

# Passport to Wellness



Collier County, USA



Canada CUSTOMS DOUANES  
332  
27 AL 2007  
DORVAL  
396

1015 IMMIGRATION  
Landed until *July 15*  
MAY 16 2009  
EMPLOYMENT NOT PERMITTED  
JAMAICA

03-04-06 82 PARIS  
IMMIGRATION OFFICER

Canada CUSTOMS DOUANES  
IMMIGRATION OFFICER 6079  
06-09-2002 EMPLOYMENT NOT PERMITTED

Canada CUSTOMS DOUANES  
IMMIGRATION OFFICER 6079  
06-09-2002 EMPLOYMENT NOT PERMITTED

Travel

03-04-06 82 PARIS  
IMMIGRATION OFFICER  
Customs - Douanes

IMMIGRATION - CUSTOMS  
09-08-09 - 2009 LONDON DEPARTURE

IMMIGRATION OFFICER  
Customs - Douanes

Canada CUSTOMS DOUANES  
332  
27 AL 2007  
DORVAL  
396



16 FEB 06 E

Airflight

03-04-06 82 PARIS  
IMMIGRATION OFFICER

DISTRITO FEDERAL  
16 FEB 06 E  
MEXICO ADF023

Vacation

Canada CUSTOMS DOUANES

Beach

IMMIGRATION - CUSTOMS  
09-08-09 - 2009 LONDON DEPARTURE

Canada CUSTOMS DOUANES  
IMMIGRATION OFFICER 6079  
06-09-2002 EMPLOYMENT NOT PERMITTED

IMMIGRATION - CUSTOMS  
09-08-09 - 2009 LONDON DEPARTURE

DISTRITO FEDERAL  
16 FEB 06 E  
MEXICO ADF023



USA  
IMMIGRATION OFFICER 6079  
06-09-2002

03-04-06 82 PARIS  
IMMIGRATION OFFICER

IMMIGRATION - CUSTOMS  
09-08-09 - 2009 LONDON DEPARTURE



Canada CUSTOMS DOUANES

Resort

IMMIGRATION OFFICER  
MEXICO ADF023

Canada CUSTOMS DOUANES  
332  
27 AL 2007  
DORVAL  
396

16 FEB 06 E

16 FEB 06 E

# COLLIER COUNTY, USA

## My PASSPORT *TO* WELLNESS

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Department \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_



Health Goals \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## WELCOME!

**PASSPORT <sup>70</sup> WELLNESS** is a four week challenge to raise awareness about making healthy choices. The overall goal for individuals is **2,000 points** and for the organization, school, class or family is **95,210 points** (goal may be reached before or after 4 weeks, based on the number of participants).

The numbers **95210** are not random; they represent daily goals that will help you achieve this challenge:

- 7-9:** The number of hours of **sleep** we should get daily (at least 7 for adults, 9 for children)
- 5:** How many servings of **fruits and vegetables** we should eat daily
- 2:** Limit recreational **screen time** (television, internet, video games, etc. not related to work or school) to 2 hours or less daily
- 1:** Get at least 1 hour (60 minutes) of **physical activity** each day
- 0:** Eliminate **sugary drinks** (soda, juice, energy drinks, etc.) and **tobacco products**

In addition to earning points for the **95210** goals, individuals can earn points by attending worksite wellness events, attending a farmer's market, preventative efforts and bonus opportunities.

We encourage you to spread the message to your family and friends to participate by tracking points. **PENCIL** is recommended in case you need to make changes during this challenge. The following pages can be used to track your daily progress.

