



CALIFORNIA TASK FORCE

ON

# Youth and Workplace Wellness

Senator Tom Torlakson (D-7), Chair

Leah Cox, Executive Director

Sponsored by: Kaiser Permanente, American Cancer Society,  
Dairy Council of California, and the California Center for Civic  
Participation



# Wellness Task Force

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In 2002, the California legislature launched The California Task Force on Youth and Workplace Wellness to address the critical issues of physical activity and nutritional health in California's schools and workplaces.

The Wellness Task Force, as a public/private endeavor, brings together educators, health advocates, health providers, athletes and legislators. The mission of this multi-disciplinary Task Force is to create and promote programs and policies which decrease the obesity rates in California's schools and workplaces.

Under the leadership of Senator Tom Torlakson, the Wellness Task Force is committed to catalyzing better health outcomes for California's children and communities.

# Wellness Task Force Committees

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- Worksite Committee
- Schools Committee
- Policy Committee



# Wellness Task Force Worksite Committee

Promote programs, policies and activities that support physical activity and healthy food access in California workplaces

- ◆ **Fit Business Award**
  - 2006 Fit Business Award ceremony, October 25, 2006
  - Location: To Be Announced
  - Winners: To Be Announced
- ◆ **2007 Fit Business Application**
  - Tentative Timeline: Application released January 2007, Application due May 2007
- ◆ **2008 Fit Business Application**
  - The Fit Business Award application, review and recognition process is “under construction” at this time. We expect the new guidelines will be available for the 2008 FB application.

# Wellness Task Force Worksite Committee


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## Some of the Services and Resources We Support

- ✦ **Consultative**
  - Savvy Fitness, Paul Wright
  - Healthy Business Designs, LLC, Cathy Rasmusson
- ✦ **Materials**
  - Fit Business Toolkit ([www.ca5aday.com](http://www.ca5aday.com))
  - Shape UP San Francisco (materials TBA)
- ✦ **Worksite Programs and Services**
  - The FruitGuys, Chris Mittelstaedt
  - *Active for Life*, American Cancer Society

# Wellness Task Force Additional Projects

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- Legislative Hearings & Meetings
  - Wellness Toolkit
  - Resource Lists
  - PBS partnership
  - May Fitness Month & Fitness Faire
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# Wellness Task Force

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Ready. Set. Go!

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

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