



Shape Up Your Workplace

A Monthly Series brought to you by Get Healthy CT

Workplace Wellness Idea #4: Hold a Wellness Challenge

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we provide a “Workplace Wellness Idea” each month that employers can implement at low or no cost.

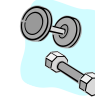
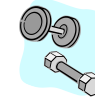
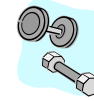
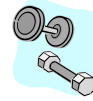
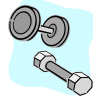
Hold a Wellness Challenge: Help your employees achieve their health goals by organizing a wellness competition at work. Here are a few examples of different challenges that you could host to help motivate and improve the health of your employees!

- *Weight Loss Challenge:* Lose the most pounds over a set period of time
- *Steps Challenge:* Take at least 10,000 steps a day (5 miles)
- *Water Challenge:* Drink 64 ounces of water a day
- *Physical Activity Challenge:* Be physically active for 30 minutes a day, 5 days a week
- *Fruits and Veggies Challenge:* Eat 5 servings of fruit or vegetables a day
- *Stairs Challenge:* Walk at least 10 flights of stairs a day (see our Step it Up Campaign for motivational posters)

Attached are some examples of how to hold wellness challenges in your workplace.

If you want more information on how to implement a wellness challenge, please visit GetHealthyCT.org or e-mail gethealthyct@ghct.org.

Let's work together to help make the healthy choice the easy choice in the workplace



Host a Biggest Loser Competition at Work

You will need:

- Start date, length, teams, captains, weigh-in location, wager, and a calculation method.

Tips:

- The most productive competitions go from 6-12 weeks
- Most are individual, but a team challenge is also an option
- Place a scale for weigh-ins in a corner or unused cube to ensure privacy
- Choose to have weigh-ins weekly, bi-monthly, or monthly (Friday is commonly picked)
- Choose the winner to be the team or individual with the greatest percentage of body fat lost
- Have each participant donate \$10, and the winner is given a cash prize *or* a gift such as a FitBit



Steps Challenge: “Walk Week”

You will need:

- Start date, pedometers, walking routes

Tips:

- Challenge your employees to take 30 minutes each day to walk
- If this isn’t possible during their pre- or post-work routines, encourage them to pack a healthy lunch, eat for 30 minutes, and use the rest of the time in their lunch hour to walk
- Map out safe and easy walking routes for your employees to use throughout the work day and post them around the office (see our Workplace Wellness Idea: “Mile Long” Walking Routes for more info)
- Host a kickoff event to get employees excited and promote awareness
- Distribute pedometers so that your employees can track the steps they take throughout the length of your challenge
- Award a prize to the employee(s) who have walked the most steps



Water Challenge: Drink Up!

You will need:

- Timeframe (21 days, 30 days, etc.), water bottles, promotional materials

Tips:

- Make sure that drinking water in your workplace is clean and accessible
- Encourage your employees to drink 64 oz or 8 glasses of water every day throughout the challenge
- Create tracking sheets so that your employees can easily keep track of how much water they’re drinking throughout the day