

Assessor, REV and MFP teams- DHSS Boone County office

Walking Wednesday with Jill Christianson, Cassie Lewis, Kim Reynolds and Alanta free



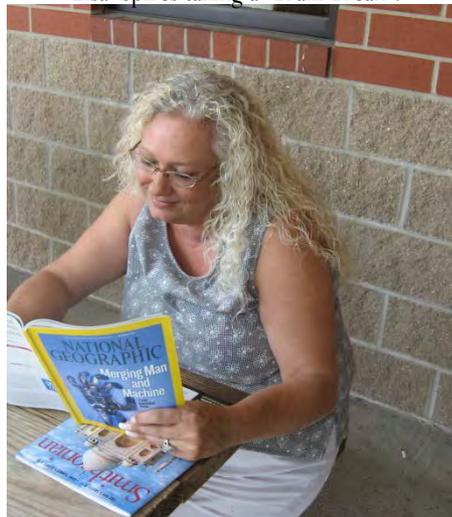
Tape Dispenser Bicep Curls with Denise Ellison



Jeff Williams biking to work



Lisa Spires taking a "Brain Break".



Cassie Lewis and Alanta Free arm wrestling!!!



Walking with co-workers and having fun is our favorite activity!!!



Bureau of Cancer and Chronic Disease Control:

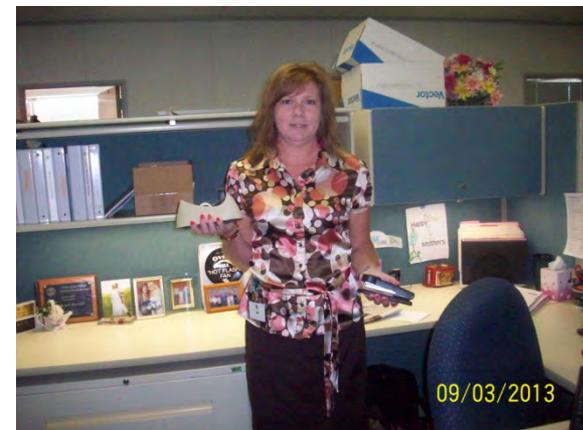
Task 1 Taking the stairs – Barbara Brendel



Task 2 Taking a mental break – Barbara Brendel



Task 3 Title Bicep curls – Barbara Brendel



Task 4 Sitting on an exercise ball – Barbara Brendel



Task 5 Walking Wednesday – Leigh Ann Brickey, Virginia Beatty, Barbara Brendel



Bureau of Cancer and Chronic Disease Control:

Task 1 Taking the stairs – Leigh Ann Brickley, Christen Haile, Virginia Beatty, Sam Pherigo



Task 2 Sitting on an exercise ball – Sam Pherigo



Task 3 Bicep Curls – Sam Pherigo



Task 4 Taking a brain break – Sam Pherigo



Task 5 Walking Wednesday – Sam Pherigo



Bureau of Cancer and Chronic Disease Control:

Task 1 Taking the stairs – Leigh Ann Brickey, Christen Haile, Virginia Beatty, Sam Pherigo



Task 2 Taking a physical break/Squats – Virginia Beatty; Barb Brendel and Susan Hentges are hiding from the photographer!



Task 3 Bicep curls – Virginia Beatty



Task 4 Sitting on an exercise ball – Virginia Beatty



Task 5 Walking Wednesday – Leigh Ann Brickey, Virginia Beatty, Barbara Brendel



Bureau of Cancer and Chronic Disease Control:

Task 1 Taking the stairs – Leigh Ann Brickey, Christen Haile, Virginia Beatty, Sam Pherigo



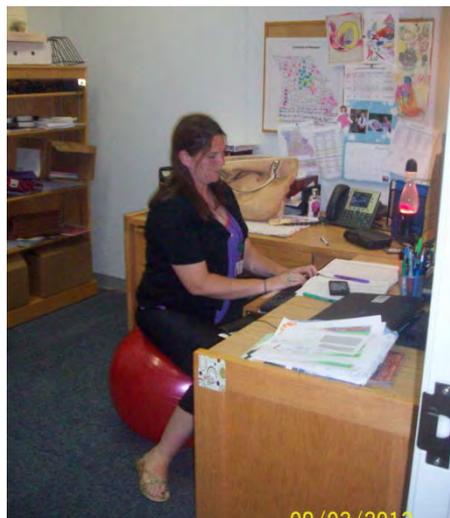
Task 2 Create own fun activity – bouncing a ball – Christen Haile



Task 3 Bicep curls – Christen Haile



Task 4 Sitting on an exercise ball – Christen Haile



Task 5 Walking Wednesday – Leigh Ann Brickey, Virginia Beatty, Christen Haile



Bureau of Cancer and Chronic Disease Control:

