



Category	Activity	Details
<p>Leadership</p>	<p>Meet with leadership to discuss goals and objectives of wellness program</p>	<p>Talking to your leadership about your worksite wellness program can help you align your goals with the strategic goals of your organization. Discuss the priority areas your worksite wellness committee has identified as the focus of wellness activities for their feedback, your long-term objectives, and action items to accomplish wellness goals.</p>
<p>Leadership</p>	<p>Obtain buy-in by senior leadership through a written statement</p>	<p>Having a written statement from leadership can help your co-workers feel more confident to participate in wellness activities. A written statement can be simple or more structured and formal, but the main objective is to encourage employees to participate in wellness activities.</p>

<p>Committee</p>	<p>Hold a meeting with your wellness committee to create a strategic plan or view/update your current plan</p>	<p>Meeting with your wellness committee on a regular, scheduled basis can help you turn ideas into action. Don't forget to discuss your long- and short-term goals. For ideas on what to discuss with your wellness committee, use the WorkWell NC Wellness Committee Workbook.</p>
<p>Committee</p>	<p>Review Information on the Centers for Disease Control and Prevention / Workplace Health Promotion website</p>	<p>Use the Centers for Disease Control and Prevention / Workplace Health Promotion website to search for actionable information to help employers launch or expand a workplace health promotion program. Website includes: the workplace health resource center, the workplace health model, the work@health training program, and the worksite health scorecard.</p>
<p>Committee</p>	<p>Conduct a worksite assessment</p>	<p>The first step towards making a change is understanding where you are currently. Worksite assessments can help you evaluate areas of strength and weakness in your organization or worksite wellness program. The CDC Health ScoreCard or other comprehensive organizational assessment can help you analyze how the culture of your worksite influences employee behaviors.</p>
<p>Committee</p>	<p>Poll your co-workers</p>	<p>Create a survey and poll your co-workers to see what wellness activities they might be interested in. Provide them with some activities to choose</p>

		from and ask what ideas they have.
Committee	Attend a Wellness Champion webinar	Periodically, we will offer a webinar on a topic that is important to you as a Wellness Champion. Attend the webinar for ideas on next steps and to hear what has worked for other Wellness Champions.
Leadership	Meet with leadership to discuss worksite assessment	After completing a worksite assessment, such as the CDC Health ScoreCard , meet with your leadership to discuss the areas that your worksite scored well in as well as the areas where you would like to improve.
Leadership	Ask leadership to participate in a wellness activity	A great way for your leaders to show support of your worksite wellness program is for them to participate in meetings or activities. Invite your leadership to join in!
Leadership	Deliver an updated report to leadership on wellness activities	Keep your leadership up to date on your worksite wellness program by providing information about program successes or lessons learned. You may want to speak on the barriers you've faced to brainstorm resolutions or let your leadership know how receptive employees have been to your program by reporting the number of participants of a recent activity.

Policy	Review current wellness policies	You may be surprised to find that your organization already has wellness policies that support health at the workplace. Research your organization's policies to see which you can use.
Policy	Promote existing wellness policy	If your organization has existing wellness policies, promote the use of them to your co-workers. There may be policies that exist but are not currently being used for various reasons. See if these policies can be used to promote healthy habits at your worksite.
Policy	Work towards changing a wellness policy	After reviewing your current wellness policies, you may realize that there are aspects that need to be updated or gaps in your organization's policies. Taking the next step to fill the gaps or update your current policies can help support the current and future success of your worksite wellness programs.
Policy	Implement/start using a new policy	Once you've edited or created a wellness policy, it can take some time to incorporate the new policy into action. Start promoting the new policy, its advantages, and modeling its use.
Activities	Print and post health promotion fliers or printable posters around worksite	Promote a health topic by posting fliers or printable posters around your worksite. These can be on a specific health topic such as diabetes or encourage healthy behaviors, highlight an upcoming wellness event, or

