

health and wellness activities for employees

Health and Wellness Activities for Employees: Boosting Morale and Productivity

Are you looking to create a happier, healthier, and more productive workplace? Investing in employee health and wellness is no longer a luxury - it's a necessity. Happy, healthy employees are more engaged, productive, and less likely to experience burnout. This comprehensive guide dives into a wide array of health and wellness activities for employees, offering practical ideas and strategies to implement in your workplace, regardless of your budget or resources. We'll cover everything from simple, cost-effective initiatives to more elaborate programs, ensuring you find the perfect fit for your company culture. Let's get started on building a thriving and well-supported workforce!

Why Prioritize Health and Wellness Activities for Employees?

Before we dive into specific activities, let's understand why prioritizing employee well-being is crucial. The benefits extend far beyond simply making employees feel good. A robust health and wellness program can lead to:

Increased Productivity: Healthy employees are more focused, energetic, and efficient.

Reduced Absenteeism and Presenteeism: Wellness initiatives can help prevent illness and reduce the number of days employees miss work (absenteeism) or are present but unproductive (presenteeism).

Improved Employee Morale and Engagement: Showing you care about your employees' well-being fosters a positive work environment and strengthens loyalty.

Reduced Healthcare Costs: Preventive health measures can lower the overall healthcare costs for both the employee and the company.

Enhanced Company Reputation: A commitment to employee well-being attracts and retains top talent, boosting your company's reputation.

Stronger Company Culture: Shared wellness activities can foster teamwork and build stronger relationships among colleagues.

Simple and Cost-Effective Wellness Activities for Employees

You don't need a huge budget to make a significant impact. Here are some easy-to-implement, cost-effective activities:

Wellness Challenges: Organize team-based challenges focused on steps, water intake, or healthy eating. Use a free app or platform to track progress and foster friendly competition. Prizes like gift cards or extra break time can add an extra incentive.

Walking Meetings: Encourage walking meetings for brainstorming sessions or informal check-ins. This promotes physical activity and can spark creativity.

Ergonomic Assessments: Provide resources and guidance on proper workstation setup to prevent musculoskeletal injuries. Even small adjustments can make a big difference.

Mindfulness and Meditation Breaks: Offer short guided meditation sessions or access to mindfulness apps during the workday. These breaks can help reduce stress and improve focus.

Health Education Sessions: Invite health professionals to give talks on topics like nutrition, stress management, or sleep hygiene. These sessions can be held virtually or in-person.

Fruit and Healthy Snack Days: Provide healthy snacks in the office on a regular basis. This shows employees you care about their well-being and helps them make healthier choices.

More Involved Health and Wellness Programs for Employees

For organizations with larger budgets and more resources, consider these more comprehensive programs:

On-site Fitness Center or Gym Membership Subsidies: Investing in a fitness facility or subsidizing gym memberships demonstrates a significant commitment to employee well-being.

Wellness Workshops: Offer a series of workshops covering various aspects of wellness, such as yoga, Zumba, or cooking classes.

Employee Assistance Programs (EAPs): Provide access to confidential counseling and support services to help employees cope with personal challenges.

Health Screenings: Organize on-site health screenings for employees, including blood pressure checks, cholesterol tests, and BMI assessments.

Stress Management Programs: Implement programs designed to teach employees stress reduction techniques like deep breathing exercises, progressive muscle relaxation, and time management strategies.

Financial Wellness Programs: Financial stress is a major source of anxiety. Offering resources or workshops on budgeting, debt management, or retirement planning can significantly improve employee well-being.

Measuring the Success of Your Health and Wellness Initiatives

It's essential to track the effectiveness of your programs to ensure they're achieving their goals. Consider using metrics such as:

Employee Participation Rates: Monitor the number of employees participating in different activities.

Absenteeism and Presenteeism Rates: Track changes in employee absences and productivity levels.

Employee Feedback: Regularly solicit feedback from employees to understand their needs and preferences.

Healthcare Cost Trends: Analyze changes in healthcare utilization and costs.

Employee Engagement Surveys: Use surveys to gauge employee satisfaction and morale.

Creating a Culture of Wellness

Implementing health and wellness activities is only half the battle. Creating

a supportive culture where employees feel encouraged and empowered to prioritize their well-being is crucial. This means:

Leadership Buy-in: Ensure that leadership actively supports and promotes the wellness program.

Open Communication: Keep employees informed about the program and encourage their participation.