Task 1 Taking the stairs – Leigh Ann Brickey, Christen Haile, Virginia Beatty, Sam Pherigo



Task 2 Taking a brain break – Leigh Ann Brickey



Task 3 Title Bicep curls – Leigh Ann Brickey



Task 4 Sitting on an exercise ball – Leigh Ann Brickey



Task 5 Walking Wednesday – Leigh Ann Brickey, Virginia Beatty, Christen Haile



Center for Local Public Health Services: Physical Activity During Recent Office Move

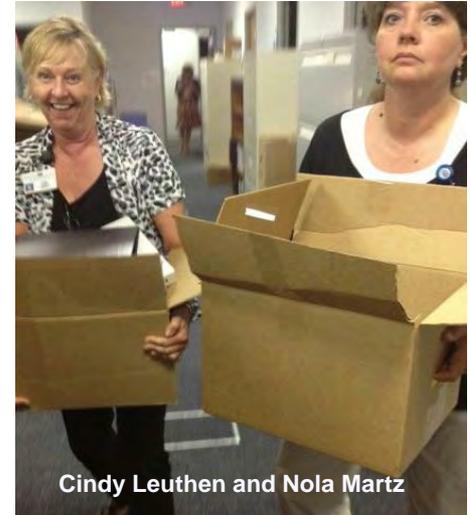
We have the Power to Better Our HEALTH



Resistance and Weight Training



Cardio - Squats to Strengthen Leg Muscles



Balance and Endurance



Stretching to Increase Flexibility



Telephone Arm Curls for Toning



Wall Pushups to Strengthen Upper Body

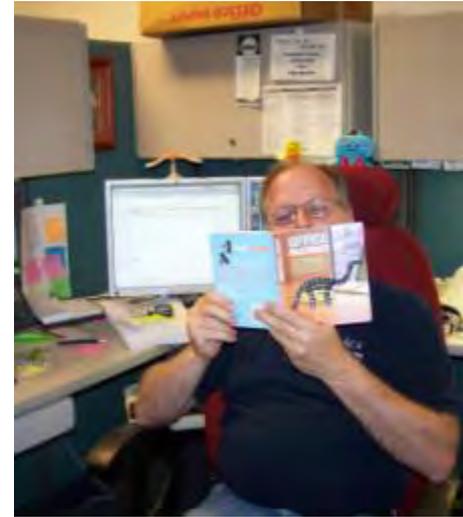


DSDS/Central Registry Unit

Tossing the Football: Connie V., Joseph S., & Wendy B.



Brain Break: Keith F.



Squats: Melissa B., Linda F., & Chloe F.



Bicep Curls: Gwenda W. & Kathy Y.



Walking Wednesday: Jana A., Connie V., Wendy B., & Jean L.



Bureau of Senior Programs/DSDS:

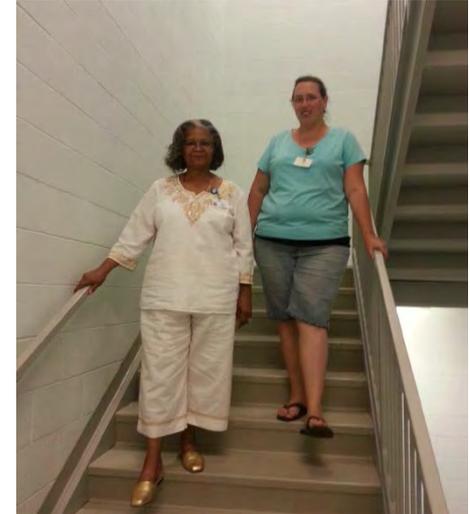
Michael Brewer and Glenda Meachum-Cain doing bicep curls with office supplies



Glenda Meachum-Cain challenging supervisor Michael Brewer to a push-up contest



Katie Hollis and Glenda Meachum-Cain walking the stairs



Glenda Meachum-Cain sitting on an exercise ball



Glenda Meachum-Cain dancing at Senior Day at the state fair in Sedalia



Bureau of
Senior
Programs/
DSDS
Michael Brewer
Katie Hollis
Glenda
Meachum-Cain

Bureau of Senior Programs/DSDS:

Glenda Meachum-Cain Line dancing at Senior Day at the state fair in Sedalia



Bureau of Home & Community Services/DHSS-Region 2

Participate in Walking Wednesday-Tim Jackson,
Jim Kerber & Leigh Beard



Challenger your supervisor to a push-up contest-
Tim Jackson & Jim Kerber



Sit on an exercise ball in your workplace-Sara
Avery-Williams



Do bicep curls with office supplies-Amber Sindle



3 sets of 15 squats-Tim Jackson, Leigh Beard &
Sara Avery-Williams



Team Members

- Sara Avery-Williams; AOSA
- Leigh Beard; APCW
- Autumn Cabaniss; APCW
- Rachael Carlton; LTCS
- Karl Dambach
- Lorraine Davis; LTCS
- Tim Jackson; RM
- Courtney Kennedy; APCW
- Jim Kerber; APCW
- Kim Russell; LTCS
- Tonya Schrum; APCW
- Amber Sindle; APCW
- Sharon Stokes; SOSA
- Ryan Wichern; APCW

