WELLNESS PROGRAM Q&A

REGISTERING FOR THE EXERCISE PROGRAM: Is it too late to register for the exercise portion of the Wellness Program? It is no longer necessary to register in order to participate in the exercise portion of the Wellness Program. Simply go online to www.dbu.edu/wellnesstracker and sign in using your Windows login (the username and password that you use to login to your DBU computer every day).

REGISTERING FOR THE WEIGHT-LOSS PROGRAM: Can I participate in the weight-loss program if I am unable to attend the Wellness Luncheon? Yes, in order to participate in the weight-loss program, you will register by weighing-in at Health Services. The Health Services Office hours are Monday, Wednesday, and Friday from 8 a.m. to 5 p.m. You will also have the opportunity to weigh-in the day of the luncheon from 11 a.m. to 1:30 p.m. in the Meadows Library.

CONFIDENTIALITY: What if I don’t feel comfortable with others knowing my weight? Your information will be held in strict confidence by the University. The only record, other than your copy, will be kept in a secure location.

CONTINUING PARTICIPANTS: Can I use my weigh-out weight as my weigh-in weight for the next semester’s program? Yes, if you participated in the Weight Loss Program during the previous semester, you may use the weight that you weighed-out at as your weigh-in weight. Please e-mail either Tamy Rogers or Caris Xepoleas and let them know that you would like to do this.

TYPES OF EXERCISE INCLUDED: What types of exercise will count? Wellness Program aerobic exercise is limited to exercise specific activities such as walking, running, biking, swimming and similar types of activities. If you have questions about types of exercise, e-mail Tamy Rogers or Caris Xepoleas.

TYPES OF EXERCISE EXCLUDED: What types of exercise will not count? Recreational and team sports activities such as tennis, golf, basketball, volleyball, softball, soccer or other sports are not included. We can also not include yard work, moving or walking while working, shopping or touring, etc.

EXERCISE SCHEDULE: Can I bank minutes and count them another day? No. In order to be eligible for the $100 bonuses, persons will do aerobic and/or weight and strength training exercise a minimum of 30 continuous minutes per day, for an average of 5 days per week during the program. Therefore, you cannot bank minutes, but you can bank days. This will allow for times of illness.