



Worksite Wellness Turnkey Program

Scavenger Hunt

An activity to help employees explore resources to enhance health



Scavenger Hunt Overview

The Scavenger Hunt is a worksite wellness activity that encourages employees to find resources in the community to enhance their health and well-being, and to share these resources with other co-workers. Examples of such resources can include a walking trail, a restaurant that serves healthy menu options, a book club that meets regularly or some kind of a support group. The following overview goes through the tools and resources that are available to help your wellness committee organize and implement this activity at your worksite.

The activity is designed over an eight-week period. It can be modified to suit the needs of your committee and number of participating employees. Participants start the hunt by spending one week searching for resources to help them eat healthier, be more physically active, quit tobacco or manage stress. At the end of the week, everyone shares their ideas with all the other program participants. Participants share ideas during a short meeting at a designated location or via conference call, e-mail exchange or a blog. All participants then

choose at least one resource they can utilize during the following week and document this in a log. Participants repeat the process of finding useful resources, sharing ideas with co-workers and then putting it into practice for all eight weeks. Distribute newsletters focusing on healthy behaviors every other week to keep participants interested and motivated. Award certificates at the end of the program.

Download sample materials for the hunt at www.EatSmartMoveMoreNC.com.

These materials include:

- announcement poster
- sign-up sheet
- Scavenger Hunt log
- bi-weekly newsletters
- quick tips sheet
- Certificate of Participation
- evaluation survey



Download additional Turnkey Programs and other resources for worksite wellness at www.EatSmartMoveMoreNC.com.



Step-by-Step Guide for Organizing the Hunt

1. **Talk** with management about implementing the Scavenger Hunt at your worksite. Show them the activity materials. Remind management that this activity will help employees practice healthy behaviors. It will also help build social support within the worksite.
2. **Designate** a program coordinator. The coordinator will be responsible for announcing the activity, posting and collecting the sign-up sheet(s), distributing the hunt log, bi-weekly newsletters, quick tips sheet and the evaluation survey. The coordinator will also help participants share their resources with their co-workers.
3. **Announce** the activity with the start and the end date to all employees at your worksite. A sample announcement poster is available for download at www.EatSmartMoveMoreNC.com. Post the announcement in several locations such as break rooms, bulletin boards or stairwells. Depending upon the size and organization of your worksite, additional advertising may be needed via e-mail messages, staff meeting announcements or by word of mouth.
4. **Recruit** participants for the activity by posting the sample sign-up sheet at appropriate places.
5. **Distribute** the hunt log and quick tips sheet to all participants. Also, explain to them what



they will be doing in this program. They will find resources in the community to enhance health and share these with their co-workers at the end of the first, third, fifth and seventh week. A few examples of such resources are included in the quick tips sheet. Remind them that during the second, fourth, sixth and the eighth week of the program, they will choose one of the resources that they've learned about and put it to use. This information is recorded on the hunt log.

6. **Send** newsletters to all participants on a bi-weekly basis. Four newsletter editions can be downloaded at www.EatSmartMoveMoreNC.com. Each newsletter edition focuses on a different aspect of healthy living i.e. Eating Smart, Moving More, Quitting Now and Managing Stress.
7. **Wrap-up** the program at the end of eight weeks with a healthy, potluck lunch. Encourage participants to continue practicing healthy behaviors by using the resources they found during the program.
8. **Evaluate** the Scavenger Hunt by distributing the sample evaluation form to all participants. Make a note of how many employees participated and if there were any drop-outs.
9. **Present** a Certificate of Participation to all participants. This can be signed by upper management or by someone else in the community.





Poster



Sign-Up Sheet



Quick Tips



Evaluation



Hunt Log



Newsletter 1



Newsletter 2



Newsletter 3

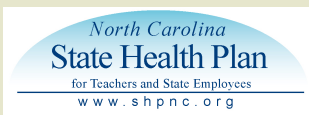


Newsletter 4



Certificate

Download these printable materials at www.EatSmartMoveMoreNC.com



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