Flexibility and Accommodation: Provide flexibility in scheduling and work arrangements to allow employees to participate in wellness activities.

Recognition and Rewards: Recognize and reward employees for their participation and achievements.

Conclusion

Investing in employee health and wellness is a strategic decision that benefits both employees and the organization. By implementing a comprehensive program tailored to your company's needs and culture, you can create a happier, healthier, and more productive workforce. Remember, even small steps can make a big difference. Start by choosing a few activities that resonate with your employees and gradually expand your program over time. The journey towards a healthier and happier workplace is a continuous process, but the rewards are well worth the effort.

FAQs

1. How can I get my employees involved in wellness activities if they're not interested? Start with small, low-pressure initiatives and highlight the benefits. Offer incentives, make participation fun and social, and solicit feedback to understand their hesitations.
1. What if my company has a limited budget? Focus on cost-effective options like walking meetings, mindfulness exercises, and health education sessions. Partner with local organizations for subsidized programs.
1. How do I measure the ROI of a wellness program? Track absenteeism, presenteeism, healthcare costs, and employee engagement. While some benefits are harder to quantify (e.g., improved morale), the overall impact on productivity and retention can be significant.
1. How can I tailor wellness activities to diverse employee needs and preferences? Offer a variety of activities to cater to different interests and abilities. Solicit employee input to ensure the program is inclusive and relevant.
1. What if an employee has a serious health condition? Ensure your wellness

program includes resources and support for employees with pre-existing conditions. Work with a healthcare professional to create inclusive and safe activities.

health and wellness activities for employees: Workplace Wellness Programs Study Soeren Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

health and wellness activities for employees: Workplace Wellness that Works Laura Putnam, 2015-06-08 A smarter framework for designing more effective workplace wellness programs Workplace Wellness That Works provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? Workplace Wellness That Works shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, Workplace Wellness That Works skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

health and wellness activities for employees: Wellbeing at Work Jim Clifton, Jim Harter, 2021-06-01 What if the next global crisis is a mental health pandemic? It is here now. One-third of Americans have shown signs of clinical anxiety or depression, and the current state of suffering globally has risen significantly. The mental health pandemic manifests everywhere, not least in your workplace. As organizations around the world face health and social crises, as well as economic uncertainty, acknowledging and improving wellbeing in your workplace is more critical than ever. Increasingly, leaders and managers must support mental health and cultivate resilience in employees — not just increase engagement and performance. Based on more than 100 million Gallup global interviews, Wellbeing at Work shows you how to do just that. Coauthored by Gallup's CEO and its Chief Workplace Scientist, Wellbeing at Work explores the five key elements of wellbeing — career, social, financial, physical and community — and how organizations can help employees and teams thrive in those elements. The book also gives leaders ideas and action items to help employees use their innate talents and strengths to thrive in each of the wellbeing elements. And Wellbeing at Work introduces a metric to report a person's best possible life: Gallup Net Thriving, which will become the "other stock price" for organizations. In a world where work and life are more blended

than ever, maximizing employee wellbeing takes on greater urgency. Wellbeing at Work shows leaders how to create a thriving and resilient culture. If you and your leaders don't change the world, who will? Wellbeing at Work includes a unique code to take the CliftonStrengths assessment, which reveals your top five strengths.

health and wellness activities for employees: Corporate Wellness Programs Ronald J. Burke, Astrid M. Richardsen, 2014-11-28 Corporate Wellness Programs offers contributions from international experts, examining the planning, implementation and evaluation of wellness initiatives in organizations, and offering guidance on how to introduce these programs in to the workplace.

health and wellness activities for employees: Integrating Employee Health Institute of Medicine, Food and Nutrition Board, Committee to Assess Worksite Preventive Health Program Needs for NASA Employees, 2005-09-29 The American workforce is changing, creating new challenges for employers to provide occupational health services to meet the needs of employees. The National Aeronautics and Space Administration (NASA) workforce is highly skilled and competitive and employees frequently work under intense pressure to ensure mission success. The Office of the Chief Health and Medical Officer at NASA requested that the Institute of Medicine review its occupational health programs, assess employee awareness of and attitude toward those programs, recommend options for future worksite preventive health programs, and ways to evaluate their effectiveness. The committee's findings show that although NASA has a history of being forward-looking in designing and improving health and wellness programs, there is a need to move from a traditional occupational health model to an integrated, employee-centered program that could serve as a national model for both public and private employers to emulate and improve the health and performance of their workforces.

