

St. Petersburg Bar Association (SPBA)

Health and Wellness Challenge

We Have Been Talking the Talk!

As the SPBA continues to encourage attorneys to embrace physical and mental health & wellness, the SPBA YLD encourages all law firms to participate in a May wellness challenge that will focus on shifting the culture within the individual firms. We encourage our firms' leadership to create an environment that is supportive of the overall staffs' wellness. We also encourage solo, small firms to create goals to support their individual wellness.

An award for the highest points earned will be provided to one law firm of five or more employees and one award for a firm of four or less employees. The award will be presented at the SPBA Annual Installation Ceremony held in June as we honor the leadership and those in the bar that have contributed to its success. All firms that participate, along with the winners, will be listed in the bar magazine and on bar social media.

What's In It for Me?

Increased Productivity, Health, Wellness AND gift card prizes valued at \$300 (larger firm) and \$200 (smaller firm).

Ready to Walk the Walk?

1. Simply email SPBA YLS President, Alex Lewis to confirm Alex@LCPALaw.com that your firm will be participating by April 15th
2. Firms that respond by April 1st earn 5 extra points and will be announced at the April Membership Luncheon
3. Host a meeting with your staff and designate someone to track the points
4. Submit your final score sheet by June 3rd to Alex Lewis. Score sheets will not be accepted beyond June 3rd
5. Attend the June 10, 2020 Installation to collect your prize!

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Firm Name: _____ Contact Person: _____

Email: _____ Phone: _____

Participating in the following Challenge:

- _____ Larger Firm Challenge - Five or More Staff Challenge
 _____ Smaller Firm Challenge - Four or Less Staff Challenge

Firm Challenges

○ 2 Pts – Host two wellness meetings to discuss with staff everyone’s wellness goals.	
○ 4 pts – Host a fitbit challenge (or use phone app) to track everyone’s daily steps for one week	
○ 8 pts – offer all staff three hours of wellness time every week for the month of May, to come in late or leave early for a wellness class	
○ 6 pts – offer all staff two hours of wellness time every week (see above)	
○ 3 pts – every staff person host two walking meetings when talking with other staff	
○ 6 pts – host four healthy lunches with staff (delivered or at a healthy restaurant)	
○ 5 pts – have all staff commit to taking the stairs everywhere they go for one week	
○ 15 pts – Leadership – host a wellness check in with each of your staff to ask how they are doing and if there is anything you can do to decrease the stress in the office.	
○ 10 pts – Do not allow staff to work past 5pm for one week.	
○ 8 pts – Do not allow staff to email work related emails after 5pm for one week	
○ 4 pts – All staff download a meditation app and meditate one time every week in May	

○ 2pts- Create a daily step challenge (ex. Minimum 5000 steps a day)	
○ 2pts- Create a push up challenge. Challenge can be a one-time event for greatest numbers or a minimum daily goal.	
○ 2pts- Create an air squat challenge. Challenge can be a one-time event for greatest numbers or a minimum daily goal.	
○ 2pts- Create a sit up challenge. Challenge can be a one-time event for greatest numbers or a minimum daily goal.	
○ 2 pts- Create a challenge for your staff to complete during the month of May. All created challenges must be submitted in advance for approval.	