



Build your own **WORKSITE WELLNESS** plan



Wellness plan: Mindfulness

- Mindful Monday email messages
- Gratitude/appreciation activities before meetings or displayed on a breakroom wall
- 30-day resiliency challenge
- Virtual meditation sessions

Wellness plan: Movement

- Walking or step challenge
- Pushup challenge
- Plank challenge
- Group exercise during lunch or after work
- Creating a fitness directory for your area

Wellness plan: Nutrition

- 21-day mindful eating challenge
- 30-day healthy eating challenge; more vegetables and fruits; fewer processed foods
- Salad jar lunches
- Recipe exchange
- Newsletters with healthy recipes