



## 70 Ideas For Your Wellness Program

- Form a wellness committee
- Set goals and objectives
- Plan your wellness year
- Conduct an employee interest survey
- Find champions within your organization ( people who can serve as role models)
- Post healthy tips on your intranet, company newsletter, bulletin boards, or paychecks
- Use the National Health Observance Calendar to guide your program offerings
- Create a Wellness Bulletin Board in your cafeteria or break room
- Display a pamphlets with health information from trusted sources
- Offer online and telephone health coaching to your employees
- Create a wellness portal with links to online nutrition and activity trackers
- Hold a benefits fair
- Promote your Health Plans existing wellness programs
- Hold monthly lunch and learns on national health observance topics
- Develop a wellness resource center or library, stock it with videos, books, DVD's
- Sponsor a corporate fitness challenge
- Hold a health fair with a variety of preventive screenings
- Impose a "Twinkie Tax" on your least healthy cafeteria offerings
- Subsidize the cost of your most healthy food options
- Include nutrition information in your newsletter
- Hold a healthy food potluck
- Provide free fresh fruit in break room or conference rooms
- Offer free healthy snacks, (nuts, popcorn, water)
- Hire registered dietitians to hold "office hours" on a regular basis
- Consider on site exercise classes
- Schedule 5-10 minute stretch breaks throughout the day
- Offer onsite fitness and weight management programs

- Offer your employees online health coaching
- Create a Wellness Calendar
- Participate in community walks, and match employee contributions
- Advertise an exercise equipment swap
- Promote a bike helmet fitting day
- Place incentive stickers on low fat items in vending machines
- Hold healthy recipe contests
- Add healthy snacks to snack cart
- Change donut breaks to bagel and low fat topping breaks
- Send employees who adopt healthy behaviors personally signed letters from the CEO congratulating their healthy behavior
- Start meetings with a stretch and take a relaxation break in the middle of the meeting
- Conduct “Wash Your Hands” campaign
- Develop walking maps indoors. Measure the distance in halls and around the building for setting walking goals
- Schedule a “Sit and fit” lunch seminar
- Subsidize Weight Watchers classes for your employees
- Hold walking meetings
- Promote walking during breaks
- Allow flexible schedules for exercise
- Encourage employees to walk more by parking farther away from the entrance
- Install a basketball hoop outside your office
- Provide bike racks
- Make the stairwells more friendly and appealing
- Encourage stairwell use by putting friendly reminders to use stairs at the elevators and conduct an “Avoid the Elevator” campaign
- Encourage employees to sign up for community walks or fitness events
- Support a lunch time walking/running club
- Encourage your employees to form out of work sports teams
- Implement fitness incentive programs
- Create accessible walking or biking routes from your office
- Create a fitness space
- Negotiate corporate discounts for health club memberships
- Subsidize gym memberships for your employees
- Mandate a smoke free workplace
- Create smoke free grounds
- Hold onsite smoking cessation workshops
- Provide pamphlets on health effects of tobacco use
- Reimburse for tobacco replacement products
- Offer blood pressure screenings
- Offer ergonomic assessments
- Offer flu shots for employees and their families
- Offer health risk assessments to employees
- Offer periodic screenings for cholesterol, blood sugar, body composition etc

- Offer incentives for employees who participate in screenings
- Schedule workshops on relaxation, stress management and work life balance topics
- Offer free onsite chair massages once a quarter