

# Workplace Wellness Initiatives



## Activities

February 2024

### 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

### PREVENTION

- Annual Biometric Screenings
- Annual Mammogram Onsite Van Visit
- Workspace Ergonomic Evaluation
- Quarterly Blood Pressure Screenings Through County/Municipal EMT/Fire Dept.
- Flu Clinics
- EAP Promotion
- NJ WELL Program
- Health & Lifestyle Coaching
- Positive Intelligence Program (mental fitness)
- Lifestyle Medicine Program (lifestyle changes)
- Diabetes Prevention Program

### PRESENTATIONS

- Visit the JIF website under Wellness to view recorded webinars
- Smoking/Vaping/Chewing Cessation
- Local Chiropractic or Acupuncture Education
- Benefits of Mindful Meditation/Breath Work
- Reiki Demonstration for Stress Management
- Nutritionist and Personal Trainer
- Healthy Cooking Demonstration (*must be approved by Wellness Director*)
- Yoga and/or QiGong/Tai Chi Demonstration
- Smoothie Demo with Sampling & Recipes (*must be approved by Wellness Director*)
- Health Fair
- Examples of Various Wellness Topics:
  - ⇒ *Decoding the Nutrition Label*
  - ⇒ *Beginner Meditation & Mindfulness*
  - ⇒ *Sleep Hygiene*
  - ⇒ *Workplace Ergonomics*
  - ⇒ *Basic Office Exercises*
  - ⇒ *Mental Fitness and/or Stress Management Techniques*

### JUST FOR FUN

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

**FOR MORE INFO VISIT THE WELLNESS SECTION ON YOUR MUNICIPAL JIF WEBSITE:**

[www.burlcojif.org](http://www.burlcojif.org) & [www.tricojif.org](http://www.tricojif.org):  
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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
- Healthy Snacks (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 and only the food items listed above are acceptable. No sandwiches, salads, or beverages other than water. No monthly water cooler refills and water is capped at 50% of funds.

### DE-STRESS

- Chair Massage/Reflexology/Reiki/Meditation/Yoga
- Download Meditation App (Calm, Insight Timer, Headspace)
- Healthy Magazine Subscriptions
- Create a “Quiet Room/Zen Den” (contact your Wellness Director for approved items)
- Break Room De-Stressors:
  - ⇒ Community Puzzle/Word Search/Sudoku, Crossword Puzzle & Coloring Books
- Low-Light Plants for Offices

### 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
- Gym Reimbursement
- Massage/Spa Day Gift Certificates (prize only)
- Gardening Tools, Camping Equipment
- Kitchen Appliances
  - ⇒ Blender/Air Fryer/InstaPot

#### **NOTE:**

1. Total prize values cannot exceed \$250/challenge.
2. Gift cards not permissible unless contest/door prize for event. Prior Wellness Director approval needed.
3. Cash and check prizes are not permissible.

### ERGONOMICS

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

### PROTECT YOURSELF

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

\*Pre-approved Bars: Primal Kitchen/RX Bars/Bulletproof/GoMacro/Health Warrior/KIND Protein (No other brands accepted)

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