



## TAYLOR BANK'S FISCALLY FIT PROGRAM

ALYSSON DUPONT, PHR  
AVP, HUMAN RESOURCES  
MANAGER

# TAYLOR BANK'S FISCALLY FIT PROGRAM

- How it all started
- Where have we been
- Where are we going

# HOW IT ALL STARTED

- Committee
- Finding a shirt in the attic
- Programs (walking challenge with CareFirst, May Picnic, and Annual Physical Activity Calendar Drawings by Quarter.





# WHERE HAVE WE BEEN

- Brainstorming – Baby Steps
- Work@Health Program with CDC
- Testimonial from Employee and Committee Member – Sarah Matthews

# BRANDING



# WHERE ARE WE GOING?

- 2015 FISCALLY FIT PROGRAM
  - December – Insurance/Wellness Meetings (Guest Speaker)
  - January – WCHD Health Assessments and Calorie King Books
  - February – Voluntary Employee Survey
  - March – Shake It Up! Salad Cup
  - April – N. OC Fun Run/Walk
  - May – Announce Recipe Book!
  - June – Distribute Books
  - July – Get Moving! Pedometers
  - August – Steps Challenge
  - September – Portion Control! Plates
  - October – Snow Hill Fun Run/Walk
  - November – Workplace Ergonomics and Resistance Bands

- 2016

