costs





# “SWELL-NESS” INITIATIVES AT LANE

- ▶ Tobacco –Free
- ▶ Transportation: Bus, Carpool (Zimride), Walk/Bike



# “SWELL-NESS”

- ▶ Composting
- ▶ Waste Management



# GREEN OFFICE CERTIFICATION

- ▶ Energy Conservation
- ▶ Water Conservation
- ▶ Solid Waste Reduction
- ▶ Reusing
- ▶ Recycling
- ▶ Purchasing
- ▶ Transportation
- ▶ Wellness/Equity/Social
- ▶ Building the Movement
- ▶ Innovative (other)



# ENCOURAGE MOVEMENT

- ▶ Walking Meetings
- ▶ Make the Healthy Choice the Easy choice





# NUTRITION

## ► Learning Gardens



# NUTRITION

- ▶ Cafeteria
- ▶ Dairy, Eggs
- ▶ Coffee
- ▶ Cups



# WATER

- ▶ Take Back the Tap



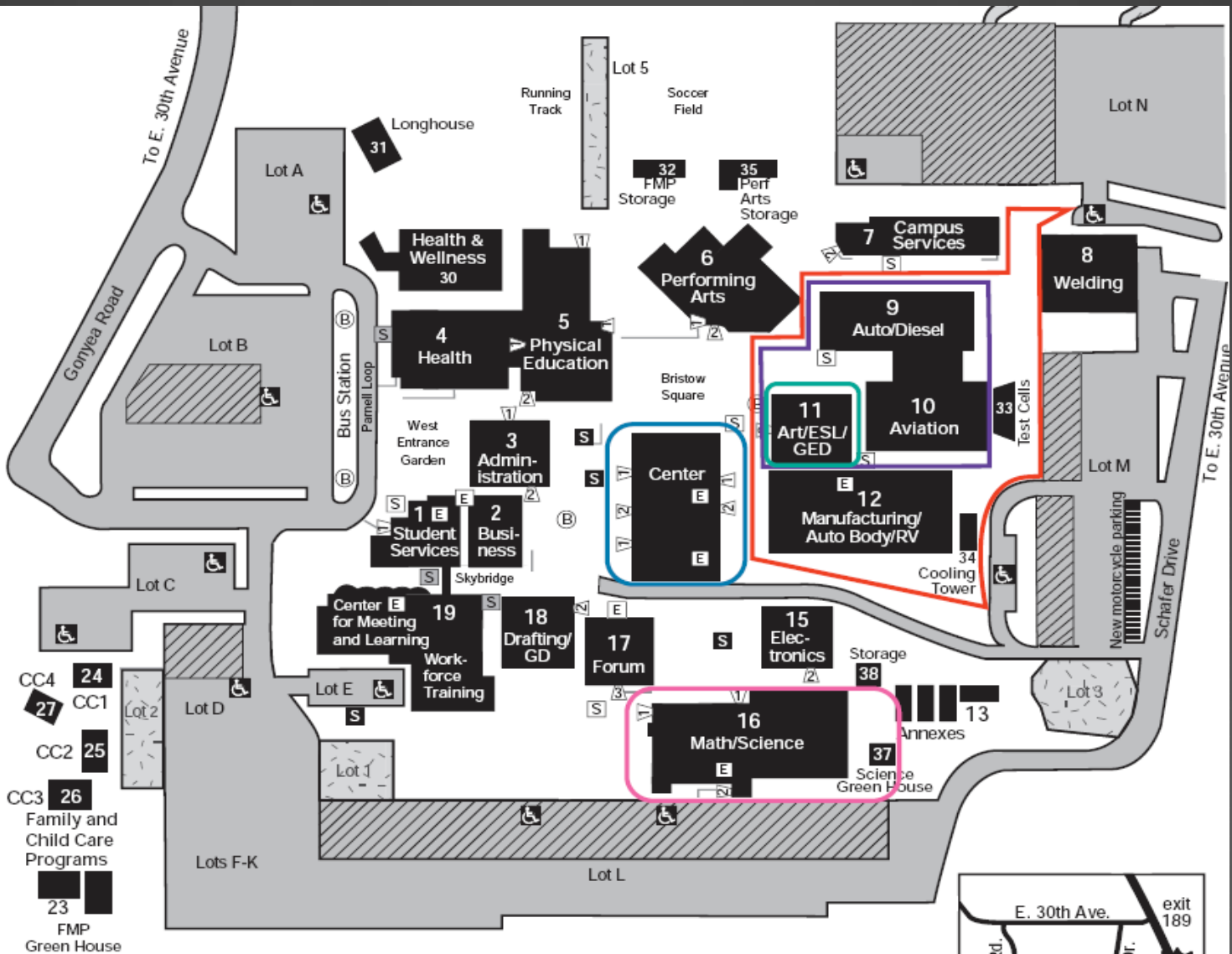
# HEALTHY MEETINGS GUIDELINES



# EMPLOYEE WELLNESS PROGRAM

- ▶ Classes
- ▶ Program Challenges
- ▶ Walking Routes
- ▶ Health Screenings
- ▶ Ergonomic Assessments
- ▶ Seminars
- ▶ Wellness Champions
- ▶ Newsletter

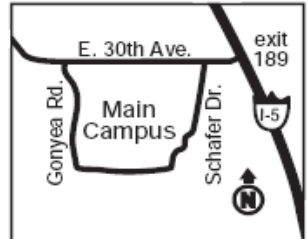




**KEY**

- (B) Bicycle Parking
- (E) Elevator
- Wheelchair Ramp
- (S) Smoking Area, Uncovered / (S) Smoking Area, Covered / (S) Free Standing Smoking Shelter
- (1) Electric Door—number designates floor
- (♿) Parking with Handicapped Permit
- (▨) Compact parking
- (▨) Gravel Parking Areas
- (▨) New motorcycle parking

- .15 mile 7 laps=1mi (mostly covered) Wheelchair Access / ● .5 mile Wheelchair Access / ● .25 mile NO Wheelchair Access / ● .3 mile Wheelchair Access/ ● .1 mile 2nd floor covered Bld Wheelchair Access



# SOCIAL

- ▶ Transportation
- ▶ Wellness program opportunities
- ▶ <http://www.theatlantic.com/video/index/360855/sad-desk-lunch/>

