

## Clarksville Parks and Recreation

### A Healthier Tennessee workplace

Clarksville Parks and Recreation Department decided to participate in Healthier Tennessee's worksite wellness program in **February of 2016**. Other than offering an insurance incentive to employees for completing their annual health screenings, the department had not previously implemented any programs to promote wellness among their staff. But, with an increasing **concern for diabetes, pre-diabetes, and high blood-pressure among their workforce**, they decided to participate in the Small Starts initiative to better **support the health of their employees.**



The department also engaged the employees' competitive side through team-based activities and games. In their most creative team challenge, team-members earn points throughout the month for completing certain tasks, such as drinking 64 oz of water in a day, walking 6,000 steps in a day, and bringing a healthy lunch into work. Every team members' points are tallied at the end of the month and combined with the rest of their team in hopes of winning the monthly team prize.

These Small Starts have added up to big health wins for the Clarksville Parks and Recreation Department. **Employees have stopped smoking, lost weight (up to 60 lbs), gotten off of blood-pressure medication, and improved their eating habits since implementing Healthier Tennessee's Small Starts.** They are so enthusiastic with the results that the department is suggesting it be adopted city-wide, so that the street department and gas and water can also participate in the competitive team activities and games.



*In less than one year, the Clarksville Parks and Recreation Department has demonstrated they can be an example to the community they serve. They're **walking the talk** by finding fun and easy ways to incorporate wellness into their workday.*

