

ChooseWell Grant Application—Sample Programs

Activity	Components	Results	Contact(s)
12-week virtual hike down the Appalachian Trail: State Regulation and Rates Department	Established a baseline activity level for participants; bonus miles were awarded for good nutrition or giving up “poor” choice.	Logged 23,042 exercise minutes — increasing weekly average by 31.5% and logged 6,130,769 steps increasing weekly average by 16.5%.	Lonnie Bellar, Rick Lovekamp, Robert Conroy
Biggest Loser Contest: E.W. Brown Station	Established teams of three to six members who set goals to lose 1% of total weight each week and exercise three times a week.	42 participants lost 520 lbs. in 10 weeks	Jeff Fraley
Activity and Weight Loss Competitions: Gas Storage, Control and Regulatory Compliance	Participants were given pedometers and awarded activity and weight-loss points.	61% of the employee population in these areas participated in the challenge kicked off at division Safety Summit. Employees reported having more energy, creating walking clubs and spending more time focused on cardiovascular exercise.	Barry Walker, John Skaggs, Tom Reith, Pete Clyde, Mark Satkamp
400,000 Steps in 40 Days	Participants recorded their steps to reach the established goal of 400,000 steps. Quarterly healthy “brown bag” lunches sessions were held to discuss activity and nutritional suggestions and included guest speakers sharing their success stories.	Participants became more focused on eating well and exercising.	Kathy Butler
Weight Watchers at Work: Cane Run Generating Station	Onsite Weight Watchers meetings for employees.	The convenience of having a Weight Watchers at Work group encourages participation. Thirteen employees lost 332 lbs. in 21 weeks.	Steve Turner, Dan Kremer
Step-a-thon: Retail Services — Business Service Center	Participants used pedometers to track steps and miles walked.	They reported increased energy levels and a noticeable improvement in morale and teamwork.	David Daniel
Trekking to Düsseldorf: Audit Services	Participants established goal of walking the distance from Louisville to Düsseldorf. The 5,000 miles could be obtained by walking, running, biking, swimming or hiking.	In a little over six months, 14 participants “trekked” a total of 5,634 miles.	Debbie Shelton
Onsite Fitness Facility: Transmission System Ops., Transmission Strategy/ Planning and Transmission Reliability	Purchased new fitness equipment for employee use.	The convenience of having an onsite fitness area encourages employees to exercise and will be used as a tool in future wellness competitions.	Keith Yocum, Brad Young, Keith Steinmetz
Steps Competition: Treasury, Corporate Finance, Credit and Contract Administration and Trading Controls	Established three teams made up of five members each, who used pedometers to track the steps they ran/walked in a six-month period.	The group logged 22 million steps (equivalent to almost 11,000 miles) and reported all participants increased their activity levels.	John Early, Dan Arbough, Jeanne Kugler
Increase activity: Remittance and Collection	Participants were given pedometers to encourage them to increase their physical activity.	Participants increased activity and overall awareness about healthy living.	Mike Cooper
Increase physical activity: Corporate Health & Safety	Participants were awarded points for each minute of activity performed weekly with a minimum of 90 minutes to participate. To encourage employees outside of Corp. Health & Safety, participants were awarded extra points for recruiting other employees to join in an activity with them.	In a 12-week period, three participants reports 13,455 minutes of activity. On average, each person exercised a little over six hours a week meeting the recommended daily activity level of 45-60 minutes daily.	Barbara Hawkins
28-Week Walking Challenge: Controller Group	Forty-two participants divided into six teams recorded steps to reach a goal of walking 1 million steps in 28 weeks. Weekly updates were published that included results, healthy tips, recipes and local activity events.	Participants became more aware of their activity levels. Forty participants walked 1 million steps; five walked more than 2 million; and three walked more than 3 million.	Valerie Scott
The Amazing Race — Lincoln Highway Edition: Law and Compliance	From Memorial Day to Labor Day, 18 teams of two used pedometers to track their progress as they walked toward their goal of 3,300 miles.	Participants increased their activity and interacted with team members	Steve Phillips, Dot O'Brien
Monthly 5k River Wellness Walks and Healthy Snacks: Human Resources	Participants walked in organized 5k walks each month and set a goal of losing an average of 5 lbs. per person. In addition, each quarter, a healthy snack option was presented to employees as a way to increase nutrition awareness.	In six months, participants had the opportunity to walk in six organized 5k walks. Twenty-four participants lost a total of 141 lbs.	Ken Mudd, Betsy Livesay