*HOW FAR WILL YOU GO?*

Points can be achieved by completing the following tasks:

<b>Task</b>	<b>Individual Goal</b>	<b>Total Points Possible</b> (daily & weekly)	<b>Total Points Possible</b> (4 weeks)
<b>95210</b> Goals	<b>7-9:</b> Sleep	5/day or 35/wk	140
	<b>5:</b> Fruits and Vegetables	5/day or 35/wk	140
	<b>2:</b> Screen Time	5/day or 35/wk	140
	<b>1:</b> Physical Activity	up to 60/ day (1 point per min) or 420/wk	1,680
	<b>0:</b> Sugary Drinks and Tobacco Products	5/day or 35/wk	140
		5/day or 35/wk	140
Wellness Events	Attendance at wellness events	100/event	800
Farmer's Market	Attendance at a Farmer's Market	100/visit	400
Preventative Efforts	Efforts that support healthy living	100/effort	1,200
Bonus	Extra point opportunities	Various	Various
	4 Week Goal= 2,000 points	Possible Points= 170+/day or 1,195+/week	Possible Points= 4,780+/total

# 9

## SLEEP

**7-9:** The number of **hours of sleep** we should get daily (at least 7 for adults, 9 for children)

Sleep!!! It is recommended to sleep 7-9 hours per night to optimize our well-being. Believing sleep is simply a cozy, little luxury which comes at the end of a long day is a tremendous underestimate of the value of sleep. Getting adequate quality sleep can help protect our mental and physical health, quality of life and safety. When we sleep, our brains are forming new pathways to help us learn and remember information. Sleep helps maintain a healthy balance of the hormones that make us feel hungry (ghrelin) or full (leptin). Sleep also helps regulate insulin, the hormone that controls blood sugar. In addition, sleep boosts muscle mass and helps repair cells and tissues in the body while promoting the ability to fight infection. Especially important for children... **80** percent of bone growth occurs during sleep, so literally you grow taller when you sleep.

### Tips for Getting Adequate Sleep

- Set a regular bedtime and stick to it.
- Avoid:
  - caffeinated beverages in the afternoon and evening.
  - watching TV and using computer at least 1 hour prior to sleeping.
  - heavy meals, alcohol and nicotine before bedtime.
- Take a warm bath or shower before going to bed.
- Practice relaxation techniques.
- Exercise daily, but not too close to bedtime.
- Keep your bedroom dark, quiet and cool.

**Put these tips to task and begin your 7-9 hours of sleep, today!**

Points for the goal of **7-9 Hours of Sleep** can be tracked using the following chart:

Day	Week 1		Week 2		Week 3		Week 4	
	# of Hours	Points						
<b>Monday</b>		/5		/5		/5		/5
<b>Tuesday</b>		/5		/5		/5		/5
<b>Wednesday</b>		/5		/5		/5		/5
<b>Thursday</b>		/5		/5		/5		/5
<b>Friday</b>		/5		/5		/5		/5
<b>Saturday</b>		/5		/5		/5		/5
<b>Sunday</b>		/5		/5		/5		/5
<b>Total</b>		/35		/35		/35		/35

7-9+ hours of sleep/night=5 points. **Less than 7** hours of sleep/night= **0** points.

# 5

## FRUITS AND VEGETABLES

**5:** How many servings of fruits and vegetables we should eat daily

Next time you sit down for a meal, take a look at the composition of your plate. Did you know that 1/2 of your plate should be made-up of fruits and vegetables? This strategy can help you attain and maintain a healthy weight because fruits and vegetables are naturally low in calories and contain fiber, which will help you feel full longer. In addition, eating at least 5 fruits and vegetables a day helps reduce risk of high blood pressure, stroke, heart disease, Type 2 diabetes and some cancers.

If you're not consuming this recommendation, you're not alone! A study, by "Scientific American", found just 11% of Americans consume 5 fruits and vegetables daily. Are you ready to take the challenge to give yourself 5 a day?

### Tips for Adding More Fruits and Vegetables

- Add a serving of fruit or vegetables to every meal or snack.
- Try a banana, berries or dried fruit on your cereal or yogurt.
- Add spinach, tomatoes or cucumbers to your sandwich.
- Order vegetable soup or baby carrots instead of chips with your sandwich.
- Eat more salads rich with leafy greens and vegetables.
- Mix broccoli or peas into your rice or pasta dishes.
- For snacks, enjoy apples, pears, citrus or vegetables with low fat dip.
- Make it a personal or family goal to try a new vegetable or fruit every week.

