

HOME RUNS

Week 1: April 4 - April 10

- 1) _____
- 2) _____
- 3) _____

HOME RUNS

Week 2: April 11 - April 17

- 1) _____
- 2) _____
- 3) _____

HOME RUNS

Week 3: April 18 - April 24

- 1) _____
- 2) _____
- 3) _____

Program Rules

Goal: Decrease Stress by Hitting
Three Home Runs Each Week

Home Runs

- 30 Minutes of Exercise, 3 Times per Week
- Organize / Clean a Mess
- Spend Time with Family or Friends
- Stretch 15 Minutes a Day , 3 Times per Week
- Sleep 8 hours, 5 Nights a Week
- Do a Good Deed for Someone
- EAP Usage (www.mountaineap.com)
- Visit a Stress Management Website (examples found on the Wellness Website)
- 1 Yoga or Pilates session
- Keep a Journal
- Take a Bubble Bath
- Read a Book
- Get a Massage
- Listen to Music
- Practice Visualization
- Deep Breathing Exercises

HOME RUNS

Week 4: April 24 - April 30

- 1) _____
- 2) _____
- 3) _____

"Take Me Out to the Ball Game"

Registration Dates

March 25 - April 2, 2010

Program Dates

April 5 - April 30, 2010

Compliance Dates

May 1 - 14, 2010



Registration Instructions

- 1) Visit the New Wellness Website at www.washoecountyschools.net/wellness
- 2) Click on 'Register' if you are a new user. Otherwise enter the e-mail & password you previously set up & skip to step 6
- 3) Enter your Wellness ID & click 'Submit'
- 4) Check your personal information, enter your full e-mail address & create a personal password
- 5) Click 'Submit'
- 6) Click on the "Take Me Out to the Ball Game" Box
- 7) Click 'Participate In This Program'
- 8) You will see a green check mark beside the Baseball Program