

ChooseWell Grant Application — Sample Programs

Activity	Components	Contact(s)
Fitness/Healthy Diet Maintenance Plan: Audit Services	Maintain weekly regimen of exercise, including at least three veggie/fruit servings in daily diet and required water intake. Participants also choose a goal unique to them and are issued a challenge each week to improve overall health.	Jim Andriot, Tony Hall
Get active with Zumba: Billing Integrity	Use grant dollars to purchase a full set of Zumba workout CDs for the group, along with toning sticks, water bottles and hand towels.	Lora Aria
Walk to Allentown: Revenue Collection	Walk two round trips to Allentown, Pa. (PPL headquarters); pedometers purchased for employees to track their steps; remaining grant funds will be used to purchase logo attire for top participants.	Mike Cooper
Weight Watchers at Work and Fitness Challenge: Mill Creek Station	Fund Weight Watchers fees for employees. Educate participants on healthy eating and exercise by tracking their food intake and a daily fitness routine.	Dan Kremer
Downtown Walking Club and Wellness Lecture Series: HR	Participate in regular walks downtown, as well as special offsite walking events; invite guest speakers to talk about wellness; employees track their progress and are eligible for prizes.	Barbara Hawkins, Angie Gosman, Loren Hincker, Martha Jessee, Betsy Livesay, Ken Mudd, Paula Pottinger, Debra Walton
Put Pep in Your Step: DO and Retail — Western Ky. Safety group	Competitive walking contest among five facilities in Western Kentucky. Grant dollars fund pedometers, T-shirts, and prizes (prizes linked to safety, such as a first aid kit, car safety kit, etc.).	Deborah Mercer, Donnie Mills
Work Tricycle: Trimble County Station	Grant money used to purchase a work tricycle, allowing employees to travel from one end of plant to the other via tricycle. The tricycle also has a large rear basket for carrying tools. Promotes exercise while also reducing strain of carrying heavy tools across the plant.	Wesley Moll
Live Strong Wellness Challenge: Corporate Communications	Grant dollars funded 20 gold-level memberships to livestrong.com , an online tool that creates a wellness plan to promote healthier eating and a regular fitness routine. It also features a “virtual coach” to keep employees motivated.	Brian Phillips, Cindy Stairs, Chris Whelan
Megawatt Mileage March: Green River Plant	Promote fitness and healthy diet by walking 19,000 miles by the end of year. (Basis for Initiative: PPL controls 19,000 megawatts in the U.S.) Grant will fund pedometers, T-shirts and caps, as well as first, second and third place prizes.	Tom Troost
Fruit Delivery/Walking Program/Weight Watchers: Cane Run Station	1) Monthly Fruit Delivery — Offers a monthly reminder to make healthy choices. 2) Walking Program — Offers tools and incentive to increase activity. 3) Weight Watchers — Employee incentive to lose weight and learn long-term healthy habits.	Bob Barnett, Mike Hensley, Steve Legler, Steve Turner
Six Month Walking Competition: Shelbyville Operations	Walking competition to help lower BMI, glucose levels, and promote weight loss. Grant money will be used to purchase gift cards to award those who walked the most in the six-month period. In addition, funds will be used to purchase fruit, juice and healthy snacks for the 2011 quarterly safety meetings.	Frank Bryant