**Give me 5 fruits and vegetables a day!**

Points for the goal of **5 Fruits and Vegetables** can be tracked using the following chart:

Day	Week 1		Week 2		Week 3		Week 4	
	# of Fruits and Veggies	Points						
<b>Monday</b>		/5		/5		/5		/5
<b>Tuesday</b>		/5		/5		/5		/5
<b>Wednesday</b>		/5		/5		/5		/5
<b>Thursday</b>		/5		/5		/5		/5
<b>Friday</b>		/5		/5		/5		/5
<b>Saturday</b>		/5		/5		/5		/5
<b>Sunday</b>		/5		/5		/5		/5
<b>Total</b>		/35		/35		/35		/35

**1** fruit or vegetable=**1** point (maximum points per day=**5** points)

# 2

## SCREEN TIME

**2:** Limit recreational **screen time** (television, internet, video games, etc. not related to work or school) to 2 hours or less daily

Screen time, whether the television, computer, smart phone or video games, is one of the largest contributors to childhood and adult obesity. Several studies have also linked excessive screen time to lower literacy rates in children of all ages and language delays among children less than 2 years of age.

Research has identified children 8-18 years spend an average over 7 hours per day in front of a screen (outside of school work). Meanwhile, the American Academy of Pediatrics (AAP) recommends children under 2 years of age not watch any TV (or screen) and the rest of us should limit our screen time to less than 2 hours a day (outside of school and work).

### Tips for Scaling Back on Screen Time:

- Keep TVs and computers out of bedrooms.
- Make it rule that electronic devices will be charged in a central location at nighttime (i.e. the kitchen, NOT the bedroom)
- Turn TVs off and ban smart phone usage during mealtime.
- Don't allow children to watch TV while doing homework.
- Allow screen time (no more than a total of 2 hours/day) AFTER home work and chores are completed.
- Substitute screen time with playing outside, a trip to the beach, card or board games and reading books.
- Lead children/ grandchildren by example; limit your own screen time.

**No more than 2 hours of screen time!**

Points for the goal of **2 Hours or less of Screen Time** can be tracked using the following chart:

Day	Week 1		Week 2		Week 3		Week 4	
	# of Hours	Points						
<b>Monday</b>		/5		/5		/5		/5
<b>Tuesday</b>		/5		/5		/5		/5
<b>Wednesday</b>		/5		/5		/5		/5
<b>Thursday</b>		/5		/5		/5		/5
<b>Friday</b>		/5		/5		/5		/5
<b>Saturday</b>		/5		/5		/5		/5
<b>Sunday</b>		/5		/5		/5		/5
<b>Total</b>		/35		/35		/35		/35

**2 or less than 2** hours of screen time/daily=5 points. **More than 2** hours of screen time/daily= 0 points.

# 1 PHYSICAL ACTIVITY

**1:** Get at least 1 hour (60 minutes) of **physical activity** each day

If we could find something that would make us feel good, give us more energy, fight disease and help us sleep would we take it?! Most of us would be scrambling to be first in line! The great news, however is we all have the magic at our finger tips... Exercise!!!

Physical activity is essential for mental and physical well-being. Exercise mobilizes blood sugar and fats to be used as energy which helps us lose and maintain a healthy weight. Exercise increases energy levels and increases serotonin in the brain, which leads to improved mental clarity, according to researchers at the Cooper Aerobics Center in Dallas. Weight training or resistance exercises can help build muscle mass. Ninety percent of calories are burned in muscle hence, anytime we can build and maintain muscle, we increase our metabolism. If we are not a regular exerciser, by the time we are 65, we may experience as much as an 80% decrease in muscle strength.

