

HELLO NAME (EMPLOYEE ID NUMBER) :

WELCOME TO WEEK ONE OF THE **HEALTHY BACK CHALLENGE (HBC), 8-WEEKS TO A BETTER BACK.**

FOR SOME OF YOU THIS MIGHT SEEM LIKE A STRANGE CHALLENGE. MAYBE YOUR BACK HAS NEVER BOTHERED YOU. FOR OTHERS, YOU MAY BE LIVING WITH BACK PAIN, AND NOTHING HAS REALLY HELPED. REGARDLESS THE HBC WILL BE TIME WELL SPENT.

HERE ARE A FEW REASONS YOU SHOULD PARTICIPATE:

- BACK PAIN IS SO COMMON THAT OVER 8 IN 10 OF PARTICIPANTS (CURRENTLY HAVING BACK PAIN OR NOT) WILL EXPERIENCE SIGNIFICANT EPISODES OF BACK PAIN, MOST COMMONLY IN THEIR 30S AND 40S.
- OUR BACKS ARE INVOLVED IN NEARLY EVERY MOVEMENT WE MAKE. STRONGER BACKS MAKE FOR EASIER, SAFER MOVEMENT.
- MOST BACK PAIN IS A RESULT OF MUSCULAR, JOINT AND NERVE PROBLEMS AND NEARLY ALL SOURCES OF BACK PAIN ARE TREATABLE, TO SOME DEGREE, BY EXERCISE AND LIFESTYLE.
- THERE IS NO ONE-SIZE-FITS-ALL SOLUTION TO BACK PAIN. THE BEST ANSWER IS AN INDIVIDUALIZED PROGRAM BASED ON ASSESSMENT, LIFESTYLE PRACTICES, INCLUDING EXERCISE, AND PAYING ATTENTION TO SYMPTOMS. THE HBC WILL HELP YOU MAKE AN INDIVIDUALIZED PLAN TO DO THIS.

THE HBC IS VERY SIMPLE. SIMPLE DOESN'T MEAN EASY. THIS IS AN 8-WEEK COMMITMENT. BUT THE GOOD NEWS IS THAT MOST OF THIS CHALLENGE CAN BE DONE ANYTIME IT FITS INTO YOUR SCHEDULE. AND WE WILL BE HERE TO HELP YOU.

EACH WEEK OF THE HBC REPEATS ITSELF:

- YOU WILL RECEIVE A WEEKLY E-MAIL OUTLINING THAT WEEK'S ACTIVITIES.
 - THERE WILL BE ONE OR TWO ASSIGNMENTS EACH WEEK.
 - THERE WILL BE AN ONLINE QUIZ EACH WEEK.
 - THERE WILL BE AN **OPTIONAL** LUNCH & LEARN EDUCATIONAL SESSION.
 - FOR 7-WEEKS YOU WILL BUILD AND TEST AN EXERCISE PROGRAM.
 - FOR 6 OF THE WEEKS THERE WILL BE AN **OPTIONAL** SELF-ASSESSMENT. HERE ARE THE ASSESSMENTS:
 - HEALTHY BACK ASSESSMENT

- JOINTSTRONG™ ASSESSMENT BY [INTEGRATED MUSCULOSKELETAL CARE](#)
- LIFTING TECHNIQUE ASSESSMENT
- POSTURE ASSESSMENT
- ERGONOMIC ASSESSMENT OF WORKSTATION &/OR CAR
- BODY COMPOSITION ASSESSMENT
 - ALTHOUGH THESE ASSESSMENTS ARE OPTIONAL, IT IS HIGHLY RECOMMENDED THAT YOU COMPLETE THESE TO ASSESS THE HEALTH OF YOUR BACK AND THREATS TO THE HEALTH OF YOUR BACK. MANY OF THE ASSESSMENTS CAN BE REPEATED OVER TIME TO SEE IF YOU ARE BUILDING A BETTER BACK.

IF YOU COMPLETE THE HBC SUCCESSFULLY, YOU EARN 50 WELLPATH POINTS. THE LUNCH AND LEARN SESSIONS ARE OPTIONAL AND EACH IS ENDORSED FOR 15 WELLPATH POINTS. ANYONE CAN ATTEND THE LUNCH & LEARN SESSIONS.

