

MOTION

The City of Los Angeles Personnel Department has launched its "LIVEwell" Wellness Program for the City's Civilian workforce. On September 5, 2017, the LIVEwell program will launch a physical activity program, called "WalkPlus," that draws on the excitement of virtually experiencing famous trails around the world. It will begin with a friendly team competition. Teams of 4-5 employees may register from September 5-22, 2017. The challenge takes place from September 18<sup>th</sup> through October 29<sup>th</sup>.

The team goal is to use the City's online WalkPlus program to travel 300 miles along one of six "virtual" trails. Walking as well as other types of physical activity count towards the miles walked. Teams can measure their progress via an online or smartphone app or through wearable devices and opt to publish it via an online leader board. The top five teams will win wellness prizes.

The Wellness Program is an important initiative to improve the health of the City's workforce. The Wellness Program is particularly focused on impacting those behaviors influencing chronic conditions. Healthier lifestyle choices help to prevent disease and support the long-term health and vitality of our workers. The WalkPlus challenge provides an excellent opportunity for City leadership to demonstrate its commitment to the Wellness Program, and I challenge all elected offices to enter a team and compete for bragging rights.

I THEREFORE MOVE that the City Council initiate a competition among the City Council offices to not only participate in the WalkPlus program but to compete against one another for the most number of miles traveled on the virtual trails.

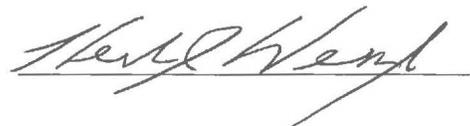
I FURTHER MOVE that the Personnel Department provide moral support, keep track of the progress of each Council office team, and recognize the winning Council office(s) upon conclusion of the campaign.

PRESENTED:



PAUL KORETZ  
Council District Fifth District

SECONDED:



ORIGINAL

SEP 5 2017