## Tips for Increasing Physical Activity:

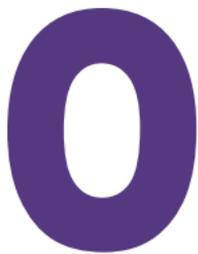
- If you don't have time for a full workout, try to squeeze shorter spurts of exercise in throughout the day
- Take the stairs instead of elevators and escalators.
- Find a buddy and/ or exercise as a family.
- Revamp your rituals. Your weekly matinee with the kids or a friend can be reborn as your weekly walk, bike ride or swim.
- Drive less; walk and bike more! When you do drive, park in the far row in the parking lot or even a few blocks away and walk.

**Make an impact with 1 hour of physical activity!**

Points for **1 Hour of Physical Activity** can be tracked using the following chart:

Day	Week 1	Week 2	Week 3	Week 4	Physical Activity
	# of Minutes/ Points	# of Minutes/ Points	# of Minutes/ Points	# of Minutes/ Points	i.e. Walk, Swim, Bike, Zumba, Yoga, Stairs, Etc.
<b>Monday</b>	/60+	/60+	/60+	/60+	
<b>Tuesday</b>	/60+	/60+	/60+	/60+	
<b>Wednesday</b>	/60+	/60+	/60+	/60+	
<b>Thursday</b>	/60+	/60+	/60+	/60+	
<b>Friday</b>	/60+	/60+	/60+	/60+	
<b>Saturday</b>	/60+	/60+	/60+	/60+	
<b>Sunday</b>	/60+	/60+	/60+	/60+	
<b>Total</b>	/420+	/420+	/420+	/420+	

**1** minute of physical activity=**1** point (i.e. **0** mins=**0** points, **30** mins=**30** points, **60** mins=**60** points, etc)



## SUGARY BEVERAGES

**0:** Eliminate **sugary drinks** (soda, sweetened coffee beverages, energy drinks, etc.)

No other animal drinks sugary beverages, so why should we? The average American consumes 22 teaspoons of added sugar a day, vs. the recommended 5-9 teaspoons. This is 200-400% more than recommended! Sugary beverages are a leading contributor to this excess. The average person consumes almost 100 pounds of sugar a year, with the single biggest source being sodas. Unlike just 2-3 decades ago, teens today consume twice as much soda as they do milk. During that same time frame, childhood obesity has skyrocketed. In addition to risk of obesity, consuming large amounts of added sugar contributes to increased blood sugar levels, which can ultimately increase the risk of developing diabetes.

Many parents believe full-sugar soda is not a healthy option for their children, but they are under the impression that children's fruit drinks are healthier. However, ounce per ounce, fruit drinks and energy drinks generally contain as much sugar as soda. Sugar sweetened coffees and iced teas, sports drinks and flavored waters typically contain 3 to 5 or more teaspoons of sugar per 8 ounce serving. Even 100% fruit juices, pack a lot of calories, prompting many physicians and healthcare practitioners to encourage opting for whole fruit over juices.

Slash out sugary beverages by replacing them with more water and nonfat milk. Add a squeeze of lime or lemon to water to enhance the flavor and add some vitamin C.

**ZERO** Out Sugary Beverages!

Points for the goal of **0 Sugary Drinks** can be tracked using the following chart:

Day	Week 1		Week 2		Week 3		Week 4	
	# of Sugary Drinks	Points						
<b>Monday</b>		/5		/5		/5		/5
<b>Tuesday</b>		/5		/5		/5		/5
<b>Wednesday</b>		/5		/5		/5		/5
<b>Thursday</b>		/5		/5		/5		/5
<b>Friday</b>		/5		/5		/5		/5
<b>Saturday</b>		/5		/5		/5		/5
<b>Sunday</b>		/5		/5		/5		/5
<b>Total</b>		/35		/35		/35		/35

**0** sugary drinks/day=5 points. **More than 0** sugary drinks/day= **0** points.

# O

## TOBACCO

### 0: Eliminate tobacco products

Despite the fact that we have known the dangers of tobacco use for many decades, the intense marketing by tobacco companies continues to lure replacement tobacco users for the 1200 people who die daily in the United States due to tobacco use. Worldwide, tobacco use kills 5.4 million people a year — an average of 1 person every 6 seconds and accounts for 1 in 10 adult deaths. Cigarettes contain urea, arsenic, formaldehyde, lead, hydrogen cyanide, nitrogen oxide, carbon monoxide, ammonia and 43 known carcinogens. Tobacco use is the single-most preventable cause of death in the United States. Even non-smokers are at risk. Annually, in the United States over 3,000 deaths from lung cancer are caused by exposure to second-hand smoke.

