



# Safety & Wellness Coordinators “Round Table” Discussion

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BURLCO & TRICO JIF Wellness Director**

# 2022

## THEME

### Reminder

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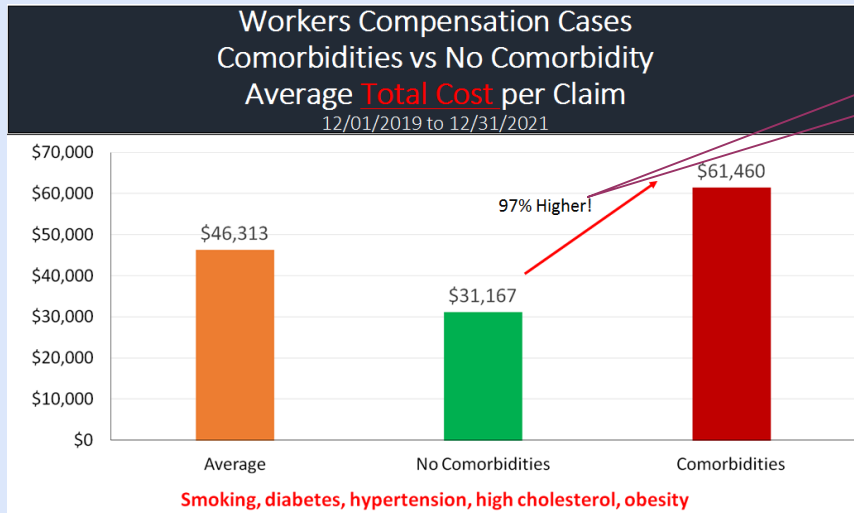
**Lifestyle Changes  
Create Lifetime Gains**



# Building a Healthy Lifestyle...

... To Prevent Comorbidities

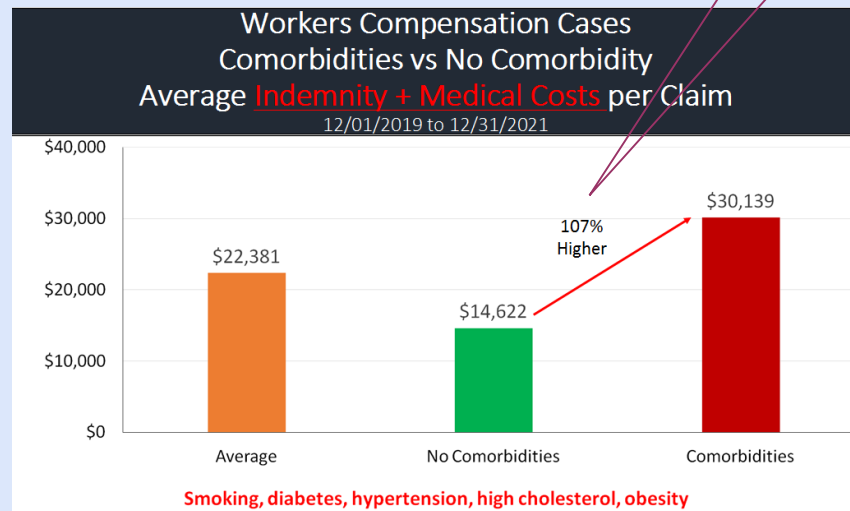




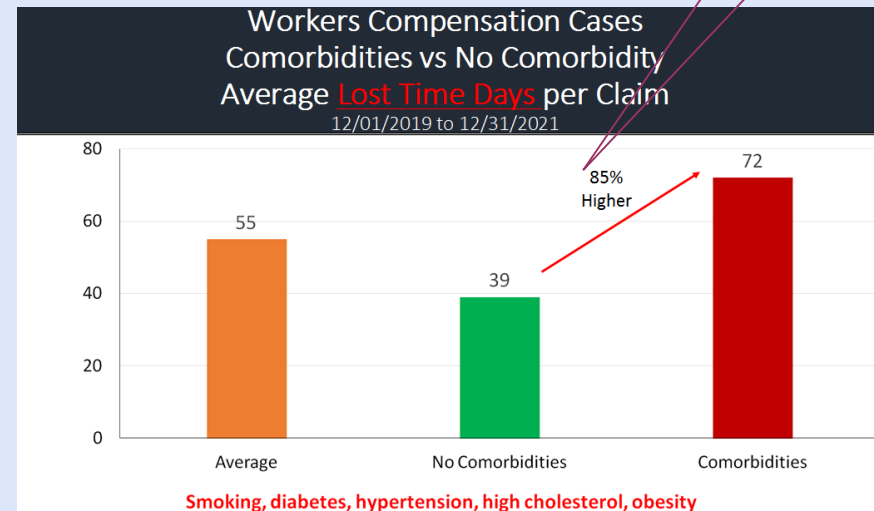
97% higher

## Comorbidities impact:

- Total Claims Cost
- Indemnity and Medical Costs
- Lost Time



107% higher



85% higher



# SETTING UP FOR SUCCESS



# ALIGNING OUR GOALS

- 2022 goals:
  - Wellness Director
  - Municipality
- Potential challenges involving your wellness program



