

Local Workplace Wellness Resources



Healthy Maine Partnerships (HMP): Find your local Healthy Maine Partnership and connect with them for more physical activity and nutrition centered worksite wellness activities and resources.

Find your local HMP at: <http://www.healthymainepartnerships.org>



March into May: March into May is a FREE, 10 week, community based motivational program designed to help participants get more out of life by improving their health through increased physical activity. The program runs from March to May and supplies participating businesses with helpful materials. March into May has easy to use online tools for tracking progress. The program's design helps participants increase physical activity by choosing the activities they find fun and exciting.

Program Cost: Free

Program Registration: January to March

Program Goals: Participants choose their own personal goals based on their current levels of physical activity and how much they hope to improve.

Program Available at: www.marchintomay.org



EMHS move and improve...

Move and Improve: The Move and Improve (M&I) program of Eastern Maine Healthcare Systems is a community-based program designed to encourage and empower individuals to engage in a healthier lifestyle through physical activity. The program provides employers with the tools for implementation, and considerable flexibility to “pick and choose” components of the program that best fit their workplace. The 12 week program starts in late February or early March and ends in May. It is web based, so employees can easily track their activities.

Program Cost: Free

Program Length: 12-weeks (late February or early March – May)

Program Registration: February – Early March

Program Goals: Multiple program goals to choose from

Program available at: www.moveandimprove.org



www.letsgo.org



Maine in Motion: Maine in Motion provides a program that facilitates an increase in awareness of how physical activity can improve health across Maine while encouraging social interactions that support ongoing physical activity. The foundation is a free year-round program that uses goal setting, self-monitoring, and pedometer use as a strategy for motivating individuals to maintain active lifestyles. Maine in Motion encourages participants to follow one of its themed activities or tours.

Program Cost: Free

Program Length: Year-round

Program Goals: Participants are asked to choose multiple activities, at varying levels, for their choice of minutes per day and days per week.

Program available at: <http://www.maineinmotion.org/>



MMC Lifeline Workplace Wellness Program

The Lifeline Workplace Wellness Program services employers of all sizes and business sectors through it's HealthWoRx partnership and Southern Maine Wellness Council. Lifeline is Maine Medical Center's external worksite wellness provider and functions within the Division of Community and Preventive Medicine

HealthWoRx offers a diverse menu of onsite wellness programming and services including consulting, program management, health risk appraisals, health coaching, tobacco training/education, lunch n learns and a host of other services. HealthWoRx is a partnership of MMC and MaineHealth resources including the Center for Tobacco Independence, Maine Heart Center and MaineHealth Learning Resource Centers.

Southern Maine Wellness Council is a membership supported organization designed to assist employers in their efforts to build capacity, resources and skilled employees to support their wellness initiatives. The Council also provides opportunities for professionally networking among its members. Membership is open to employers of all sizes, profit and nonprofit alike in Southern Maine Medical Center.

Contact Tom Downing, Lifeline Director at 781-1545 or downit@mmc.org for information on all Lifeline resources.