



Wellness Champion Best Practices

- Have monthly wellness committee meetings to plan wellness activities and discuss upcoming events.
- Create a monthly wellness newsletter.
- Create a wellness bulletin board posting upcoming wellness events as well as nutrition, fitness and stress reduction tips. Have fun monthly themes to tie into the season.
- Organize a wellness fair featuring various recreational activities, fitness vendors, health screenings and healthy food vendors.
- Organize a steps challenge where caregivers compete to get the most steps in a month. You can even compete in teams to help motivate each other.
- Hand out “wellness bucks” to caregivers that participate in various wellness activities. Wellness bucks can be turned in for prizes or used as entries for a drawing.
- Plan a roof top garden at work if space permits.
- Map out safe walking routes at work and encourage walking meetings and walk breaks.
- Plan a healthy cooking demo. Give out samples and recipe cards of the item demoed.
- Plan group outings that promote physical activity like tobogganing, bowling, a walk at the zoo, a group yoga class or running in a 5k.