# EMPLOYEE FEEDBACK

- **Scheduling and time**

- **New ideas**



- **Motivating employees**

# Wellness Advisory Committee

- **Purpose**
- **Members**
- **Goals & Objectives**







# A Whole Person Approach

# WELLNESS IDEAS

## Workplace Wellness Initiatives



January 2022

### Activities

#### CHALLENGES

- Sports Themed Challenges
- Healthy Lifestyle for Sustainable Weight Loss
- Hydration Challenge
- Step/Walking Challenges
- One Mile a Day Challenge
- Plank Challenge
- T-shirt Wellness Slogan Contest
- Healthy Cook Offs (Only prize reimbursements)
- Wellness/Fitness Bingo Challenges

#### JUST FOR FUN

- Family Feud, Jeopardy, Bingo, Trivia Questions
- "Walking Wednesday" or "Wellness Wednesday"
- Healthy Recipe Swap
- Employee Managed Raised Box Garden
- Team Building Activities:
  - ⇒ Escape Rooms, Axe Throwing, Bowling, Paint Night, 5K Race, Charity Events
- Gratitude or "Paying it Forward" Board/Wall
- Start a Book Club or Walking Club
- Monthly Clothing Theme:
  - ⇒ Pink in October, Red for Heart Month
- Update Wellness Bulletin Board with Different Themes Throughout the Year
- Walking Meetings

#### PRESENTATIONS

- Smoking/Vaping/Chewing Cessation
- Local Chiropractic or Acupuncture Education
- Chair Massages or Reflexology for Stress Management
- Nutritionist and Personal Trainers
- Cooking, Yoga, Meditation Demonstrations
- Smoothie Demo with Sampling & Recipes (must be approved by Wellness Director)
- Health Fairs
- Examples of Other Various Wellness Topics:
  - ⇒ Decoding the Nutrition Label
  - ⇒ Beginner Meditation & Mindfulness
  - ⇒ Sleep Hygiene
  - ⇒ Workplace Ergonomics
  - ⇒ Basic Office Exercises
  - ⇒ Gut Health

#### PREVENTION

- Annual Biometric Screenings
- Annual Mammogram Van Visit
- Quarterly Blood Pressure Screenings Through Your County or Municipality EMT or Fire Department
- Flu Clinics
- EAP Promotion
- NJ WELL Program
- Health & Lifestyle Coaching

FOR MORE INFO VISIT THE WELLNESS SECTION ON YOUR MUNICIPAL JIF WEBSITE:  
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## Workplace Wellness Initiatives



January 2022

### JIF Approved Wellness Items

#### HEALTHY FOODS

- Fresh Fruit/Vegetable Trays
  - Healthy Produce for "Farmers Market Day"
  - Farm Market/Co-op Gift Certificates
  - Healthy Fresh Produce Subscription Box
  - Water and Healthy Snacks (Limited to 50% of annual wellness funds):
    - ⇒ Almonds/Walnuts/Trail Mix/Seeds/Fruits and Vegetables/Pre-approved Bars\*
  - Try a New Recipe from the Monthly Wellness Newsletter!
  - Download Healthy Meal Planner Guide
- NOTE:** Office luncheons are not covered

#### DE-STRESS

- Create an Employee "Quiet Room" with Sound Machine, Salt Lamp, Comfortable Chairs, Relaxing Music, Inspirational Posters, Eye Pillows, Dim Lighting, Essential Oil Diffuser, Motivational Books
- Create a Gratitude Board
- Download a Meditation App
- Healthy Magazine Subscription
- Break Room De-Stressors:
  - ⇒ Community Puzzle/Word Search/Sudoku, Crossword Puzzle & Coloring Books, Healthy Magazines

#### PROTECT YOURSELF

Wrist Blood Pressure Machine • Bike Helmet • Running Hat/Visor • Sports Sunglasses • Sunscreen