		<p>promote a healthy resource. For example, you could hang fliers by the elevator to encourage co-workers to use the stairs instead of the elevator.</p>
Activities	Host a health fair	<p>Invite vendors to your health fair that focus on health and wellness. Help your co-workers understand the various resources in your community that support healthy habits. Including benefit information at your health fair from your HR or benefits department can also help employees understand and become more familiar with their benefits.</p>
Activities	Host an onsite health presentation	<p>There are a variety of health and wellness professionals in your community who would likely be willing to visit your worksite and talk about their services. For example, you could invite a local dietician to present on what a healthy diet looks like and tips for increasing the nutrients you eat each day.</p>
Activities	Host a healthy lunch or snacks	<p>Invite co-workers to participate in a healthy lunch or snack time. Have a theme and ask everyone to sign up to bring a healthy item. Decorate for the event to encourage a fun environment. For example, have a Taco Tuesday or a yogurt snack with fruit and crunchy toppings like nuts or granola.</p>

Activities	Invite employees to participate in a health activity (i.e., walking group)	This activity gives you and your co-workers the opportunity to participate in a onetime event. This could range from participating in a cooking class to a walk at lunch time.
Activities	Turn meetings into walking meetings	A walking meeting can improve creativity and give everyone a break from sitting and screen time. Let coworkers know ahead of time so they can wear their comfortable shoes. You can walk indoors or outdoors.
Activities	Organize a team to participate in a local health event (i.e., local race or community health day)	Get your co-workers involved in a local health event by organizing a team to participate or attend. This could be organizing a team to participate in a local 5k or getting a group together to attend a community sponsored event.
Activities	Post nutrition information or facts near vending area/cafeteria	It can be difficult to tell which items in your vending machine or cafeteria are healthy. Help your co-workers make the connection by hanging information about what items in the vending machine are the healthiest, including their nutritional information. Or highlight a healthy item available in the cafeteria.
Activities	Organize a worksite wellness campaign (i.e., Miles for Wellness or a nutrition awareness campaign)	Challenges and campaigns at the worksite are a great way to get your co-workers involved in creating healthy habits while being fun! Organize a challenge or campaign at your worksite. Participate in a Miles for

		Wellness challenge or use one of the turnkey programs through WorkWell NC .
Activities	Create a Blood Pressure Station	Uncontrolled blood pressure can cause serious damage to our bodies. Because it's "the silent killer" we may not be aware that we have it. Create a blood pressure station for coworkers to use to keep an eye on their blood pressure. Use the Blood Pressure Station Guide on the Wellness Champions webpage to outline how simple this is to create. Resources are included.
Activities	Create and organize a health activity to occur regularly (i.e., after work fitness class or cooking class)	Keep your co-workers accountable on their health goals by holding regular health activities. This could range from developing a walking group that meets a few days a week, holding onsite exercise class on certain days, or having a lunch and learn series with a presentation once a month.
Activities	Hang photos of wellness activities in your office / Submit a photo from a wellness event to the State Health Plan at sonya.dunn@nctreasurer.com for the Wellness Champions website.	A picture is worth a thousand words. Hang pictures of fun wellness activities in the office to encourage camaraderie. Send the State Health Plan a picture of your wellness events for the photo gallery. We may contact you to be featured in our monthly newsletter!
Activities	Celebrate a "Wellness Wednesday"	Choose a variety of activities to keep co-workers interested. Host occasionally or every

		week depending on interest and time available.
Activities	Healthy cooking contest	Host a healthy cooking contest and let co-workers vote on the dishes they like the most. Pi Day (3.14 / March 14) may be a good pick because co-workers can bring sweet pies, or savory pies like pizza pies, meat pies, etc.
Activities	Create a healthy office cookbook	Ask co-workers to submit their favorite healthy recipes to share with others in an office cookbook. Even better, make the recipes and share the food and recipes.
Activities	Host an employee field day or a company retreat offsite	Head to a local park in the afternoon and plan some fun team-building activities like tug-of-war, 3-legged race, a game of baseball or corn hole. Make sure to serve some healthy snacks and drinks.
Activities	The Biggest Loser	Host a weight loss competition between co-workers and give a prize to biggest weight loss loser. Keep weights private and contest rules clear. Rules can be found online.
Activities	Incorporate plants around the office	Plants can improve air quality, improve emotional states, and add beauty to the office space. Give co-workers a plant and surprise them in a year by asking them to bring their plant to a meeting. Give prizes to co-workers who have a healthy plant.
Activities	Hire a massage therapist for a day	Create a sign-up sheet with 15-to-30-minute blocks for a massage. If you have a

