



Simple Ways to Promote Wellness at Work

1. Start a fresh fruit snack basket

Rotate shopping duties (once or twice a week) and charge 25 or 50 cents for a piece of fruit. Make fruit a cheaper and easier option than visiting the vending machine.

2. Take 10 (or 15) while training or meeting

Five, ten or fifteen minutes of physical activity can pay off during training days and important meetings. Activity helps relieve tension and boosts brainpower, too!

3. Plan to “meet and eat” with health in mind

Establish easy guidelines for foods and beverages brought or bought for office meetings and celebrations. Invite people to share their best tasting, healthiest recipes.

4. Get a walking group going

Peer pressure can work in positive ways. People are more likely to get going when they are accountable to someone else. Make it formal, make it informal; just do it!

5. Offer regular office “health day” activities

Set regular times, like an hour or two a month, to explore healthy options as a staff. Tour a fitness facility, try a new restaurant, visit a farmer’s market or play a game.

6. Increase your vending options

Tired of the same old choices? Visit with the vending company about healthier options like beef jerky, animal crackers, nuts, trail mix or peanut butter crackers.

7. Add art in the stairwells

Want people to take the stairs instead of the elevator? A few murals (painted by school art classes or talented employees) can really increase stairway traffic.

8. Email motivational messages

Short, fun tips via computer screens can remind staff to sit up straight, stand and stretch, eat a fruit, drink some water, take a walk or add a vegetable to lunch.

9. Create health-enhancing challenges

People enjoy a bit of healthy competition, especially with delicious prizes (a fruit and cheese basket!). Challenge staff to increase their daily steps or eat 5 A Day, every day!

10. Put up a basketball hoop

Put up a real hoop outside or a child-size/foam ball toy inside. Keep a few balls at a reception desk and encourage people to borrow them for breaks or at lunch!