

Workplace Wellness Initiatives

Municipal
Joint
Insurance
Fund



South Jersey Communities Securing Their Future

January 2022

Activities

CHALLENGES

- Sports Themed Challenges
- Healthy Lifestyle for Sustainable Weight Loss
- Hydration Challenge
- Step/Walking Challenges
- One Mile a Day Challenge
- Plank Challenge
- T-shirt Wellness Slogan Contest
- Healthy Cook Offs (Only prize reimbursements)
- Wellness/Fitness Bingo Challenges

JUST FOR FUN

- Family Feud, Jeopardy, Bingo, Trivia Questions
- “Walking Wednesday” or “Wellness Wednesday”
- Healthy Recipe Swap
- Employee Managed Raised Box Garden
- Team Building Activities:
 - ⇒ *Escape Rooms, Axe Throwing, Bowling, Paint Night, 5K Race, Charity Events*
- Gratitude or “Paying it Forward” Board/Wall
- Start a Book Club or Walking Club
- Monthly Clothing Theme:
 - ⇒ *Pink in October, Red for Heart Month*
- Update Wellness Bulletin Board with Different Themes Throughout the Year
- Walking Meetings

PRESENTATIONS

- Smoking/Vaping/Chewing Cessation
- Local Chiropractic or Acupuncture Education
- Chair Massages or Reflexology for Stress Management
- Nutritionist and Personal Trainers
- Cooking, Yoga, Meditation Demonstrations
- Smoothie Demo with Sampling & Recipes (*must be approved by Wellness Director*)
- Health Fairs
- Examples of Other Various Wellness Topics:
 - ⇒ *Decoding the Nutrition Label*
 - ⇒ *Beginner Meditation & Mindfulness*
 - ⇒ *Sleep Hygiene*
 - ⇒ *Workplace Ergonomics*
 - ⇒ *Basic Office Exercises*
 - ⇒ *Gut Health*

PREVENTION

- Annual Biometric Screenings
- Annual Mammogram Van Visit
- Quarterly Blood Pressure Screenings Through Your County or Municipality EMT or Fire Department
- Flu Clinics
- EAP Promotion
- NJ WELL Program
- Health & Lifestyle Coaching

FOR MORE INFO VISIT THE WELLNESS SECTION ON YOUR MUNICIPAL JIF WEBSITE:
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JIF Approved Wellness Items

HEALTHY FOODS

- Fresh Fruit/Vegetable Trays
- Healthy Produce for “Farmers Market Day”
- Farm Market/Co-op Gift Certificates
- Healthy Fresh Produce Subscription Box
- Water and Healthy Snacks (*Limited to 50% of annual wellness funds*):
 - ⇒ *Almonds/Walnuts/Trail Mix/Seeds/Fruits and Vegetables/Pre-approved Bars**
- Try a New Recipe from the Monthly Wellness Newsletter!
- Download Healthy Meal Planner Guide

NOTE: Office luncheons are not covered

DE-STRESS

- Create an Employee “Quiet Room” with Sound Machine, Salt Lamp, Comfortable Chairs, Relaxing Music, Inspirational Posters, Eye Pillows, Dim Lighting, Essential Oil Diffuser, Motivational Books
- Create a Gratitude Board
- Download a Meditation App
- Healthy Magazine Subscription
- Break Room De-Stressors:
 - ⇒ *Community Puzzle/Word Search/Sudoku, Crossword Puzzle & Coloring Books, Healthy Magazines*

INCENTIVES/DOOR PRIZES

- Exercise Equipment:
 - ⇒ *Resistance Bands/Dumbbells/Yoga Mat*
- Office Treadmill or Bicycle for Lunch Break Use
- Exercise Tracking Devices, Gym Bags, Lunch Coolers, Reusable Water Bottles
- Cover Registration Fee for Local Races/Walks
- Offer Gym Reimbursement
- Massage/Spa Day Gift Certificates
- Gardening Tools, Camping Equipment
- Kitchen Appliances for Healthy Cooking Demos:
 - ⇒ *Blender/Air Fryer/Pressure Cooker/InstaPot*
- Desk Arm/Foot Pedal

**Total prize values cannot exceed \$250/challenge. Gift cards not permissible unless contest/door prize for event. Prior Wellness Director approval needed.*

ERGONOMICS

- Standing Desk (Anti-fatigue mats)
- Ergonomically Correct Office Chairs
- Active Sitting Discs
- Screen Glare Protector
- Ergonomic Chairs/Keyboards/Mouse

PROTECT YOURSELF

Wrist Blood Pressure Machine • Bike Helmet • Running Hat/Visor • Sports Sunglasses • Sunscreen

*Pre-approved Bars: Primal Kitchen Protein/RX Bars/Bulletproof/GoMacro/Health Warrior Pumpkin Seed Superfood/KIND Protein -Real Food (No other brands accepted)

NOTE: Only the food items listed above will be covered. No sandwiches, salads, or beverages other than water.

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