



Having Fun with Worksite Wellness

Worksite Wellness activities do not have to mean “Oh no, now we have to perform some boring exercises.” When presented in a positive way, many Worksite Wellness activities can be fun for the employees. Included in this article are a number of things that a company can do to promote wellness in an enjoyable way.

Food

Once a month, have a Healthy Snack day where you provide a variety of healthy and tasty snacks. Also once a month, on a different day, provide a healthy and tasty lunch for everyone. Employees may even enjoy taking turns preparing the lunch as long as the boss pays for the food.



After providing the criteria (maximum number of calories, maximum fat content, etc.), hold a recipe contest for at least a dozen dishes, a different dish each month. Employees could taste a small sample of each dish during their lunch time and then vote for the best recipe.

During the holiday season, have participating employees provide samples of non-



alcoholic drinks that are also healthy.

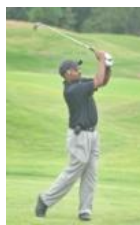
Stress Breakers

Bring in qualified people to provide massage therapy, teach yoga classes, etc.

Hold a daily stress break. This can be something as simple as a 5-minute period where everyone gets away from their work station or desk and performs a series of relaxing stretches.

After Work Activities

Offer periodic after-work activities for all of the employees (volleyball, golf, disc Frisbee, etc.). Have the teams divided so that each team is a mixture of work positions.



Forming teams in this manner helps everyone get to know individuals that they might not otherwise speak with, which makes for a friendlier workplace.

Organize periodic walkathons that take place at interesting locations such as a local park, a lake-



front, a zoo, etc. In addition to providing physical activity, these events can make people aware of interesting areas in the city that they didn't know about before.

Make employees aware of local walks or runs that are sponsored by American Cancer Society, Aids Foundation, etc.

Activities During Work

Consider holding some of the smaller meetings while walking outside or while walking through the hallways.

Hold a pedometer contest.



Employees start their pedometer when the workday begins and stop it when the workday ends.

The contest can have multiple winners. Anyone who accumulates a certain amount of steps is a winner. A common goal is to accumulate 10,000 steps during an entire day so something less than 10,000 steps would be reasonable.

Weekly-Monthly Activities

Send out a notice to every employee asking if anyone is interested in forming various clubs or groups for weekly physical activities. Activities can include disc golf, rock climbing, cross country skiing, etc.

Organize a scavenger hunt where everyone must use a bicycle to get to, and to take a picture of, certain landmarks. Include special arrangements for anyone who cannot travel via bicycle.



Contests

Hold friendly wellness contests between shifts or between groups within a shift. Using the honor system, contests can include which group spends the most time exercising, which group loses the most weight, etc. You can even provide traveling trophies for the winners.

Have employees show their creative side by submitting monthly wellness cartoons or animations. The cartoons and/or animations can even be made into a friendly contest where every employee votes for the best submission. The winning submission can be posted in the lunchroom or sent out as an email attachment.

Presentations

Using reliable health and wellness websites as resources, have a volunteer employee provide “health tips of the week” and post these tips in the lunch room or send them out via email. So that one individual does not have to do all of the work, rotate this task on a volunteer basis.

Using information from the health insurance provider, a local university or from reliable websites, have the employees take turns offering 10 to 15-minute after-work or lunch-n-learn seminars on a variety of health issues. Seminars can be as simple as a PowerPoint presentation.



Use a Saturday morning or one-half of a non-working day as an Employee Wellness Day. Start the day with a keynote speaker and then follow-up on this with breakout sessions on a variety of wellness issues.

Health Fair

Set aside one day to hold a health fair in a large room or outside in a large tent. Local

health agencies and businesses associated with health and wellness are usually very happy to sponsor a booth for this type of activity. Employees can attend the Health Fair during their lunch hour or right after work.

Hold an end-of-the-year banquet with a variety of healthy and tasty food options. Each employee could prepare a different healthy course like a pot-luck gathering. Allow each employee to bring a guest and make it an enjoyable evening. This event can take place any time of the year. You may even want to hold this event more than once a year.



Conclusion

Getting every employee to participate in the Worksite Wellness program is not likely to take place. However, if a company offers a variety of enjoyable wellness activities, participation percentages increase. Hopefully, the activities mentioned above will provide you with a sound foundation of enjoyable activities. Good luck with your program.

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