		massage school nearby, the students may need the hours!
Activities	Set up a gift exchange just for fun	While this is often done around the holidays, it could be done anytime during the year. Set up some rules and encourage an atmosphere of fun and giving.
Activities	Volunteer opportunity	Set up a group volunteer activity and give time at a local charity. If you need to stay on site, consider collecting food or clothing donations and deliver items to a charity.
Activities	Change attire to business casual or just casual	Change the dress code for a day (or every Friday) allowing workers to relax a little. Set up some rules to keep everyone clear on the expectations.
Activities	Attire themed day	Pick a day for co-workers to dress in a certain theme. For example, have an "Aloha Friday" where coworkers wear their favorite Hawaiian shirts. Great for boosting morale.
Activities	Publish a workplace wellness e-newsletter or send out occasional health emails	Create a monthly newsletter with fitness and nutrition tips. Or send out an occasional email to co-workers with a health tip. Make sure you're your information is from a credible source.
Activities	Onsite yoga classes to relieve stress	Invite a yoga instructor onsite to hold classes or hold classes using an online yoga instructor.
Activities	Team scavenger hunt	Plan a scavenger hunt and award prizes to the winners. A scavenger hunt can be held indoors or outside.

Activities	Tea for the soul	Provide tea bags, hot water, and some healthy treats. Encourage coworkers to take an inspirational quote from a bowl.
Activities	Free company gear	Choose an activity from the list and give free company gear as a prize. A nice water bottle, a T-shirt or a new lunch bag with the company logo may do the trick.
Activities	Create a wellness wall	Encourage employees to post things like healthy eating tips, exercise routines, etc., to share with co-workers.
Activities	Inspirational quote of the day or week	Designate a bulletin board that employees frequently pass by and add an inspirational quote to energize the office.
Activities	Invite healthy food trucks for lunch	Designate a day and invite a couple of healthy food trucks to come on site. Notify staff well in advance so they won't bring lunch that day.
Activities	Celebrate a health observance	Pick a health observance like breast cancer awareness or American Heart Month and plan activities around that observance. Encourage co-workers to wear pink or red to show their support.
Activities	30-Day Office Challenge	Create a calendar with simple and quick exercises to do at any point during the day. You can focus on an area of the body (example: 30-day strong arms challenge) or work on a variety of problem areas. Give co-workers copies and ask them to check off their calendar as they meet the challenge for that day. At the

		end of the month ask participants to submit their checked off calendars and give prizes to those who complete the 30-day challenge.
Activities	30-Day Mental Health Challenge	Create a calendar with a positive mental health activity listed for each day. Keep it simple: do 20 min of yoga, listen to your favorite music; catch up with a friend, do a deep breathing exercise, etc. At the end of the month ask participants to submit their checked off calendars and give prizes to those who complete the 30-day challenge.
Activities	Create a 30-Day Wellness Challenge	Create a calendar with a variety of wellness challenges, one listed for each day. Include nutrition, exercise, and mental health activities. (example: eat vegan or meatless all day, take a 20-minute walk, complement at least 2 people today). Ask participants to check off activities as completed. At the end of the month ask participants to submit their checked-off calendars and give prizes to those who complete the 30-day challenge.
Activities	Create a two-week challenge	Create a two-week challenge with a simple task each day. List one simple task each day for two weeks and ask participants to check off the task when completed. Give prizes to those who complete the challenge.