

EMPLOYEE WELLNESS PROGRAM

On the Trail to Health, Heritage and Happiness™



What is the Cache la Poudre River National Heritage Area?

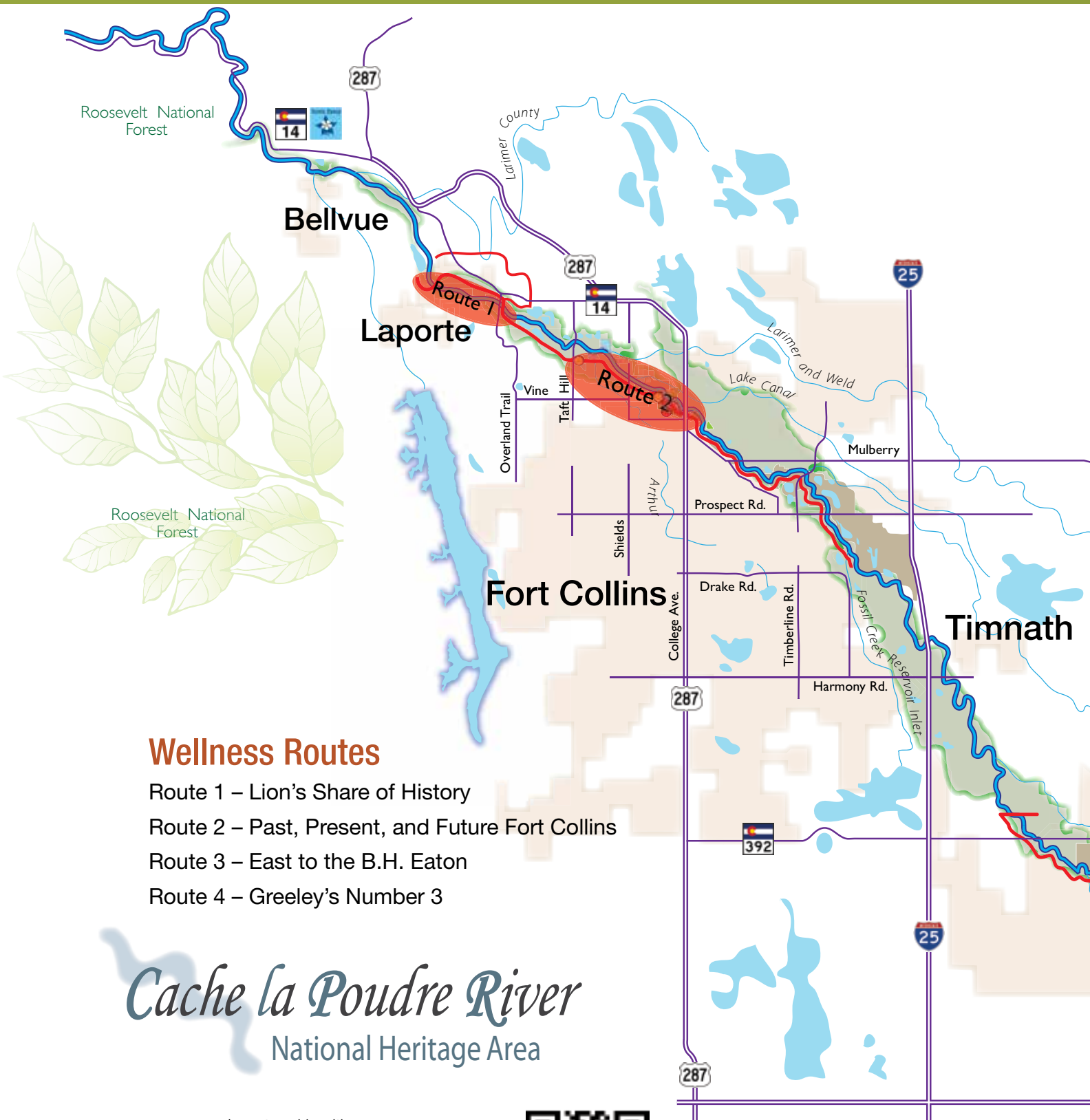
National Heritage Area designations recognize nationally significant resources and their role in defining a portion of the American cultural landscape. Our National Heritage Area extends 45 miles from the Roosevelt National Forest boundary to the confluence of the Poudre and South Platte rivers and celebrates national significance of the evolution of western water law on the Cache la Poudre River. We are offering a Community Wellness Program created in partnership with the Northern Colorado Rehabilitation Hospital titled “On the Trail to Health, Heritage, and Happiness.”



Why should your company or organization sign up?