In an effort to attract new users, the Tobacco Industry is always exploring new product development. Electronic cigarettes, also known as e-cigarettes, are battery operated nicotine delivery devices that heat liquid nicotine and other chemicals, releasing a vapor, which users inhale. These products are also available in candy and fruit flavors, which are especially enticing to young people. Additionally, the liquid nicotine is available in different strengths. Recently, there has been a surge in e-cigarette marketing and these companies are using the same tactics used to market regular cigarettes. It is important to note e-cigarettes appear to be viewed as a smoking cessation device. However, because there is much to be determined about these products, DOH-Collier does not endorse e-cigarettes as a beneficial step for smokers who are attempting to quit.

**ZERO Out Tobacco!**

Points for the goal of **0 Tobacco Products** can be tracked using the following chart:

Day	Week 1		Week 2		Week 3		Week 4	
	# of Tobacco Products	Points						
<b>Monday</b>		/5		/5		/5		/5
<b>Tuesday</b>		/5		/5		/5		/5
<b>Wednesday</b>		/5		/5		/5		/5
<b>Thursday</b>		/5		/5		/5		/5
<b>Friday</b>		/5		/5		/5		/5
<b>Saturday</b>		/5		/5		/5		/5
<b>Sunday</b>		/5		/5		/5		/5
<b>Total</b>		/35		/35		/35		/35

**0** tobacco products/day=5 points. **More than 0** tobacco products/day= **0** points.

# Tobacco Cessation Services

If you are ready to quit smoking, the Florida Department of Health—Collier County Tobacco Control Program is here to help. We know quitting smoking can be especially difficult, and many studies have shown readiness is the key. Breaking the nicotine addiction is hard; writing down why you want to quit and setting a quit date are two helpful ways to get started. Additionally, participating in the Florida Department of Health's FREE 3 Ways to Quit program is another. Phone, web-based and group counseling are all available in English, Spanish & Haitian Creole. Translation services for all other languages and TDD service for the hearing-impaired is also available.

## 3 EASY & FREE WAYS TO QUIT



Talk to a Quit Coach® who can help you quit tobacco.

**1-877-U-CAN-NOW**

1-877-822-6669



Online help quitting tobacco is only a few clicks away.

[www.quitnow.net/florida](http://www.quitnow.net/florida)



Looking for local face-to-face help? Find classes near you.

[www.ahectobacco.com](http://www.ahectobacco.com)

### Tobacco-Free Florida's Quit Tips

- Drink plenty of water & avoid caffeinated beverages
- Enjoy healthy snacks & become physically active
- Substitute sugarless gum for tobacco cravings
- Clean or whiten your teeth
- Have your car cleaned and detailed
- Stay away from places where smoking is allowed such as bars, nightclubs, and outdoor areas of restaurants that allow smoking
- Avoid triggers by breaking routine in situations where smoking was part of everyday life such as during coffee breaks, after meals or driving your car

# Resources Available to Employers

In an effort to collaborate with our community and agency partners, the Florida Department of Health—Collier County Tobacco Control Program offers the following free services to management and employers. These services contribute to supporting local efforts to make tobacco less desirable, acceptable, and accessible with the intention of helping your employees quit.