Bureau of Home & Community Services/DHSS-Region 2

Our fun activity-Ryan Wichern bench pressing
Tim Jackson



Taking the stairs instead of the elevator-Tim
Jackson & Courtney Kennedy



Throwing a Nerf football-Tonya Schrum & Sharon
Stokes



Taking a brain break-Kim Russell, Autumn
Cabaniss, Lorraine Davis & Rachael Carlton



Bike to work-Karl Dambach



Jasper County DSDS

WALKING WEDNESDAY WITH JESSICA GRENINGER,
KATHY RUSHING, LAURA ROY AND HEATHER
HOUSH

PAM GIBBS SITTING ON HER EXERCISE BALL



HEATHER HOUSH PUMPING VEGGIES!



LANA COX WORKING THE STRETCH CORD



HEATHER HOWARD, JEREMIAH STUTMAN, LAURA
ROY & PAM GIBBS DOING THE SID SHUFFLE!



MSPHL/SCOPE Initiative Measures Team

Using exercise balls for a Measures meeting



Walking Wednesday



Cooling our brains during a brain break in the cold room



Taking the stairs



Tossing the football on break



Shondra Johnson-MSPHL
LIMS
Laura Naught- MSPHL
Quality Systems
Mindy Rustemeyer-
MSPHL Chemistry
Photos by:
Erin Corum- MSPHL
Administration

Bureau/Work Unit: Directors Office – OPI

Bicep curls with office supplies: Charisse Pappas, Jessica Kavanaugh, Lori Buchanan, Kathy Branson



Stretch break during a meeting: Lori Buchanan, Kathy Branson, Jessica Kavanaugh, Charisse Pappas



Squats: Jessica Kavanaugh, Charisse Pappas, Kathy Branson, Lori Buchanan



Taking the stairs not the elevator: Jessica Kavanaugh, Lori Buchanan, Charisse Pappas, Kathy Branson



We have the strength to lift the world: Kathy Branson, Charisse Pappas, Jessica Kavanaugh



Sitting on exercise ball while doing exercises: Charisse Pappas, Kathy Branson, Lori Buchanan, Jessica Kavanaugh

CCFS Shelley Truesdale sitting on an exercise ball at her desk



CCFS Alyssa Riley taking the stairs instead of the elevator



Unit Meeting taking a stretch break



Two supervisors, CCS Nancy Scherer & CCS Beverly Dyson, challenged to a push up contest



CCFS Marla Chrisco & CCFS Shalinda Wallace doing lunges in their cubicle to stay fit



Bureau/Work Unit: SLCR, QA unit

Bicep Curls with office supplies Kristi Luebbering and Toni Steward



Tossing a football Kristi Luebbering and Toni Steward



Walking Wednesday Kristi Luebbering and Toni Steward



Bicep curls Kristi Luebbering and Toni Steward



Exercise break at a meeting Kristi Luebbering and Toni Steward



Bureau/Work Unit: Special Health Care Needs and Adult Brain Injury Unit

Walking Wednesday Group!



Deloris Hubner, Lori Gillmore, Jennifer Braun and Joan Dicks

Paula Practicing Good Posture



Paula Darr

Bicep curl Challenge Bureau Chief and Section Administrator!



Lisa Crandall and Steve Cramer

Fitness Pyramid



Aleesha Rhodes, Amy Hampton, Lisa Crandall, Nicci Trapp, and Venice Wood

Squat Challenge



Nicci Trapp, Aleesha Rhodes, Lisa Crandall, and Amy Hampton

Tell about your favorite activity and the experience! (optional)



Push up's at work are a challenge in work attire, needless to say we put our heads (feet) together and came up with a creative option that worked for all.

HUMAN RESOURCES

Take the Stairs instead of the elevator. Meredith Curry, Janice McConnell and Donna Buxton opt to take the stairs.



Challenge your supervisor to a push-up contest. Janice McConnell challenges her supervisor Meredith Curry to a push-up competition. Janice won when Meredith fell to the floor.



Do bicep curls with office supplies. Patricia Parrish loves doing bicep curls with her stapler and tape dispenser.



Take a brain break during the work day. Michelle Jacobsen and Meredith Curry are clearing their minds by doing Yoga. This is called the Tree Pose.



Create your own fun activity and take a picture. Donna Buxton and Janice McConnell show us how easy it is to do wall-sits.



