



# A Race Toward Wellness

by Tracy Welsch, SBCV Human Resources

In April 2009, the executive director-treasurer of the SBC of Virginia, Dr. Jeff Ginn, charged the Human Resources (HR) Department with developing “some sort of *Biggest Loser* contest.” This seed was planted through several of the state missionaries expressing an interest in a “friendly competition” to address a concern of theirs—unwanted weight gain. Little did we know that God would birth a unique wellness program that would put the focus and purpose on Him. That same month, all employees were invited to participate in the SBCV’s *Race Toward Wellness*.

HR determined that the timeframe for the wellness program would be six months. This would challenge participants with commitment and discipline and would also serve to develop healthy habits. The finish line was set for November 8, the first day of the SBCV’s Annual Homecoming in Norfolk. Our desire was to arrive at the Annual Homecoming spiritually and physically improved.

Seven teams were formulated to even out the weight-loss goals of each team while giving participants an opportunity to get to know co-laborers in other departments. Each team chose a name and a team captain. Team and individual progress were reported at monthly staff luncheons, with prizes and recognition for the top-performing teams. For example, the winning team for each month was rewarded with a choice of an hour off, a gift certificate, or a casual day.

The last leg of our six-month challenge invited participants to consider a twenty-one-day Daniel Fast leading up to and focusing on our Annual Homecoming.

The *Race Toward Wellness* program was designed to benefit employees at all levels of wellness. Daily and monthly challenges were put in place and monthly calendars were given to participants for keeping track of earned points and progress. Daily incentives/encouragements were also made available. The race was on!

## PROGRAM HIGHLIGHTS:

### DAILY CHALLENGES:

- **Spiritual Challenge** — 30 minutes of prayer for the SBCV, its employees and their needs, and the success of the wellness program
- **Physical Activity Challenge** — 1 hour of exercise
- **Nutritional Challenge** — 64 oz. of water, 4 fruit servings, and 5 vegetable servings

### WEEKLY ENCOURAGEMENTS:

- **Motivational Mondays** — a weekly newsletter highlighting individual wellness testimonies, healthy tips/recipes, prayer requests, and more
- **Tea-Time Tuesdays** — green tea provided in employee kitchen
- **Walking Wednesdays** — an extra 10 minutes added to the lunch hour for those who walk during that time
- **Thirsty Thursdays** — unlimited Diamond Springs water
- **Fruity Fridays** — fresh fruit provided in employee kitchen

### MONTHLY CHALLENGES:

- **Scripture Memorization** — a different motivational Scripture each month
- **Wellness Testimony** — an individual’s insight regarding his/her “race” submitted to the *Motivational Mondays* newsletter
- **Healthy Menu** — a team’s lunch menu and recipe submission to be served at a staff luncheon

While there are many more details that could be shared, suffice it to say, the blessings of the wellness program have been amazing! Wellness testimonies were numerous; prayers were answered; discipline in prayer and Scripture memorization were strengthened; cholesterol and blood pressure levels dropped significantly; and the SBC of Virginia dropped over 400 pounds! Praise the Lord!

While this journey has definitely been a challenge, it has been worth it! For 2010, the SBC of Virginia is committed to helping its employees press forward to maintain the disciplines of a healthy spiritual and physical lifestyle that is honoring to God.



Walking Wednesdays (top: Laura and Dianna below: Christina and Kim)



## RESOURCE

■ **Website:** [www.sbcv.org](http://www.sbcv.org)

■ **SBCV Contact:**  
Call Human Resources at 888-234-7716 for details or email [hr@sbcv.org](mailto:hr@sbcv.org)

■ **Consider:**  
Implement a wellness program in your church and help get the challenge started!

