

Wellness Team Tips and Ideas



- Form a wellness committee
- Set goals and objectives
- Plan your wellness year
- Conduct an employee interest survey
- Find champions within your school (people who can serve as role models)
- Post healthy tips on your intranet, school newsletter and/or bulletin boards
- Use the National health Observance Calendar to guide your program offerings
- Create a Wellness Bulletin Board in your cafeteria or break room
- Display pamphlets with health information from trusted sources
- Create a wellness portal with links to online nutrition and activity trackers
- Hold monthly lunch and learns on national health observance topics
- Develop a wellness resource center or library, stock it with videos, books, DVD's
- Sponsor a school fitness challenge
- Include nutrition information in your newsletter
- Hold a healthy food potluck
- Consider on site exercise classes
- Offer onsite fitness and weight management programs
- Create a Wellness Calendar
- Participate in community walks
- Advertise an exercise equipment swap
- Hold healthy recipe contests
- Add healthy snacks to snack cart
- Send employees who adopt healthy behaviors personally signed letters from the Principal congratulating their healthy behavior
- Start meetings with a stretch

- Develop walking maps indoors. Measure the distance in halls and around the building for setting walking goals.
- Hold walking meetings
- Promote walking during breaks
- Encourage employees to walk more by parking farther away from the entrance
- Encourage employees to sign up for community walks or fitness events
- Support a lunch time walking/running club
- Encourage your employees to form out of work sports teams
- Implement fitness incentive programs
- Create accessible walking or biking routes around the school
- Create a fitness space