



BOARD OF DIRECTORS

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Meeting Location:
Fresno County Employees' Retirement
Association Board Chambers
1111 H Street
Fresno, CA 93721
April 28, 2017 10:00 AM

AGENDA DATE: April 28, 2017

ITEM NUMBER: Item 18

SUBJECT: Receive Update on Wellness Activities (I)

REQUEST(S): That the Board receive an update on current wellness activities.


DESCRIPTION:

The sixth annual SJVIA Walking Works! Challenge has been in full force this week, with the event starting Monday, April 24th and ending today. Both Tulare and Fresno Counties, as well as the City of Ceres, participated this year with employees from each entity encouraged to increase their daily steps as a form of exercise. Anthem Blue Cross donated 5,000 pedometers to help employees track their steps, and SJVIA vendors donated over 50 prizes to be awarded to participants. The prizes consist of FitBits, gift cards to Dick's Sporting Goods store, bicycles, sunglasses, and other prizes. These items will be raffled at the conclusion of the Challenge. In addition, both Fresno and Tulare County have been competing for two trophies: one for highest participation and one for highest average steps. Final results of the Challenge will be shared at the next SJVIA Board meeting.


FISCAL IMPACT/FINANCING:

None

ADMINISTRATIVE SIGN-OFF:



Paul Nerland
SJVIA Manager



Rhonda Sjostrom
SJVIA Assistant Manager