

In the Spotlight

Mantua Township



One of the most effective ways to increase happiness at work is to strengthen interpersonal connections among co-workers. Studies have shown that by creating special areas that allow your employees to interact, have relaxing conversation, and take a few minutes to de-stress during the day, reinforces friendships and enhances productivity, leading to improved job satisfaction, cooperation and effective team work.

Mantua Township ignited this concept first with the transformation of an existing employee "lounge". Through adding color with fresh paint, inspirational messages with posters and uplifting décor that says "All are welcome to take a break", they have created a special space for their employees to connect and recharge.



Using some of their wellness funds, they purchased a treadmill, giving employees the opportunity to take a few minutes to move during breaks and lunchtime. Sedentary behavior during work is often unavoidable. But Mantua encourages their employees to move throughout their day with short bouts of low-intensity exercise. This not only can improve their overall health but can increase their energy level!

Starting in September and continuing through November, Walking Wednesday's have been implemented. For every 10-minutes of walking, an employee enters his/her name for a chance at a prize.

Thank you Mantua Township and a very special thanks to Jennica Bileci and Michelle Bruner for all their hard work in making this transformation a reality. Your support in promoting workplace wellness is greatly appreciated!

Do you have a story you'd like me to share? Please email me at debby_schiffer@targetingwellness.com.