Glenview’s got PATH spirit!

PDRMA’s comprehensive wellness goal focuses on achieving a 75-percent participation rate. That means having 75 percent of all benefits-eligible employees at each Health Program member agency participate in at least one PATH activity each year. And when agencies reach that 75-percent level, PDRMA Health recognizes and rewards them by holding a drawing in which four qualifying agencies win $300 each to put toward a wellness activity for their employees! In 2017, 58 of 90 agencies qualified, and the winners were: Burbank (92 percent), Darien (76 percent), Lombard (100 percent) and Winfield (100 percent) park districts.

There’s another award agencies can compete for by self-nominating – the Most PATH Spirit award. It recognizes the agency that promotes and participates in PATH programs with the most gusto each year! Any Wellness Ambassador can submit her agency for consideration, along with an explanation of why the agency should win – and the Glenview Park District was the winner in 2017, receiving $200 toward a wellness activity.

Glenview doesn’t just promote PATH programs but offers its own PATH-themed challenges and awards throughout the year. They include the PATH Champion trophy and the PATH Spirit trophy that go to the winner and runner up, respectively, of each of the district’s Facility vs. Facility challenges. These challenges are an extension of the PATH challenges, but while PATH challenges are open only to eligible employees, Glenview’s challenges are available to all agency employees. “We want to be even more inclusive and offer wellness programs to more of our team,” explains Alison Reicher, Glenview’s Wellness Ambassador and Human Resource Specialist.
Join the PATH Water Works Challenge!

We all know it’s important to drink water, but sometimes it’s hard to remember to drink as much as we should. If that sounds familiar, PATH has a challenge starting April 23 to help you get better hydrated.

Find it difficult to believe water can make a difference? Think about this: Since our bodies are made up of about 60-percent water, drinking enough of it helps maintain the balance of body fluids. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients and maintenance of body temperature. So that means drinking enough water increases energy, relieves fatigue, flushes toxins, promotes weight loss, relieves and prevents headaches, moisturizes skin and prevents joint pain.

Sound good? Then join the Water Works Challenge in April! The goal is to drink — and log — at least six cups (48 oz.) of water per day, five days a week (total of 20 days for four weeks). Each six-cup day logged earns 1 point. Earn 5 points per week for a total of 20 challenge points over the four weeks, and you’ll earn 50 PATH incentive points. Be sure to log your cups on My PATH on the PDRMA website, www.pdrma.org.

Challenge Registration:
April 16 – April 30
Challenge dates:
April 23 – May 21
Last day to log:
Friday, May 25

TIPS TO STAY HYDRATED:
• Look for flavored water or add fresh fruit to your own water.
• Fill a bottle of water first thing in the morning, then fill it a few times a day.
• Drink extra water on hot days and after exercise.
• Drink water with every snack and meal.

Glenview’s got PATH spirit! cont.

encouraging each other or getting excited to participate in a new challenge saying, "we could totally beat that number of steps!"

Activities that include the Walk Our PATH with Glenview Staff — an agency-sponsored event that uses the agency's beautiful parks and facilities. Each week during the steps challenge, the Wellness Team leads a walk through a different area of the park district, giving staff an opportunity to get outside and walk as well as connect with fellow coworkers from other facilities.

"Each walk has its own personality, including trying outdoor fitness equipment, picking up trash, and scavenger hunts," explains Reicher, who says employees love going on the walks.

That kind of response is just one of the reasons Glenview Park District has the Most PATH Spirit, Reicher explained in her award submission. “But mainly it’s because we’re passionate about overall personal wellness and how to make achieving it a fun and memorable experience. It’s not at every agency that you see coworkers walking and talking along the golf course or taking Healthy Selfies in the gym area. The Glenview Park District definitely takes PATH to the next level. We are fun. We are fit. We are well. We are PATH!"

Glenview staff tries out the equipment on a PATH walk at Gallery Park.