Our Mission:

To fully support and promote a more mindful and healthy workplace by investing in our employees and truly caring for their optimal health and wellbeing.

WHO or WHAT has been “zapping” your energy?

Bequi Livingston
505-362-7028
blivingston@fs.fed.us

Michelle Reugebrink
530-906-0917
mreugebrink@fs.fed.us
Optimal Health and Wellbeing

This remarkable journey takes principles from some of the world renowned health, fitness and wellness programs, combining the essential elements, with the primary focus being:

**It’s all about “YOU”!**

We commit in providing “YOU” the information and tools necessary to assist you in achieving balance in your personal and professional life. We give you permission to be selfish, in taking care of yourself, and being successful in this journey.

This program combines elements from the following programs that have gained worldwide recognition in helping private industry and government agencies in creating a healthier, more productive workforce:

**Human Performance Institute/Corporate Athlete Program:**

The Corporate Athlete Program was developed through the Human Performance Institute in Florida in 1991 by founders Jim Loehr, Ph.D. and Jack Groppel Ph.D.. Recognizing that most corporate employees have similarities to professional athletes and should prepare and train as such.

Corporate and Federal employees typically work 40-60 hours a week, 8-12 hours a day over a period of 25-30 years where recovery time is not promoted. A professional athlete, on the other hand, trains 90% of the time for 10% effort, working 15-20 hours a week over a career span of 7-10 years with much recovery time built in. In order for Corporate/ Federal employee athletes to be fully successful and remain healthy, they must train for their job and must recover. Otherwise, there will be burnout!

**Duke University - Integrative Health Coaching: (Including Mindfulness Based Stress Reduction)**

The Duke Integrative Health Coaching model concentrates on each person ‘as a whole’ and works with each individual in helping them focus on optimal health and wellness. IHcoaching engages all aspects of the person: mind, spirit, body and community supporting individuals in making healthy lifestyle changes. Coaches focus on assisting employees to take action in realizing their optimal health and wellness goals while guiding them through the process of creating a personalized plan for themselves, taking action, and following through to accomplish the plan. The coaches engage the employee through the entire process by providing challenges and support while still holding the employee accountable for meeting their goals.

**FireFit - Interagency Wildland Firefighter Fitness Program:**

The FireFit Program was officially endorsed by the National Wildfire Coordinating Group (NWCG) in 2004 in order to provide a safe and effective physical training (PT) program for wildland firefighters and support personnel. The objectives included promoting year-round fitness and wellness and development of a program that would lower the incidence of PT related injuries.

The program includes utilization of the essential components of fitness: aerobics, muscle strength/endurance, core strength/stability, flexibility and rest. It is divided into three modules that are specific to pre-season, fire season, and post-season fitness and endorses a full spectrum wellness approach incorporating firefighter nutrition, hydration, stress management and recovery. The program endorses the belief that our firefighters (and employees) are our most valuable resource and we must do a better job of prioritizing their well-being.

**Optimal Health and Wellbeing Expectations**

This program is specifically designed to help support employees through:

⇒ Improve employee productivity

⇒ Reduce employee absenteeism & OWCP

⇒ Increase morale and self-esteem

⇒ Build confidence and team cohesion

⇒ Improve overall workplace safety

⇒ Mitigate the effects of stress

*“Your first and foremost job as a leader is to take charge of your energy, and then to help orchestrate the energy of those around you.”*  
- Peter Drucker