health and wellness activities for employees: ACSM's Worksite Health Handbook American College of Sports Medicine, 2009-02-27 Encouraging and maintaining a healthy workforce have become key components in the challenge to reduce health care expenditures and health-related productivity losses. As companies more fully realize the impact of healthy workers on the financial health of their organization, health promotion professionals seek support to design and implement interventions that generate improvements in workers' health and business performance. The second edition of ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies connects worksite health research and practice to offer health promotion professionals the information, ideas, and approaches to provide affordable, scalable, and sustainable solutions for the organizations they serve. Thoroughly updated with the latest research and expanded to better support the business case for worksite programs, the second edition of ACSM's Worksite Health Handbook includes the contributions of nearly 100 of the top researchers and practitioners in the field from Canada, Europe, and the United States. The book's mix of research, evidence, and practice makes it a definitive and comprehensive resource on worksite health promotion, productivity management, disease prevention, and chronic disease management. ACSM's Worksite Health Handbook, Second Edition, has the following features: -An overview of contextual issues, including a history of the field, the current state of the field, legal perspectives, and the role of health policy in worksite programs -A review of the effectiveness of strategies in worksite settings, including economic impact, best practices, and the health-productivity relationship -Information on assessment, measurement, and evaluation, including health and productivity assessment tools, the economic returns of health improvement programs, and appropriate use of claims-based analysis and planning -A thorough discussion of program design and implementation, including the application of behavior change theory, new ways of using data to engage participants, use of technology and social networks to improve effectiveness, and key features of best-practice programs -An examination of various strategies for encouraging employee involvement, such as incorporating online communities and e-health, providing incentives, using medical self-care programs, making changes to the built environment, and tying in wellness with health and safety The book includes a chapter that covers the implementation process step by step so that you can see how all of the components fit together in the creation of a complete program. You'll also find four in-depth case

studies that offer innovative perspectives on implementing programs in a variety of work settings. Each case study includes a profile of the company, a description of the program and the program goals, information on the population being served, the results of the program, and a summary or discussion of the program. Throughout the book you'll find practical ideas, approaches, and solutions for implementation as well as examples of best practices and successful programs that will support your efforts in creating interventions that improve both workers' health and business performance. The book is endorsed by the International Association for Worksite Health Promotion, a new ACSM affiliate society. Deepen your understanding of the key issues and challenges within worksite health promotion and find the most current research and practice-based information and approaches inside ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies, Second Edition. The e-book for ACSM's Worksite Health Handbook, Second Edition, is available at a reduced price. It allows you to highlight, take notes, and easily use all the material in the book in seconds. The e-book is delivered through Adobe Digital Editions® and when purchased through the Human Kinetics site, access to the content is immediately granted when your order is received. Adobe Digital Editions® System Requirements Windows -Microsoft® Windows® 2000 with Service Pack 4, Windows XP with Service Pack 2, or Windows Vista® (Home Basic 32-bit and Business 64-bit editions supported) -Intel® Pentium® 500MHz processor -128MB of RAM -800x600 monitor resolution Mac PowerPC -Mac OS X v10.4.10 or v10.5 -PowerPC® G4 or G5 500MHz processor -128MB of RAM Intel® -Mac OS X v10.4.10 or v10.5 -500MHz processor -128MB of RAM Supported browsers and Adobe Flash versions Windows -Microsoft Internet Explorer 6 or 7, Mozilla Firefox 2 -Adobe Flash® Player 7, 8, or 9 (Windows Vista requires Flash 9.0.28 to address a known bug) Mac -Apple Safari 2.0.4, Mozilla Firefox 2 -Adobe Flash Player 8 or 9 Supported devices -Sony® Reader PRS-505 Language versions -English -French -German

health and wellness activities for employees: The Stop & Go Fast Food Nutrition Guide

Steven G. Aldana, 2007 The Stop & Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you. The guide uses the colors of the stop light (red, yellow, and green) to help individuals choose foods that lead toward or away from good health. The Stop & Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you. With the help of a nationally recognized panel of nutrition experts, Dr. Aldana has color coded almost 3,500 fast foods from 68 different restaurants. Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones. Keep the guide in your glove box for easy access.

