



The Wellness Committee proudly presents the annual “Spirit of Wellness Award”! Each year NRHS recognizes our employees who have made substantial changes in their nutrition, physical activity and/or spiritual/emotional well-being. These employees have also helped facilitate a culture of wellness in the workplace, while continuing to lead a healthy lifestyle.

How to Nominate Someone for Spirit of Wellness Award!!

To nominate an NRHS employee for this prestigious award:

- 1) Observe the “Spirit of Wellness” behavior of an employee
- 2) Complete the two part checklist and nomination form that supports the description of the “Spirit of Wellness” behavior
- 3) Use the characteristics category checklist below to guide your nomination
- 4) Submit this checklist and the nomination form by email to abrowning@nrh-ok.com or fax to Amber Browning at 307-3179.

CHECK CHARACTERISTICS CATEGORY (more than one category may be checked. Please write a brief description for each category checked on the nomination form.)

- Exercises on a regular basis (at least three days a week for a minimum of 30 minutes per session).
- Demonstrates lifestyle changes to achieve appropriate weight loss or decrease percent body fat.
- Serves as a healthy role model or wellness champion at home or work, for example: taking the stairs, walking or biking to work, parking further away from entrances and/or sharing healthy recipes. Encourages others to join in healthy lifestyle with behaviors such as offering to be a workout partner, bringing healthy snacks to work or educating others about the benefits of lifestyle changes.
- Acts as a leader in wellness such as encourage staff to walk during breaks, provide standing and walking opportunities during meetings, bring healthy snacks/food to work gatherings or promote communication of health and wellness.
- Supports health and wellness by raising funds, donating funds, organizing and/or participating in causes at NRHS or in the community. Joins others to raise awareness about health issues and/or gets involved in human care organizations.
- Promotes and actively practices healthy stress reduction techniques for emotional well-being.
- Makes a healthy lifestyle change, for example: stopping use of tobacco products, improving nutrition habits such as eating more fruits and vegetables, drinking more water, eating less junk food/processed food such as chips, candy, donuts, etc. Eats a well-proportioned meal and healthy snacks such as carrots, apples, nuts, pumpkin seeds, etc. Consistently limits the consumption of soda, caffeinated and sugary drinks.



Nomination Form

(Please print all information)

NAME OF NOMINEE: _____

DEPARTMENT: _____ **FACILITY:** _____

NOMINEE EMAIL ADDRESS: _____ **PHONE:** _____

NOMINATED BY: _____ **DATE:** _____

Nomination Process: NRHS Wellness Committee will review nomination forms. A maximum of three employee award winners are announced each quarter. One employee out of the quarterly winners will receive the Spirit of Wellness award. Please submit nominations year round, and an employee may be nominated more than once during the current fiscal year. The employee may be nominated again the following year.

Awards: Quarterly award winners are recognized system wide at NRHS. They will be announced on MyLink, in the PULSE, Well@Work website, and other employee communication venues.

The Spirit of Wellness award winner receives a wellness prize basket, and a plaque. An award reception is given for all employee winners and their co-workers, family, and friends.

REASON FOR AWARD (Please be specific about each characteristic category checked. Attach one additional sheet if needed):