HOW DO YOU KNOW IF YOU HAVE COMPLETED THE HBC SUCCESSFULLY? THERE ARE THREE REQUIREMENTS: **1)** COMPLETE THE HBC PRE-TEST IN THE FIRST WEEK OF THE CHALLENGE (NOW!), **2)** COMPLETE THE HBC POST-TEST AND **3)** AN EVALUATION AFTER THE CHALLENGE IS OVER.

IF YOU FEEL STUCK, OR JUST HAVE SIMPLE QUESTIONS, E-MAIL WELLNESS@SRPMIC-NSN.GOV.

THERE IS A WEB SITE FOR THE HBC: WWW.WELLPATH.INFO/CHALLENGES. IT IS FULL OF RESOURCES AND INFORMATION. WELLPATH WILL CONTINUE TO UPDATE THIS WEB PAGE THROUGHOUT THE HBC.

OK, WEEK ONE:

ACTIVITIES (REQUIRED):

- **COMPLETE THE PRE-TEST.** (THIS IS SUPER-IMPORTANT AND EASY). THE PRE-TEST IS COMPLETED ONLINE AND IT IS PREDICTED TO TAKE LESS THAN 6-MINUTES TO COMPLETE. [CLICK HERE](#) TO TAKE THE PRE-TEST.
- **REVIEW THE HEALTHY BACK SELF-ASSESSMENT MATERIALS** FOR WEEK ONE AND CONSIDER COMPLETING THE ASSESSMENT WITH A PARTNER. WE WILL HAVE A DROP-IN LAB SET UP TO ANSWER QUESTIONS AND HELP YOU UNDERSTAND THE ASSESSMENT.
 - THERE ARE TWO BACK ASSESSMENTS: WEEK ONE'S SELF-ASSESSMENT AND WEEK TWO'S ASSESSMENTS BY IMC. YOU CAN DO ONE, OR THE

OTHER, OR BOTH. MORE INFORMATION WILL BE COMING ABOUT THE IMC JOINTSTRONG™ ASSESSMENT FOR WEEK 2.

QUIZ (REQUIRED):

- HERE IS AN EASY AND EDUCATIONAL QUIZ ENTITLED *PREVENTION VS. TREATMENT*. [CLICK HERE](#) TO TAKE THE QUIZ.

LUNCH & LEARN (OPTIONAL):

THIS WEEK'S LUNCH AND LEARN IS AVAILABLE 3-TIMES AND IS BASICALLY AN INTRODUCTION TO THE HBC AND AN OPPORTUNITY TO ASK QUESTIONS. IT IS AVAILABLE ONLINE THREE TIMES AND IN-PERSON ONCE:

ONLINE ONLY:

MONDAY, AUGUST 13TH AT 11AM ([CLICK HERE TO REGISTER](#))

MONDAY AUGUST 13TH AT 12PM ([CLICK HERE TO REGISTER](#))

IN-PERSON IN TWO WATERS A109 **AND** ONLINE:

THURSDAY, AUGUST 16TH AT 11AM

[CLICK HERE](#) TO REGISTER TO ATTEND ONLINE

[CLICK HERE](#) TO REGISTER TO ATTEND AT TWO WATERS A109

WEB SITE:

OKAY, LAST BUT NOT LEAST LET ME REMIND YOU: THE WEB PAGE IS FULL OF RESOURCES TO HELP YOU. EACH WEEK THERE IS A DOCUMENT THAT PROVIDES GUIDANCE TO EACH WEEK'S PARTICIPATION. [HERE IS THE GUIDANCE FOR THIS WEEK.](#)

THERE'S A [HANDY-DANDY CALENDAR](#) TO HELP YOU PLAN YOUR PARTICIPATION. THERE IS A SCHEDULE OF THE LUNCH & LEARN SESSIONS WITH REGISTRATION LINKS, A RESOURCES SECTION AND ASSESSMENT SECTION, YOU GET THE PICTURE. YOU CAN CHECK THE WEB SITE ANYTIME, ANYWHERE YOU HAVE ACCESS TO THE INTERNET. WELLPATH WILL BE ADDING RESOURCES AND INFORMATION TO THIS SITE CONTINUOUSLY.

SO THAT'S A JAM PACKED FIRST WEEK OF *8-WEEKS TO A BETTER BACK*.

QUESTIONS? WELLNESS@SRPMIC-NSN.GOV

DON'T FORGET TO CHECK IN AT WWW.WELLPATH.INFO/CHALLENGES OFTEN.