

## **Faculty and Staff Wellness Policy**

**Intent:** Wasatch Peak will sponsor a faculty and staff wellness program each school year. The program will promote good nutrition, physical activity, and contributes to the basic health status of the employees.

**Rationale:** School-site health promotion activities for staff are designed to optimize the physical, emotional, and mental health of school employees as well as prevent disease and disability. These programs have proven to save health care costs, improve daily attendance, and promote employees' general health and well being. Faculty and staff who participate in health promotion programs serve as a good role model for the students.

**Reinforcement:** This policy will be reviewed at the beginning of each school year and Wellness program goals will be selected. The year's wellness activities will be announced at a faculty meeting at the beginning of the school year. Upon hire new employees will be informed of the policy and goals and encouraged to participate.