

## Simple Ways to Promote Wellness at Work

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### 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.

