

# Health Strategies in the Workplace

## Healthy Eating and Physical Activity Strategies in the Workplace

Jessica Tarbell, Corporate Wellness Director  
Greater Wichita YMCA



# Health Strategies in the Workplace

## Panelist Introductions

Shelley Stultz, SPHR  
Human Resources Director  
Hyatt Regency Wichita

Cindy Clough  
Organizational Development Coordinator  
Preferred Health Systems

Kiersten Camp, ARNP  
Cessna Health Services  
Cessna

Zita Mason  
Wellness Professional

Nita Long  
Director of Compensation & Benefits  
Hawker Beechcraft



# Health Strategies in the Workplace

How do you incorporate healthy eating into your wellness program?

1. Zita Mason

- 12 Week Weight Management Program, Fresh Fruit Fridays and Veggie Tray Tuesdays, AHA fundraiser, Oatmeal Break Club

2. Cindy Clough, PHS

- PHS Snak Shak

3. Shelley Stultz, Hyatt

- Employee cafeteria and “Apple a Day”



# Hyatt Employee Cafeteria



# Health Strategies in the Workplace

How do you incorporate physical activity into your wellness program?

1. Kiersten Camp, Cessna
  - Behavior change program, on-site facilities, walking paths and Walk and Talk Meetings
2. Nita Long, Hawker Beechcraft
  - Subsidized YMCA memberships, Healthy Lifestyle Coaches
3. Shelley Stultz, Hyatt
  - Stretching and preparing for physical activity



# Cessna Walking Paths



# Hawker Beechcraft Healthy Lifestyle Coach



# Health Strategies in the Workplace

What is the most successful healthy eating for physical activity challenge your company has ever offered?

1. Cindy Clough, PHS
  - Walk to the Final 4 Challenge
2. Kiersten Camp, Cessna
  - The Cure



# PHS

## Walk to the Final Four Challenge



# Health Strategies in the Workplace

How does your company encourage participation in wellness activities and what do you consider to be high participation?

1. Zita Mason

- Confidentiality

2. Nita Long, Hawker Beechcraft

- Health club memberships vs. on-site facility participation

3. Cindy Clough, PHS

- HRA participation and structure of program to include more people



# Health Strategies in the Workplace

What kind of incentives do you offer to those that participate? Have you found that some incentives work better than others?

1. Kiersten Camp, Cessna

- Cash incentive, small incentives

2. Zita Mason

- Gift certificates, monetary prizes, drawings, and the benefits of incentives
- Why incentives don't necessarily change behavior



# Health Strategies in the Workplace

How did you get executive buy-in for your wellness program? Do you think that it's important to have that and why?

1. Nita Long, Hawker Beechcraft

- Why the wellness program success at HBC depends on the leaders

2. Shelley Stultz

- Importance of leadership buy in- financially and culturally



# Health Strategies in the Workplace

## Questions



# Health Strategies in the Workplace

Jessica Tarbell  
Corporate Wellness Director  
Greater Wichita YMCA  
219-9622 ext 245  
[Jessica@wichitaymca.org](mailto:Jessica@wichitaymca.org)

Cindy Clough  
Organizational Development Coordinator  
Preferred Health Systems  
609-2410  
[cclough@phsystems.com](mailto:cclough@phsystems.com)

Nita Longfellow  
Hawker Beechcraft  
Benefits and Compensation Director  
676-8407  
[Nita\\_long@hawkerbeechcraft.com](mailto:Nita_long@hawkerbeechcraft.com)

Shelley Stultz, SPHR  
Human Resources Director  
Hyatt Regency Wichita  
Direct: (316) 293-1951  
[sstultz@hyatt.com](mailto:sstultz@hyatt.com)

Zita Mason  
Wellness Professional  
316-259-8356  
[zita\\_mason@sbcglobal.net](mailto:zita_mason@sbcglobal.net)

Kiersten Camp, ARNP  
Cessna Health Services  
Cessna  
[kdcamp@cessna.textron.com](mailto:kdcamp@cessna.textron.com)