- Employee Health & Wellness Fairs
- Employee Worksite Wellness Campaigns
- Lunch & Learn Presentations
- Tobacco-Free Campus Implementation
- Tobacco Cessation Resources & Materials
- Tobacco-Free Campus Signage
- Recommendations on Tobacco Cessation Insurance Benefits
- Employee E-mail Blasts
- Free On-Site Tobacco Cessation Classes

Smoking Cost Calculator:

<http://www.tobaccofreeflorida.com/Contents-6/Cost-Calculator/>

To view a schedule for the 6 week smoking cessation classes please visit the calendar located on the Florida Department of Health website under Tobacco Cessation Programs:

<http://www.floridahealth.gov/chdcollier/>

To partner with the Tobacco Control Program: **239-252-6852**



# The Cost of Tobacco

Tobacco use is costly to employers both in terms of increased medical expenses and lost productivity. The Centers for Disease Control places a \$3,383 price tag on each employee that smokes. That is \$1,760 in lost productivity and \$1,623 on excess medical expenses. According to the American Productivity Audit, a national survey of over 29,000 workers, tobacco use was a leading cause of worker lost production time—greater than alcohol abuse or family emergencies. Quitting smoking, or even just cutting back, improves a worker's productivity.

## Florida's Money Up In Smoke:

**A look at the annual direct costs to the economy attributable to smoking**

**Total loss: \$19.5 Billion**

**Productivity loss:**

\$4.4 Billion

**Premature Death Loss:**

\$7.9 Billion

**Direct Medical Expenses:**

\$7.2 Billion



# Tobacco-Free Policies

Tobacco-free campus policies protect people from secondhand smoke, reduce cigarette butt litter and pollution, and give smokers another reason to quit. Instituting a tobacco-free campus policy, as well as linking smokers with cessation resources reduces the amount of cigarettes smoked per day, and increases the likelihood of a successful quit attempt.

The employer is not the only one who benefits from a tobacco-free policy. Employees who work in a tobacco-free environment are not exposed to the toxins found in secondhand smoke. Additionally, tobacco-free policies promote health and safety and support positive decision making. Lastly, the majority of employees appreciate clearly defined company policies regarding smoking at work.

## Policy Examples:

- **100% smoke-free grounds**

Smoke-free indoors and outdoors 24/7

- **100% tobacco-free grounds**

Tobacco-free indoors and outdoors 24/7

- **Smoke-free indoors with outdoor restrictions**

Smoking restrictions such as breathe-easy zones or designated smoking areas

- **Smoke-free indoors without any outdoor restrictions**



# WELLNESS EVENTS

Attending a wellness event sponsored by your worksite will earn you **100 points per event**. Events can include topics related to physical, emotional, and financial health. If you are unable to attend a wellness event due to schedule conflicts, point credit may be given if documentation of similar topic is submitted (please contact your Passport to Wellness coordinator(s) for more information).

Wellness Event	Topic	Points
<b>Event #1</b>		/100
<b>Event #2</b>		/100
<b>Event #3</b>		/100
<b>Event #4</b>		/100
<b>Event #5</b>		/100
<b>Event #6</b>		/100
<b>Event #7</b>		/100
<b>Event #8</b>		/100
<b>Total</b>		/1,000

# FARMER'S MARKET

Attending a Farmer's Market will earn you **100 points per visit**. Check off one fruit or vegetable for every visit to a Farmer's Market. Visit <http://search.ams.usda.gov/farmersmarkets/> for local Farmer's Markets in your area.



**1** Visit to a Farmer's Market=**1** Fruit or Vegetable=**100** points.

## BONUS OPPORTUNITIES

Bonus opportunities can be given by Passport to Wellness coordinator(s) for **VARIOUS point amounts**. The opportunities should encourage healthy lifestyle, community involvement or wellness promotion (examples include: 100 points for 5k walk or run, beach clean-up, etc).

Bonus	Points	Bonus	Points
<b>Bonus #1</b>		<b>Bonus #5</b>	
<b>Bonus #2</b>		<b>Bonus #6</b>	
<b>Bonus #3</b>		<b>Bonus #7</b>	
<b>Bonus #4</b>		<b>Bonus #8</b>	
<b>Total</b>			

# PREVENTABLE EFFORTS

Preventative efforts will earn you **100 points per effort**. There are four categories to earn points: **EAT, MOVE, CONNECT & RELAX**.

