

Alliance Partners Providing Lifestyle Excellence

What is Project Apple?

Project APPLE (Alliance Partners Providing Lifestyle Excellence) is a voluntary, non-competitive wellness initiative project that focuses on providing education, activities, and support through educational seminars, a wellness fair, and a total health program that encourages physical and mental well-being, as well as healthy choices.

Who can participate?

Any staff member, full or part time, or volunteer of an Alliance Library System member library can participate voluntarily in Project APPLE.

Why should I participate?

Through active involvement, participants can expect higher energy and healthier lifestyles. Libraries may experience reduced absenteeism, increased productivity, improved employee morale, and lower health insurance costs. Plus, there are some fun incentives along the way!

When is Project APPLE?

Project APPLE activities run from February 2008 to August 2008. More detailed information is available on the following pages.

Where is Project APPLE?

Project APPLE is a system-wide initiative that takes place where you are! The total health program is your personal health tracking plan...track at home or track at work! Email updates and health information will be delivered directly to your inbox from the Project APPLE blog. Educational seminars will be held at five locations throughout the system.

Project APPLE is also on the web at <http://projectappleals.blogspot.com>. A link to the Project APPLE homepage is also available on the Alliance Library System homepage of www.alliancelibrarysystem.com.

What does it cost me?

Besides a little time and some effort, nothing! There is no fee to participate in Project APPLE, because it is a grant-based project.

Funding for this grant was awarded by the Illinois State Library (ISL), a Division of the Office of Secretary of State, using funds provided by the Institute of Museum and Library Services (IMLS), under the federal Library Services and Technology Act (LSTA).





How Do I Get Involved?

TOTAL HEALTH PROGRAM

1. Talk with your colleagues that are also interested in participating and choose a site coordinator. Please choose one site coordinator per ALS member (i.e. schools choose one coordinator per district, public libraries choose one coordinator for all branches) to collect registration forms and surveys and to submit them as a group. The site coordinator will also serve as a main contact for ALS' Project APPLE team. While the program is voluntary and the site coordinator will have access to personal information, the site coordinator should make all efforts to keep all personal health information safe and discreet. An individual who is the only participant from their library may submit the form and list themselves as the site coordinator.
2. Talk with your library director. He or she is asked to fill out the directors' pre- and post- participation surveys to help gauge effectiveness of the program. The director's pre-participation survey should be completed by February 20. The Director Pre-Participation Survey is on the Project APPLE homepage at <http://projectappleals.blogspot.com>.
3. Each participant should complete the pre-participation survey by February 20 and inform the site coordinator of its completion. The Participant Pre-Participation Survey is on the Project APPLE homepage at <http://projectappleals.blogspot.com>.
4. Each participant from a library should be listed on the registration form. ALS should **receive** all registration forms from the site coordinator by February 22.
5. Track your points and progress on the Weekly Tracking Logs from February 18 to August 3.
6. Watch your email inbox and the Project APPLE blog for wellness information and healthy living tips.
7. Attend educational seminars and the Wellness Fair to earn bonus points.
8. When prompted by the Project Apple Team, report your totals via the ALS Project APPLE website to earn incentives. Watch your email inbox and the Project APPLE blog for more information!
9. Participants and directors will complete post-participation surveys. More information on these surveys will be delivered by email to directors, site coordinators, and participants.
10. Enjoy the benefits of becoming a healthier you!

Points System

Points are awarded for engaging in healthy lifestyle choices and are recorded by you. Point tracking is on the honor system. Cheating only hurts your efforts at achieving a healthier you!

1 point for each 1 cup serving of fruit or vegetable

1 point for 10 minutes of moderate/vigorous physical activity

1 point for each ½ liter of water consumed

5 bonus points for attendance at a Project APPLE educational seminar or wellness fair

EDUCATIONAL SEMINARS

We're bringing the programs closer to you! Each attendee should register on CLeO at www.alliancelibrarysystem.com/cleo to attend any or all three of the seminars to learn more about being a better you! Each session consists of two parts. See the next page for the schedule and the details.

Not participating in the total health program of Project APPLE but would like to attend the educational seminars? No problem! Any staff member or volunteer of an Alliance Library System member library can attend the educational seminars, regardless of their participation in the tracking program. All attendees must register on CLeO, though, so log on today!

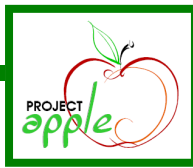
WELLNESS FAIR

March 12, 2008

9 am—1 pm

Alliance Library System, East Peoria

Alliance Library System and Project APPLE are sponsoring a wellness fair to provide information regarding personal health and wellness to ALS and Mid-Illinois Talking Book Center staff, member libraries, their staffs and patrons, and the public. There is no cost to attend the Wellness Fair, and Project APPLE Total Health Program participants receive 5 bonus points for attending! Various health screenings, samples, giveaways, and informational materials will be available. Pre-registration via CLeO is encouraged, but not required.



