



Mayors Wellness Campaign
Put your community in motion.

This checklist outlines how the Mayors Wellness Campaign (MWC) tools relate to the four MWC domains (youth, seniors, employees, overall community). A link to each tool is provided for reference. All MWC tools can be found here: http://www.njhcqi.org/initiative/mayors-wellness-campaign/mwc-tools/?fwp_resource_type=tools&fwp_resource_topic=mwc-activities

MWC Tool	MWC Domains
Arts and Wellness	Youth Seniors Employees Overall Community ★ ★ ★
Community Food Drive	Youth Seniors Employees Overall Community ★ ★ ★ ★
Community Harvest	Youth Seniors Employees Overall Community ★ ★ ★
Community Read	Youth Seniors Employees Overall Community ★ ★
Community Yoga	Youth Seniors Employees Overall Community ★ ★ ★
Dance-A-Thon	Youth Seniors Employees Overall Community ★ ★ ★
Eat Right Get Well	Youth Seniors Employees Overall Community ★ ★ ★
Film Festival	Youth Seniors Employees Overall Community ★ ★
Five Wishes Workshop	Youth Seniors Employees Overall Community ★ ★

Get Your Lunch In Shape	Youth Seniors Employees Overall Community <div style="display: flex; justify-content: space-around; width: 100%;"> ★ ★ </div>
Healthy Cook-Off	Youth Seniors Employees Overall Community <div style="display: flex; justify-content: space-around; width: 100%;"> ★ ★ ★ </div>
Healthy Corners	Youth Seniors Employees Overall Community <div style="display: flex; justify-content: space-around; width: 100%;"> ★ </div>
Healthy Fair	Youth Seniors Employees Overall Community <div style="display: flex; justify-content: space-around; width: 100%;"> ★ ★ ★ ★ </div>
Healthy Restaurant Initiative	Youth Seniors Employees Overall Community <div style="display: flex; justify-content: space-around; width: 100%;"> ★ </div>
Know Your Numbers	Youth Seniors Employees Overall Community <div style="display: flex; justify-content: space-around; width: 100%;"> ★ ★ ★ </div>
Mental Health	Youth Seniors Employees Overall Community <div style="display: flex; justify-content: space-around; width: 100%;"> ★ ★ ★ ★ </div>
School Nurses and Wellness	Youth Seniors Employees Overall Community <div style="display: flex; justify-content: space-around; width: 100%;"> ★ </div>
Self-Defense Classes	Youth Seniors Employees Overall Community <div style="display: flex; justify-content: space-around; width: 100%;"> ★ ★ ★ </div>
Sun-Screening Event	Youth Seniors Employees Overall Community <div style="display: flex; justify-content: space-around; width: 100%;"> ★ ★ ★ </div>
Supermarket Tour	Youth Seniors Employees Overall Community <div style="display: flex; justify-content: space-around; width: 100%;"> ★ ★ ★ </div>
Sustainable Community	Youth Seniors Employees Overall Community <div style="display: flex; justify-content: space-around; width: 100%;"> ★ ★ ★ ★ </div>
Vending Machine Makeover	Youth Seniors Employees Overall Community <div style="display: flex; justify-content: space-around; width: 100%;"> ★ ★ ★ </div>
Walk With The Mayor	Youth Seniors Employees Overall Community <div style="display: flex; justify-content: space-around; width: 100%;"> ★ ★ ★ </div>
Walking School Bus	Youth Seniors Employees Overall Community <div style="display: flex; justify-content: space-around; width: 100%;"> ★ ★ </div>
Weight Loss Challenge	Youth Seniors Employees Overall Community <div style="display: flex; justify-content: space-around; width: 100%;"> ★ ★ ★ </div>

Workplace Walking Challenge

Youth | Seniors | Employees | Overall Community

