

# Wellness Champion Best Practices



Consider all abilities on your team when planning wellness activities.



Have monthly wellness committee meetings to plan wellness activities and discuss upcoming events.



Share wellness-related opportunities with colleagues via email.



Create a wellness bulletin board for upcoming wellness events, as well as nutrition, fitness and stress reduction tips. Consider monthly seasonal themes.



Organize a wellness fair featuring various recreational activities, fitness vendors, health screenings and healthy food vendors.



Organize a steps challenge in which caregivers compete to get the most steps in a month. You can even compete in teams to help motivate each other.



Award “wellness bucks” to caregivers who 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 demonstration. Give out samples and recipe cards of the item.



Plan group outings that promote physical activity like tobogganing, bowling, a walk at the zoo, a group yoga class or running in a 5k.