



Kentucky Personnel Cabinet
Office of the Secretary

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**Journey to Wellness concludes first year with
state government employees losing over 6,500 pounds**

FRANKFORT, KY (Dec. 30, 2009) –The Kentucky Personnel Cabinet’s Journey to Wellness is ringing in the new year with some big wins. The Cabinet just tallied the numbers from a recent 12-week employee Weight Wise challenge and more than 1,200 participating state employees lost over 6,500 pounds.

“The Journey to Wellness program is a strategic and comprehensive approach to wellness for all Commonwealth employees,” said Personnel Cabinet Secretary Nikki Jackson. “The program provides engaging, educational, and fun wellness activities and programs that assist employees with their greatest health needs.”

The 2009 year consisted of quarterly phases including a “know your numbers” health screening campaign and a fitness challenge, which ended in July. The third phase, Weight Wise, was a program in which state employees competed in small teams to reach sensible weight-loss goals by adopting lifestyles that include healthier eating and physical activity. The fourth phase focused on prevention awareness, including smoking cessation.

“We are encouraged by the level of participation and interest employees have shown in the Journey to Wellness program,” said Jackson. “Part of becoming a more productive workforce is to offer viable and innovative wellness choices for employees. We’re hoping the successes from 2009 will encourage more employees and Kentuckians to take a closer look at workplace wellness offerings and healthier lifestyle choices in 2010.”

Journey to Wellness sponsored awareness activities and helped implement changes throughout the year, including three healthy cafeteria initiatives and the development of physical activity policies within state agencies. The program reached over 15,000 employees through its health screenings.

To learn about the Commonwealth’s Journey to Wellness, go to <http://personnel.ky.gov>.

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