

Wellness Ideas: General Group

- Form a wellness committee
- Post wellness tips on daily / weekly emails
- Create a wellness bulletin board in your lounge / breakroom
- Develop a wellness library – stock with videos, books and DVDs
- Organize quarterly lunch and learns on health and wellness topics
- Hold contests: “Wellness Project of the Month” or “Set Your Goal” competition, employee/management and interdepartmental challenges, health trivia game with prizes, and other fun worksite competitions.
- QI curriculum: PL1s complete a Personal Improvement Project using QI methodology

Wellness Ideas Sources:

https://www.modahealth.com/pdfs/wellness/low_cost_activites.pdf

<https://www.wellnesscorporatesolutions.com/z-resources/70-ideas.pdf>

<http://www.c25k.com/>

<http://well.blogs.nytimes.com/2013/05/09/the-scientific-7-minute-workout/>