Division of Administration/Bureau of Financial Services:

Task 1 Walking Wednesday Patricia Wommel, Lisa Miller, Dawn Schaperclaus, Tim Oligschlaeger, Yvonne Tordoff, Amanda Kramer, Stacy Kurrelmeyer taking photo



Task 2 Take a physical activity break during a meeting, as a group during our monthly meeting batted a yellow balloon around the room. Patricia Wommel, Dawn Schaperclaus, Tim Oligschlaeger, Yvonne Tordoff, Stacy Kurrelmeyer, Lisa Brandenburg, Stephanie Opie, Deanna Tillison, Amanda Kramer taking photo.



Task 3 Do bicep curls with office supplies. Patricia Wommel, Tim Oligschlaeger, Yvonne Tordoff, Lisa Miller, Lisa Brandenburg, Amanda Kramer, Stacy Kurrelmeyer taking photo.



Our Group consists of Patricia Wommel, Lisa Miller, Dawn Schaperclaus, Tim Oligschlaeger, Yvonne Tordoff, Amanda Kramer, Stacy Kurrelmeyer, and Lisa Brandenburg

Division of Administration/Bureau of Financial Services

Task 4 Cupid Shuffle, the first attempt was on Friday which, Tim and Dawn participated , this is a redo for the photo. Patricia Wommel, Lisa Miller, Dawn Schaperclaus, Tim Oligschlaeger, Yvonne Tordoff, Stacy Kurrelmeyer taking photo



Task 5 Nerf ball in parking lot Patricia Wommel, Lisa Miller, Yvonne Tordoff, Amanda Kramer, Stacy Kurrelmeyer taking photo



Our Group consists of Patricia Wommel, Lisa Miller, Dawn Schaperclaus, Tim Oligschlaeger, Yvonne Tordoff, Amanda Kramer, Stacy Kurrelmeyer

Tell about your favorite activity and the experience! (optional)

- Dawn said: **Take a physical activity break during a meeting.** Taking a small break to stretch during a staff meeting allows those who participate to interact with one another and was a nice change. Small “energy/stretch” breaks allow a person to refocus on the meeting agenda. I don’t think they should be done in every meeting but this was a nice change. Thank you for the challenge, this allowed our group to spend a little more time getting to know one another.
- Stacy said; Well I have thought that all of the activities have been a blast. I will have to say that the **Cupid Shuffle was my favorite** only because we have some people in our group that have never done a line dance before and they even joined in. It is truly amazing at the participation you get with exercising when you don’t call it exercising and that it’s just a fun/break activity. It also nice to do fun activities with co-workers and forget about your job for a few minutes.
- Lisa said: I really enjoyed all the activities, if you are familiar with the personally colors. I think everyone should take a little time to be ORANGE. I got to know my co-workers on a more personal basis.
- Patricia said: My favorite activity was throwing the ball around outside. The overall experience was a good one. We were able to enjoy doing a variety of activities with our coworkers outside of the normal office stuff. I learned a new dance, which I will be able to use outside of work. The short interlude during our monthly meeting was a nice brain break, giving us time to stretch and not think about work the whole time. I enjoyed all of the activities and hope to participate in more worksite wellness activities in the future
- Amanda said: I really enjoyed the whole experience! The camaraderie of our group is great and it really brought our team together. I think I enjoyed tossing the ball in the parking lot the most, though. We laughed and talked about the whole scavenger hunt. We shared thoughts and played. This whole activity was a benefit to our team because we saw different aspects of one another. As the newest member to this division, I felt like I was really accepted and learned a great deal about each person who participated. I had a wonderful adventure with my co-workers!!

Community Health and Wellness – Central Office

Alma on the ball



Barb doing push-ups



Barb and Jeanne – the team that squats together.....



Emily was limited by broken leg – but managed to do curls with her crutches!



Marcia and Tiffany during a meeting stretch break.



Team Members:

Alma Hopkins, Barb Keen,
Jeanne Ruth, Emily Denight,
Marcia Davis, Tiffany Tuua,
Victoria Warren, Denny
Spurling, Kathy Craig, Marge
Cole

Cheerleaders:

Pat Simmons, Annette Bales,
Praveena Ambati, Amanda
Crouch, Vicki Franklin, Brenda
Maley, Leslie Murphy, Andra
Schmidt

Community Health and Wellness – Central Office



Denny needed more weight for lifting so he opted for a staff member's handbag over office supplies as he and Victoria worked out.



Kathy and Victoria in a 'push-off'

Marge and her ball



Jumpin' Jeanne!



Bureau/Work Unit: SLCR Macon – Region 5

Supervisor push up challenge (Shanna Ferguson/Jodi Rehard)



Jodi and Denise use exercise ball for chair



Walking Wednesday



Football bread (Amy Rehard, Tammy Lene, Calvin Skipper)



Ride bike to work –Sandra Chrismer



Please include names of the people in the photos in your captions.