

Ves Vitality

Wellness Program

Wellness Activity Ideas

1. **Challenges** – fitness, biggest loser, stress, etc. (see examples under Activity Resources)
2. **Walking program** (or substitute walking for other exercise)
 - a. Something co-workers can do together during lunch or after work
3. **Sign-up for a 5k event**
 - a. Train together for the event
4. **Cookbook of healthy recipes**
 - a. Ask co-workers to provide recipes and create a staff cookbook
5. **Wellness Wednesday**
 - a. Dedicate Wednesday to try out a wellness activity
6. **Create a Stress Circle** (see Stress Circle information under Activity Resources)
7. **Join sports team** - Co-workers join a local sports group as a team
8. **Organize a sports competition with a rival school**
 - a. Softball
 - b. Volleyball
 - c. Basketball
9. **Organize a student vs staff game**
 - a. Volleyball
 - b. Basketball
 - c. Obstacle course
10. **Organize an employee field day**
11. **Healthy Snack Day** - Pick a day of the week where employees only bring fresh fruit or healthy snacks to share in the breakroom
12. **To My Health Wellness presentations**

