

## Wellness Ideas: Physical Group

- Create a wellness portal with links to online nutrition and activity trackers
- Go for a group walk / jog in place of noon conference one day
- Promote a “Stair Well” climbing competition
- Start a fitness challenge
- Hold a healthy food potluck
- Offer free healthy snacks
- Offer didactic credit or other reward for meeting exercise goals for the month
- If you provide lunches to your group(s), offer “Fit Fridays” lunches – with low calorie, high protein meals – and work up to more days of the week
- Recruit spouses and partners to cook healthy freezer-ready meals for other trainees for a fee (spouses can make money from this and are generally cooking anyway)
- Advertise an exercise equipment swap
- Assign accountability partners for exercise and weight loss.
- Schedule a “wellness retreat” outside of work (i.e. hike nearby trails, walk the Botanical Gardens, play tennis, etc.).
- Sleep hygiene training/ lecture
- Have a program share a CSA share or community garden plot