

# September 2021 Wellness Champions



## Easy, Fun Wellness Activities for the Office!

Greetings, Wellness Champions! We'd like to highlight a recent wellness activity that the State Health Plan's Plan 4 Wellness Committee implemented in our office. This activity was fun, simple, and provided the opportunity to fund future wellness activities.



Our Plan 4 Wellness Committee's activity was "Wear it Wednesdays, Dressing Down for a Cause." It began with a colorful, informative flier being emailed to employees. The flier invited everyone to pay \$3 to dress down on a designated Wednesday and wear their favorite team shirt, hat, etc. Committee members were listed on the flier and participants were encouraged to give money to one of them by the due date. It also let us know that more dress-down opportunities would be coming soon.



The flier stated that funds earned would go toward our Plan 4 Wellness Committee, which hosts fun events or provides healthy snacks throughout the year. The dress-down money collected was later used to provide healthy snacks to employees.

A friendly email was sent out letting us know that a healthy snack was available on the snack table, compliments of the Plan 4 Wellness Committee! This activity promoted positive mental health through camaraderie, the relaxation of dressing down, and healthy eating. We also had buy-in from our leadership, which is essential in promoting healthy activities.

We've found that our staff responds well to dress-down days – and food! This activity was simple to implement and had a very good response.

If you have a wellness activity that works well in your office or virtually, please share it so we can highlight it and pass on to other Wellness Champions! Email Sonya Dunn at [sonya.dunn@nctreasurer.com](mailto:sonya.dunn@nctreasurer.com).

And just a reminder, if you haven't checked out the [Wellness Champions website](#) lately, look under the Wellness Champions Documents to see an excel spreadsheet with lots of activities to choose from and to find ideas.



**No-Bake Peanut Butter  
Chocolate Cookies**

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Questions?

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