- It's easy – we track employees' progress for you!
- The wellness routes are close to home with options from Bellvue to Greeley.
- Participants learn about local history and heritage while exercising.
- 44% of workers say they've gained weight in their present job (CareerBuilder).
- More than 60% of employers said workplace wellness programs reduced their organizations' healthcare and insurance costs (CareerBuilder).



Wellness Routes

- Route 1 – Lion’s Share of History
- Route 2 – Past, Present, and Future Fort Collins
- Route 3 – East to the B.H. Eaton
- Route 4 – Greeley’s Number 3

Cache la Poudre River National Heritage Area

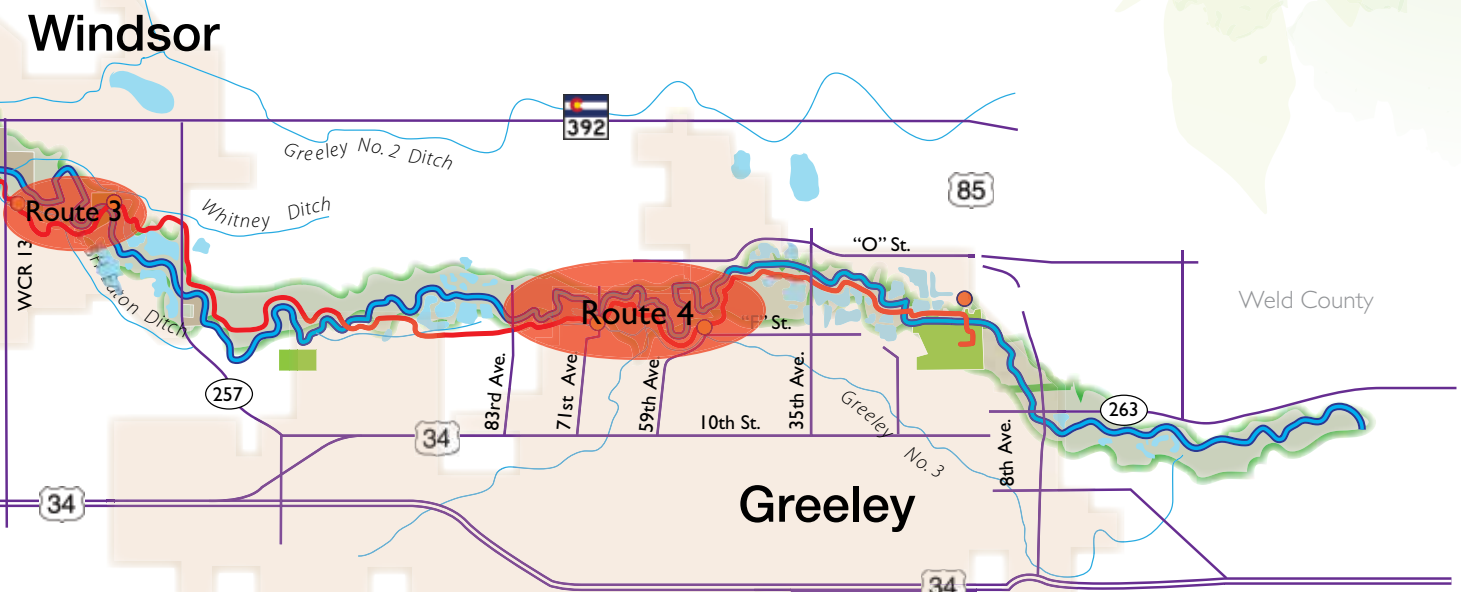
In partnership with



On the Trail to Health, Heritage and Happiness™



The National Heritage Area provides abundant activities, educational opportunities and interactive experiences.



How does it work?

There are several routes available to choose from, stretching from Bellvue to Greeley on the Poudre Trail, with opportunities to explore Northern Colorado's heritage and history while biking or walking. Along the way, participants answer heritage-themed trivia questions and take selfies at points of interest. After a route is completed, each participant enters their answers and photos on our website to track their progress.



"It's a wonderful way to give back to your employees and to help people physically, mentally, emotionally and spiritually while they connect with the river."

- Beth Bullard, CEO of Northern Colorado Rehabilitation Hospital



How do I sign up?

Joining is easy and the rewards are awesome! As an employer, you simply sign up with the Poudre Heritage Alliance by calling 970-295-4851 or emailing wellness@poudreheritage.org. Our program easily fits the individual needs and capabilities of companies and organizations of all sizes. We track the progress of each employee and provide reports and invoices at an interval of your choosing.

What does it cost?

Our program's cost operates on a sliding scale, based on the size of your company or organization. The costs listed below are per employee, per each route they complete.

- 100+ employees - \$25
- 50-99 employees - \$15
- 1-49 employees - \$10