

WORKPLACE WELLNESS PROGRAM IDEAS:

Getting started on implementing a Wellness Program does not have to be a financial burden nor does it have to take a lot of your time. Start small and see how it can impact your employees in a positive way.

Here are some low-cost activities that could work for you:

1. Allow access to on- and off- worksite gyms and recreational programs before, during, and after work hours.
2. Offer and encourage participation in after work recreation or leagues.
3. Offer cash incentives or decreased insurance costs for participation in physical activity and/or weight management or maintenance programs.
4. Offer shower and/or changing facilities onsite.
5. Offer outdoor exercise areas such as fields and trails for staff member use.
6. Offer bicycle racks in safe, convenient, and accessible locations.
7. Offer worksite fitness opportunities, such as group classes or personal training.
8. Offer an workplace exercise facility.
9. Set up programs that have strong social support systems and incentives and rewards, such as:
 - o Buddy or team physical activity goals
 - o Programs that involve staff members and family
 - o Programs to encourage physical activity, such as pedometer walking challenges
 - o Consider discounted or subsidized memberships at local health clubs, recreation centers, or YMCAs
10. Offer flexible work hours to allow for physical activity during the day.
11. Support physical activity breaks during the workday, such as stretching or walking.
12. Host walk-and-talk meetings.
13. Map out worksite trails or nearby walking routes and destinations.
14. Have staff members map out their own biking or walking route to and from work.
15. Post motivational signs at elevators and escalators to encourage stair usage.
16. Offer exercise/physical fitness messages and information to staff members.
17. Offer or support recreation leagues and other physical activity events onsite or in the community.
18. Start staff member activity clubs such as walking or bicycling clubs.
19. Offer worksite child care facilities to facilitate physical activity.
20. Sponsor a bike to work day and reward staff members who participate.
21. Set up a box and solicit fitness and health tips.

For a Full Listing of Ideas, refer to : [Workplace Wellness Programs: Low Cost Activities That Work](#)