There are many ways we can prevent chronic disease from entering our lives. The following are just a few ideas to help spark the initiative in your home for staying healthy. They also remind us on a daily basis we all are responsible for our own health and well-being. It's about changing the focus to develop healthy communities with businesses, schools and individuals working in collaboration. The ultimate goal is to live longer, better lives by transforming our actions and surroundings.

Solutions for changing our communities include ones we can implement now, as well as those that will pay off future generations:

- Support the schools as the heart of health and continue to implement the education at home in the individual lives of each and every member of our family.
- Choose to consume healthy foods at home and support restaurants that offer healthy choices.
- Be aware of how food is marketed to you and your family.
- Integrate physical activity into our lifestyles everyday in every way.
- Activate families, co-workers, friends and health care professionals to maximize our health and environment we live in now and for future generations.

On the next page, you will find examples of **preventable efforts** you can start today!

# PREVENTABLE EFFORTS

EAT	Points	CONNECT	Points
Cook meals that are <b>plant-based</b> , using beans, tofu or less meat (right portion size of meat: deck of cards).	/100	Put loved ones <b>first</b> (establish family rituals like dinner together at least 3 times a week, game night, etc.).	/100
Stop eating when you are <b>80 percent full</b> (use smaller plates, put away food after serving, sit while eating).	/100	<b>Surround</b> yourself with people that reinforce healthy living.	/100
<b>Replace</b> junk food with snacks like fruits, vegetables or nuts.	/100	Actively <b>participate</b> in your community (join a church, club, group, etc.).	/100
<b>MOVE</b>		<b>RELAX</b>	
Be <b>active</b> without thinking about it (take stairs, walk during breaks, etc.).	/100	Spend time on <b>yourself</b> (do a hobby, take a class, learn a language, travel, etc.).	/100
Start a <b>walking group</b> (invite family, friends, co-workers, neighbors, etc.).	/100	Determine your <b>life purpose</b> (happiness, family, volunteer, etc.).	/100
Challenge yourself by creating <b>goals</b> based on your current health status.	/100	Take time to <b>relieve stress</b> (meditate, pray, take a break, etc.).	/100
<b>Total</b>	/600		/600

Total Points Earned= \_\_\_\_\_/1,200 points

Thank you for participating in **PASSPORT TO WELLNESS!**  
Please add up your points from each section. Track your progress weekly and submit point updates to designated persons (contact Passport to Wellness Coordinator(s) for more information).

*HOW FAR DID YOU GO?*

Week	Total Points Achieved
<b>Week #1</b>	/1,195+
<b>Week #2</b>	/1,195+
<b>Week #3</b>	/1,195+
<b>Week #4</b>	/1,195+
<b>BONUS</b>	/Various
<b>Total</b>	/4,780+

For more information about this challenge, please visit:

[www.HealthyCollier.org](http://www.HealthyCollier.org)

Additional resources can be found at:

[www.SafeHealthyChildren.org](http://www.SafeHealthyChildren.org)

[www.HealthiestWeightFlorida.com](http://www.HealthiestWeightFlorida.com)



Your **PASSPORT TO WELLNESS** Coordinators are:

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Canada CUSTOMS DOUANES  
IMMIGRATION OFFICER 6079  
06-09-2002 EMPLOYMENT NOT PERMITTED

Travel



03-04-06 82 PARIS  
IMMIGRATION OFFICER  
Customs - Douanes

16 FEB 06 E



IMMIGRATION OFFICER  
Customs - Douanes

Canada CUSTOMS DOUANES  
332  
27 AL 2007  
DORVAL  
396

Airflight

DISTRITO FEDERAL  
16 FEB 06 E  
MEXICO ADF023

Vacation

03-04-06 82 PARIS  
IMMIGRATION OFFICER

Canada CUSTOMS DOUANES

Beach



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Resort

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16 FEB 06 E

16 FEB 06 E

