

Wellness at work

Low-cost, fun ideas to promote good health

Health affects work. The better people feel, the better they work — and the lower your health care costs. That's why companies come up with fun and creative ways to get their employees involved.

Ever wondered how others promote good health in the workplace? We asked employers like you, and here are some of their best ideas.

- **Wellness bingo:** Employees get a bingo card each month. The spaces are marked with healthy activities such as walking at lunch or taking the stairs for a week. Come up with others: try yoga, use the onsite fitness center and more. Employees keep their cards posted outside their cubes until they complete the activities. Then, they give it to a wellness coordinator and get a new one. All completed cards are entered into a monthly drawing and the winner gets a prize.
- **Healthy recipe swap:** Twice a year, employees bring in a dozen copies of their healthy recipes along with the dish. Employees try the dishes and take a copy of the recipes they want.
- **Stability ball:** For those who sit at a desk most of the day, replace the chair with a stability ball.
- **Community Supported Agriculture (CSA):** Promote a CSA program to encourage employees to eat fresh fruits and veggies. They buy a share of a local farm and in return, they get part of the seasonal crops. Most farms give you a bag of produce weekly. Some include farm products such as eggs, cheese and flowers. It's a great way to support your local economy, too. For details, go to localharvest.org/csa.
- **Teams and sponsors:** Create teams to promote an active life and office rapport. Some ideas: hiking clubs, tennis teams and golf teams. Don't limit your teams to sports. A crew of volunteers for Habitat for Humanity works too. Also, sponsor a team or participate in events such as Bike to Work day.
- **Health tips:** Post a daily or weekly health tip on your intranet. Keep it simple and vary your topics. One week could be about dental health, the next about fitness and so on. Visit empireblue.com/timewellspent to access our online library of articles and other resources.
- **Fresh challenge:** Have your employees track how many fruits and veggies they eat. At the end of the week, give awards to those who ate the most. At the end of the challenge, reward all participants by setting up a salad bar for them.
- **Wii™ workout:** If you don't have an on-site fitness center, get a Wii system and fitness games. Set them up in a meeting room so the staff can play during breaks. Hold a Wii bowling tournament or a dance off.
- **Fruity Friday:** Make Friday a fruit day. Serve fruits and leave health tips next to the fruit basket.
- **Walk the dog:** For dog-friendly companies, employees can take their dogs to work. During lunch breaks, they can take the dogs for walks.
- **Healthy vending machine snacks:** Replace some of your vending machine snacks with healthier options.
- **Bikes:** Set up bike stands, with bicycles and helmets for your staff to share. They can ride the bikes for errands or to lunch.
- **Crunch time:** During stressful times when the staff is too busy to leave the building for lunch, provide bowls of fruit and healthy snacks.
- **Discover new trails:** Map out local walking trails and highlight a new route or park each month.
- **Menus:** Keep a stack of menus in the break room with healthy options marked.
- **Rewards:** Use your corporate credit card rewards points to order gift cards. Use them as prizes for wellness programs.
- **Walk for a trip:** Employees walk to qualify for a raffle to win a trip. For example, employees have to walk 2,000 miles to be entered in a drawing for a trip for two to Italy.

Feel free to adjust these activities to best fit your company's culture. And keep in mind your employees' safety.* The important thing is to encourage good health in the workplace. Keep building the strength of your business by helping employees focus on their health.

For more information, read the "Employer Guide to Wellness in the Workplace" or call your account manager.



*Companies have different policies related to employee safety and company-sponsored activities. Your company's policies should be your guide.

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