



Want Your Company Participate in National Employee Wellness Month? Here are Some Ideas to Consider.

- Host a kick-off event for National Employee Wellness Month on Wednesday, June 1, 2011 and/or host subsequent events throughout the month. Here are some ideas for additional company-wide events you could host throughout the month to motivate your employees to add physical activity into their workdays:
 - *Walk at Lunch Day* – Encourage employees to take a true lunch break and walk during it. Distribute walking maps with suggested routes and mileage. Hang a map of the area and paths around the office conducive for walking or exercise during lunch breaks and add distances from those locations, or share sites like www.mapmywalk.com and www.walkjogrun.net with employees so they can easily track how far they're walking.
 - *Take the Stairs Day* – Post signs near the elevators suggesting employees consider taking the stairs in support of National Employee Wellness Month. Post interesting notes in the stairwells to offer employees encouragement for their efforts, such as how many stairs they've climbed, average calories burned, etc. Enable employees to keep track of stairs climbed throughout the day and reward the employee who's climbed the most stairs at the end of the day, week, and/or month.
 - *Walk and Talk Day* – Encourage your employees to consider hitting the pavement during their regularly schedule meetings and walk during them instead of sitting around a conference table.
 - *Track Your Steps Week* – Purchase pedometers and distribute one or several to each department within your organization. Have each department choose different representatives to wear the pedometers each day of the week. At the start of each day, tally how many steps each department has taken, keeping a steps "leader board" in a highly visible place. Recognize and reward the department that has taken the most steps at the end of the week.
- If your company has an Intranet, consider adding a forum for employees to share their personal health and wellness success stories, and share helpful tips with fellow employees.
- Research what local charity walks or races are taking place in your area during the month of June. Create and sponsor corporate teams for select events, consider creating t-shirts for participants, and take pictures of your team participating in the event to share with your workforce and local media.
- Hold a series "healthy brown bag lunches" with guest speakers on fitness, nutrition and healthy living during the month. Invite fitness enthusiasts or those with wellness success stories from your company to share their experiences with the audience.
- Conduct raffles for fitness-related prizes – pedometers, light weight exercise equipment, fitness store and health club gift certificates, an iPod, etc.
- Encourage employees to set a new health and wellness goal for the month of June. For instance, can non-active employees set a goal to walk for 15 minutes a day? Can the more active members of your staff step-up their existing levels of physical activity?



- Allow employees to wear sneakers/running shoes to work for the month (and remember: most employees take their cues from their supervisors, so make sure management is similarly attired!).
- Bring in scales, blood pressure monitors and other measurement tools for employees to benchmark their existing health measurements; place these tools in high traffic areas of the office.
- Create a “farthest spot” award for the employee who parks the most distance from the building each day.
- Create posters that can be placed in the lobby or other high-traffic areas that shares popular fitness activities. Ask employees to put their names under their favorite activities or write in new activities. To bring these to life, encourage employees to bring pictures of themselves enjoying those activities to post as well. Keep the posters hanging throughout the month. Encourage employees to share their fitness experiences with one another and consider trying an activity they’ve never tried. Encourage employees to seek out co-workers with similar fitness interests and form groups.
- Create a “Fitness Mantra” board. Many athletes have a fitness mantra they repeat while exercising to stay focused on their goals. Create a fitness mantra board in the lobby during the last week of June and invite employees to write their personal fitness mantra on it to celebrate their progress during the month. They’ll inspire themselves and others.
- Partner with local gyms and consider offering employees reimbursements for gym memberships or complementary passes for the month.
- Promote National Employee Wellness month in paycheck inserts; ask employees to post those inserts in their workspace to remind them to stay active during the day.
- Add a billable code to your time tracking system during the month of June so employees can track their time staying healthy. Update the company on its number of “healthy hours” at the end of the month.
- Plan to become a Proud Supporter of National Employee Wellness Month 2012. Visit www.nationalemployeewellnessmonth.com to see this year’s list of Proud Supporters and contact Marian Hughes at 708.246.0083 or mhughes@tieronepr.com to learn how to pledge your support for 2012.