\*Pre-approved Bars: Primal Kitchen Protein/RX Bars/Bulletproof/GoMacro/Health Warrior Pumpkin Seed Superfood/KIND Protein - Real Food (No other brands accepted)  
**NOTE: Only the food items listed above will be covered. No sandwiches, salads, or beverages other than water.**

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#### INCENTIVES/DOOR PRIZES

- Exercise Equipment:
  - ⇒ Resistance Bands/Dumbbells/Yoga Mat
- Office Treadmill or Bicycle for Lunch Break Use
- Exercise Tracking Devices, Gym Bags, Lunch Coolers, Reusable Water Bottles
- Cover Registration Fee for Local Races/Walks
- Offer Gym Reimbursement
- Massage/Spa Day Gift Certificates
- Gardening Tools, Camping Equipment
- Kitchen Appliances for Healthy Cooking Demos:
  - ⇒ Blender/Air Fryer/Pressure Cooker/InstaPot
- Desk Arm/Foot Pedal

\*Total prize values cannot exceed \$250/challenge.  
 Gift cards not permissible unless contest/door prize for event. Prior Wellness Director approval needed.

#### ERGONOMICS

- Standing Desk (Anti-fatigue mats)
- Ergonomically Correct Office Chairs
- Active Sitting Discs
- Screen Glare Protector
- Ergonomic Chairs/Keyboards/Mouse

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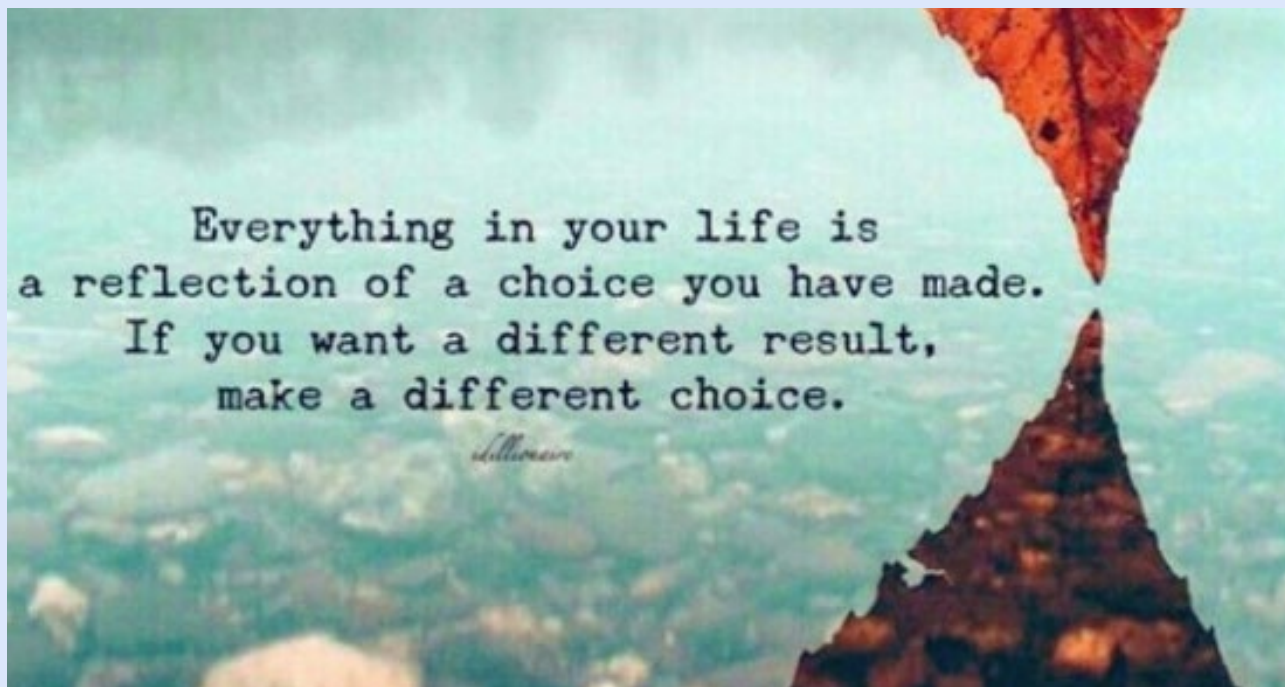


EVERYTHING  
YOU DO  
NOW IS  
FOR YOUR  
FUTURE.  
THINK  
ABOUT  
THAT.

KUSHANDWISDOM



GREAT THINGS  
NEVER  
CAME FROM  
COMFORT ZONES



Everything in your life is  
a reflection of a choice you have made.  
If you want a different result,  
make a different choice.

*William*

How Do You Want This Year To  
Be Different?



THANK  
YOU