health and wellness activities for employees: The Total Money Makeover: Classic

Edition Dave Ramsey, 2013-09-17 Do you want to build a budget that actually works for you? Are you ready to transform your relationship with money? This New York Times bestseller has already helped millions of people just like you learn how to develop everyday money-saving habits with the help of America's favorite personal finance expert, Dave Ramsey. By now, you've already heard all of the nutty get-rich-quick schemes and the fiscal diet fads that leave you with a lot of quirky ideas but not a penny in your pocket. If you're tired of the lies and sick of the false promises, Dave is here to provide practical, long-term help. The Total Money Makeover is the simplest, most straightforward game plan for completely changing your finances. And, best of all, these principles are based on results, not pie-in-the-sky fantasies. This is the financial reset you've been looking for. The Total Money Makeover: Classic Edition will give you the tools and the encouragement you need to: Design a sure-fire plan for paying off all debt--from your cars to your home and everything in between using the debt snowball method Break bad habits and make lasting changes when it comes to your relationship with money Recognize the 10 most dangerous money myths Secure a healthy nest egg for emergencies and set yourself up for retirement Become financially healthy for life Live like no one else, so later you can LIVE (and GIVE) like no one else! This edition of The Total Money Makeover includes new, expanded Dave Rants that tackle marriage conflict, college debt, and so much more. The Total Money Makeover: Classic Edition also includes brand new back-of-the-book resources to help you make The Total Money Makeover your new reality.

health and wellness activities for employees: *The Work Wellness Deck* Landra Bickley Eliopoulos, 2021-08-31 Banish burnout with this deck of 60 easy-to-do-anywhere prompts that encourage sanity, serenity, and wellness in your place of work, wherever that may be. Burnout is common in today's work culture. Whether due to long hours, excessive workloads, or lack of work-life balance, we all know someone who has felt overwhelmed at work. Enter The Work Wellness Deck: 60 actionable suggestions that will restore a sense of well-being in the workplace and banish burnout once and for all. Packaged in a portable format, the deck is organized into three categories: REFRESH (mental health), FLOW (physical health), and CONNECT (work relationships). Prompts include office stretches that help your posture, breathing exercises to manage stress, a gratitude practice to focus on the positive, and networking ideas to build meaningful relationships. Individuals can keep the deck on their desk or in their bag, pulling a card to start the day or as a midday mindfulness break, teams can use the cards to set a group intention, and company leaders can distribute this deck to employees as a wellness perk. No matter how it's used, The Work Wellness Deck will help people in all industries build resiliency, improve productivity, communicate effectively, and forge connection—no matter where they work. BURNOUT IS COMMON: Whether you work from home and struggle to delineate work and personal time, or you work long hours at an office, it is common to feel overworked and overwhelmed at one point or another. The Work Wellness Deck is an effective tool in preventing and/or diminishing feelings of burnout. PERFECT FOR COMPANIES: Small businesses, company leaders, and HR reps in every industry—tech, finance, healthcare, law, media, nonprofits, retail, and more—can distribute this deck to their employees as a way to encourage them to prioritize their health and wellness. LITTLE-PUBLISHED SLICE OF WELLNESS: Wellness is a huge trend, but beyond self-help books on the topic, there isn't much accessible publishing on wellness in the workplace. This one-of-a-kind format is practical but still giftable, and fills that gap. Perfect for: • People who work and want to prioritize their own wellbeing • Anyone who feels burned-out • Job-changers • New graduates • HR reps and company leaders (for themselves or their employees); especially as a welcome gift for new hires, or a gift for a workplace anniversary or promotion

health and wellness activities for employees: *Building a Resilient Workforce* Institute of Medicine, Board on Health Sciences Policy, Planning Committee on Workforce Resiliency Programs, 2012-07-18 Every job can lead to stress. How people cope with that stress can be influenced by many factors. The Department of Homeland Security (DHS) employs a diverse staff that includes emergency responders, border patrol agents, federal air marshals, and policy analysts. These employees may be exposed to traumatic situations and disturbing information as part of their jobs. DHS is concerned that long-term exposure to stressors may reduce individual resilience, negatively affect employees' well-being, and deteriorate the department's level of operation readiness. To explore DHS workforce resilience, the Institute of Medicine hosted two workshops in September and November 2011. The September workshop focused on DHS's operational and law enforcement personnel, while the November workshop concentrated on DHS policy and program personnel with top secret security clearances. The workshop brought together an array of experts from various fields including resilience research, occupation health psychology, and emergency response. Building a Resilient Workforce: Opportunities for the Department of Homeland Security: Workshop Summary: Defines workforce resilience and its benefits such as increased operational readiness and long-term cost savings for the specified population; Identifies work-related stressors faced by DHS workers, and gaps in current services and programs; Prioritizes key areas of concern; and Identifies innovative and effective worker resilience programs that could potentially serve as models for relevant components of the DHS workforce. The report presents highlights from more than 20 hours of presentations and discussions from the two workshops, as well as the agendas and a complete listing of the speakers, panelists, and planning committee members.