Educational Seminars

SESSION ONE

February 15, 2008	1—4 pm	Alliance Library System, East Peoria
February 25, 2008	9 am—12 pm	Bloomington Public Library, Bloomington
February 25, 2008	3—6 pm	Galesburg Public Library, Galesburg
February 28, 2008	1—4 pm	Beardstown Houston Memorial Library, Beardstown
February 28, 2008	6—9 pm	John Wood Community College, Quincy

Finding Your Get Up & Go

At times, we've all had the feeling that there is much to do, but we just can't get motivated. We've also experienced the satisfaction of accomplishing tasks that need to get done. We can all fall victim to the "3Ps" of procrastination, perfectionism and pessimism. We'll discuss helpful strategies for getting motivated, recognizing and responding to the "3Ps" and making an action plan for getting things done.

Healthy Eating

Using MyPyramid as the basis, we will discuss the food groups, serving sizes, and why we need to eat a variety of foods from all of the food groups. We will include a brief description of macronutrients (carbohydrates, protein and fat) and micronutrients (vitamins and minerals) and which foods are rich in each of these components.

SESSION TWO

April 1, 2008	1:15—4:15 pm	Bloomington Public Library, Bloomington
April 1, 2008	6—9 pm	Alliance Library System, East Peoria
April 2, 2008	9 am—12 pm	Galesburg Public Library, Galesburg
April 10, 2008	1—4 pm	Beardstown Houston Memorial Library, Beardstown
April 10, 2008	6—9 pm	John Wood Community College, Quincy

Intentional Harmony

The stresses of out-of-the-home work and the needs of personal and family life can have serious effects on emotional and physical well-being and on relationships with family members. Participants will receive hand-outs and develop personal strategies, leaving the session with a personal plan to minimize the effects of stress spilling over from work to personal life.

Interpreting Food Labels

Deciphering the food label can be confusing at best. We will dissect the label and look at terminology used on the label such as % Daily Value. Labels and the Nutrition Facts Label are valuable sources of information for the consumer. Sodium, carbohydrate, and fat will be emphasized.

SESSION THREE

June 3, 2008	1:15—4:15 pm	Bloomington Public Library, Bloomington
June 3, 2008	6—9 pm	Alliance Library System, East Peoria
June 4, 2008	9 am—12 pm	Galesburg Public Library, Galesburg
June 24, 2008	1—4 pm	Beardstown Houston Memorial Library, Beardstown
June 24, 2008	6—9 pm	John Wood Community College, Quincy

Looking for the Funny Side of Life

When was the last time you laughed really hard – a hearty sidesplitting belly laugh? Humor can help people deal with stress and change in their lives. We'll discuss the physical and psychological benefits of humor, as well as strategies for ways to include more humor in your daily activities.

Healthy Eating Out

Most Americans spend about one-third of their food budget on eating out. The trend in restaurants today is to serve large portions, feature buffet lines, and promote signature desserts. From fast food to fine dining, eating out is a way of life. We will look at how to navigate the menu and get the best nutrition for our money without breaking our calorie "budget".



Weekly Tracking Log

Name: _____

Library: _____

WEEK	WEEKLY GOALS	MON	TUES	WED	THURS	FRI	SAT	SUN	WEEKLY TOTAL
1 2/18-2/24	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
2 2/25-3/2	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
3 3/3-3/9	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
4 3/10-3/16	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
5 3/17-3/23	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
6 3/24-3/30	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
7 3/31-4/6	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
8 4/7-4/13	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								

F&V: 1 point for each serving of fruit or vegetable
H2O: 1 point for each ½ liter of water consumed

PA: 1 point for 10 minutes of moderate/vigorous physical activity
BONUS: 5 bonus points for attendance at a Project APPLE event



Weekly Tracking Log

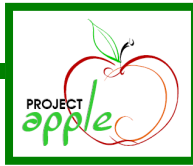
Name: _____

Library: _____

WEEK	WEEKLY GOALS	MON	TUES	WED	THURS	FRI	SAT	SUN	WEEKLY TOTAL
9 4/14-4/20	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
10 4/21-4/27	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
11 4/28-5/4	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
12 5/5-5/11	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
13 5/12-5/18	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
14 5/19-5/25	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
15 5/26-6/1	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
16 6/2-6/8	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								

F&V: 1 point for each serving of fruit or vegetable
H2O: 1 point for each ½ liter of water consumed

PA: 1 point for 10 minutes of moderate/vigorous physical activity
BONUS: 5 bonus points for attendance at a Project APPLE event



Weekly Tracking Log

Name: _____

Library: _____

WEEK	WEEKLY GOALS	MON	TUES	WED	THURS	FRI	SAT	SUN	WEEKLY TOTAL
17 6/9-6/15	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
18 6/16-6/22	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
19 6/23-6/29	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
20 6/30-7/6	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
21 7/7-7/13	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
22 7/14-7/20	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
23 7/21-7/27	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								
24 7/28-8/3	F&V								
	PA								
	H2O								
	BONUS								
	TOTAL								

F&V: 1 point for each serving of fruit or vegetable
H2O: 1 point for each ½ liter of water consumed

PA: 1 point for 10 minutes of moderate/vigorous physical activity
BONUS: 5 bonus points for attendance at a Project APPLE event