Spartanburg County
Wellness Program Participation
2017
April

- Wellness Coaching: 6
- Walking Group: 9
- Dance Fitness Class: 9
- Wellness Challenge (weight loss): 78
- Fitness Plans: 2
- Circuit Training Class: 2
June

- Wellness Coaching: 1
- Walking Group: 6
- Circuit Training Class: 1
- Cardio Class: 8
- Stretching Class: 24
- Lunch and Learn (Blood Pressure): 4
Wellness Summit and Health Fair (August 14-17)

Wellness Summit

<table>
<thead>
<tr>
<th>Topic</th>
<th>Participation</th>
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</thead>
<tbody>
<tr>
<td>Prevent T2 Class</td>
<td>11</td>
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<tr>
<td>Heart Health</td>
<td>7</td>
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<tr>
<td>Nutrition</td>
<td>18</td>
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<tr>
<td>Diabetes</td>
<td>5</td>
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<tr>
<td>Cardio</td>
<td>9</td>
</tr>
<tr>
<td>Stretching</td>
<td>8</td>
</tr>
<tr>
<td>Yoga</td>
<td>6</td>
</tr>
<tr>
<td>Hearing Conservation</td>
<td>7</td>
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<tr>
<td>Cigna EAP</td>
<td>13</td>
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<tr>
<td>Retirement</td>
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<td><strong>Total</strong></td>
<td>338</td>
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Health Fair

<table>
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<th>Topic</th>
<th>Participation</th>
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<tbody>
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<td>Prevent T2 Class</td>
<td>106</td>
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<tr>
<td>Hearing Conservation</td>
<td>232</td>
</tr>
<tr>
<td><strong>Total Participation</strong></td>
<td>338</td>
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</tbody>
</table>

Legend:
- Wellness Summit
- Health Fair
October

- Wellness Coaching
- Walking Group
- Wellness Challenge (Water)
- Cardio Class
- Stretching Class
- Stretching Class (CSB)
- Circuit Class
- Prevent T2 (enrolled)
- Halloween Zumba
- Mobile Market

Counts:
- Wellness Coaching: 7
- Walking Group: 5
- Wellness Challenge (Water): 4
- Cardio Class: 17
- Stretching Class: 14
- Stretching Class (CSB): 7
- Circuit Class: 13
- Prevent T2 (enrolled): 2
- Halloween Zumba: 20
November

- Wellness Coaching: 1
- Walking Group: 12
- Healthy for the Holidays: 60
- Stretching Class (EE): 9
- Stretching Class (CSB): 10
- Circuit: 1
- Rise and Shine: 1
- AM Meditation: 2
Events/activities with highest level of participation:
• Health Fair and Wellness Summit
• Fitness Center Open House
• Weight loss wellness challenges
• Mobile Market
• Vending Machine Taste Testing
• Prevent T2
• Stretching Class