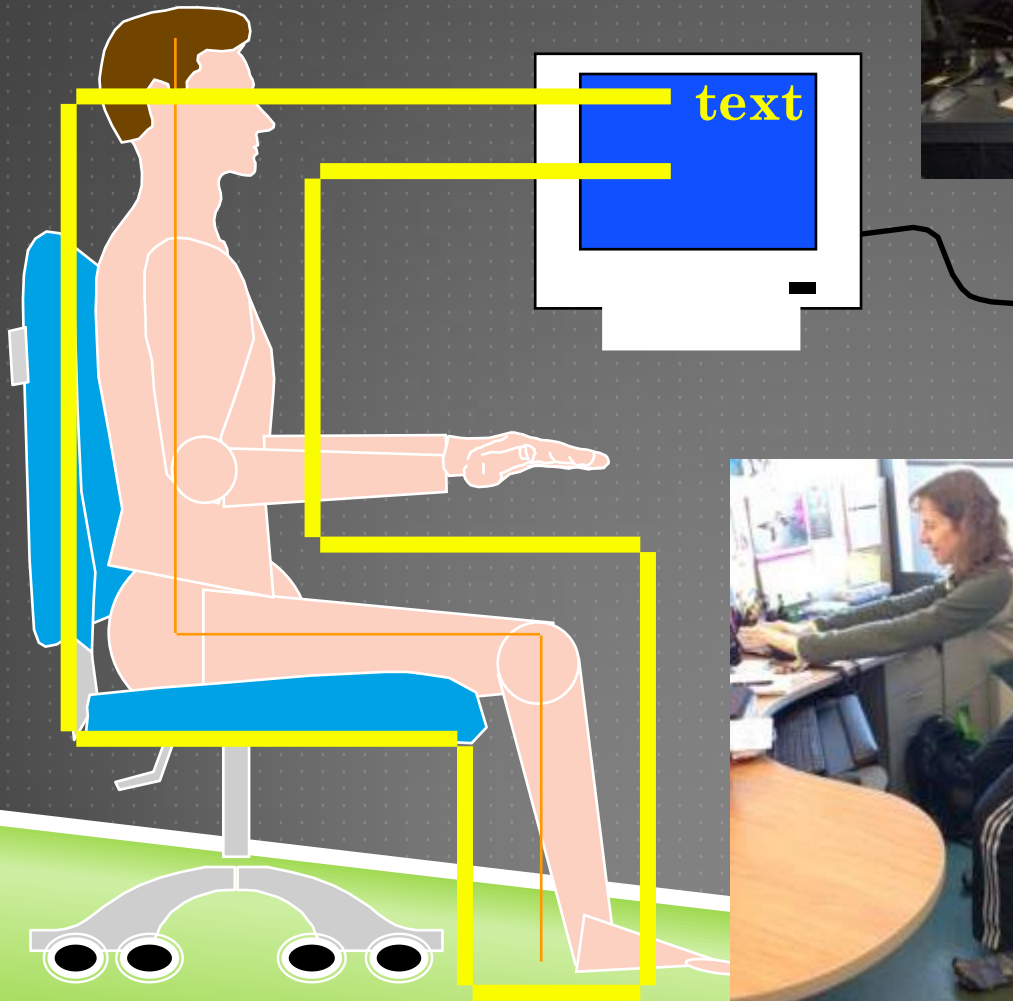


The / in illness is isolation, and the crucial letters in wellness are we. ~Author unknown





# ERGONOMICS



# LUTHER COLLEGE

- ▶ Walk/bike/carpool to work and still do errands
- ▶ Locally grown food
- ▶ Edible landscapes
- ▶ Community Gardens



# UNIVERSITY OF ADVANCING TECHNOLOGY

- ▶ Food Sourcing – All dairy products local/regional, farm and ranch products sustainably grown locally
- ▶ Partnering to reduce energy use and greenhouse gas emissions, e.g. Ithaca College
- ▶ “Weigh the Waste” campaign



# UNIVERSITY OF ADVANCING TECHNOLOGY & SODEXO

- ▶ Trayless dining
- ▶ “Choose to Reuse”
- ▶ Nutrition Icons



choices to make your dining experience great.

Look for these icons to help you identify menu items that meet your needs:

-  Balanced
-  Gluten Free
-  Local
-  Organic
-  Vegan
-  Vegetarian

Questions? Please speak to a chef or manager today, we are happy to help!  
Learn more about making great choices for a better tomorrow at [www.sodexo.com/usa](http://www.sodexo.com/usa)



# MCLENNAN COMMUNITY COLLEGE

- ▶ Policy to “finance, plan, design, construct, renovate, and maintain campus and facilities in a manner that enhances the sustainability of the campus.”
- ▶ Bi-annual Shred and Recycle Day / Recycle Competition
- ▶ Free mulch
- ▶ “What you can do”



# STANFORD

- ▶ [https://sustainable.stanford.edu/sites/default/files/Stanford\\_green\\_event\\_guidelines.pdf](https://sustainable.stanford.edu/sites/default/files/Stanford_green_event_guidelines.pdf)
- ▶ Research, degrees and courses
- ▶ About 10,000 gallons of waste oil from dining halls and cafés is converted to biodiesel fuel each year.



# BE CARDINAL GREEN

- RecycleMania competition
- Water Wise Campaign
- Give and Go – Help the community reduce waste
- Training Series
- Smart Buys



Earth Day Celebration  
**Expand Your  
Greenprint**

# WHERE ARE YOU NOW?

- ▶ What are one to two more sustainability practices you could infuse on your campus?
- ▶ Considerations



First monday of the month the corporate group gets together for a brainstorming session..