health and wellness activities for employees: *The Healthy Workplace* Leigh Stringer, 2016-07-01 Learn how to improve the well-being of your employees that will ultimately boost your company's bottom line. Studies show that unhealthy work habits, like staring at computer screens

and rushing through fast-food lunches, are taking a toll in the form of increased absenteeism, lost productivity, and higher insurance costs. But should companies intervene with these individual problems? And if so, how? The Healthy Workplace says yes! Companies that learn how to incorporate healthy habits and practices into the workday for their employees will see such an impressive ROI that they'll kick themselves for not starting these practices sooner. Packed with real-life examples and the latest research, this all-important resource reveals how to: Create a healthier, more energizing environment Reduce stress to enhance concentration Inspire movement at work Support better sleep Heighten productivity without adding hours to the workday Filled with tips for immediate improvement and guidelines for building a long-term plan, The Healthy Workplace proves that a company cannot afford to miss out on the ROI of investing in their employees' well-being.

health and wellness activities for employees: Health and Wellness Programs for Commercial Drivers Gerald P. Krueger, 2007 TRB's Commercial Truck and Bus Safety Synthesis Program (CTBSSP) Synthesis 15: Health and Wellness Programs for Commercial Drivers explores health risks facing commercial truck and motorcoach drivers. The report examines the association between crash causation and functional impairments, elements of employee health and wellness programs that could be applied to commercial drivers, and existing trucking and motor coach employee health and wellness programs. In addition, the report includes several case studies on employee health and wellness programs in the truck and motorbus industries, focusing on the elements that appear to work effectively.

health and wellness activities for employees: Mental Health and Wellbeing in the Workplace Gill Hasson, Donna Butler, 2020-06-22 ***HIGHLY COMMENDED - HR & MANAGEMENT - BUSINESS BOOK AWARDS 2021*** Provides guidance for both employers and staff on promoting positive mental health and supporting those experiencing mental ill health in the workplace The importance of good mental health and wellbeing in the workplace is a subject of increased public awareness and governmental attention. The Department of Health advises that one in four people will experience a mental health issue at some point in their lives. Although a number of recent developments and initiatives have raised the profile of this crucial issue, employers are experiencing challenges in promoting the mental health and wellbeing of their employees. Mental Health & Wellbeing in the Workplace contains expert guidance for improving mental health and supporting those experiencing mental ill health. This comprehensive book addresses the range of issues surrounding mental health and wellbeing in work environments - providing all involved with informative and practical assistance. Authors Gill Hasson and Donna Butler examine changing workplace environment for improved wellbeing, shifting employer and employee attitudes on mental health, possible solutions to current and future challenges and more. Detailed, real-world case studies illustrate a variety of associated concerns from both employer and employee perspectives. This important guide: Explains why understanding mental health important and its impact on businesses and employees Discusses why and how to promote mental health in the workplace and the importance of having an effective 'wellbeing strategy' Provides guidance on managing staff experiencing mental ill health Addresses dealing with employee stress and anxiety Features resources for further support if experiencing mental health issues Mental Health & Wellbeing in the Workplace is a valuable resource for those in the workplace wanting to look after their physical and mental wellbeing, and those looking for guidance in managing staff with mental health issues.

health and wellness activities for employees: Emerging Theories in Health Promotion Practice and Research Ralph J. DiClemente, Richard A. Crosby, Michelle C. Kegler, 2002-06-03 Having so many theories put together thoughtfully, proximally, in a single book will help the field come to grips with what the role is of theories as we go forward and address the individual actions, and societal and community influencers of individual action, that promote healthy behaviors. --Jim Marks, director, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention New and longstanding threats to public health, such as violence, drug misuse, HIV/AIDS, and homelessness are creating an ever greater demand for innovative

theories that are responsive to the changes in the larger social environment. This important work is designed to fill the demand by assembling a careful selection of new and emerging health promotion theories into a single volume, written with an emphasis on practical application of theory to health promotion and health education programs.

health and wellness activities for employees: *Workplace Wellness Programs: Promoting Employee Health and Wellbeing* Julian Paterson, Workplace Wellness Programs: Promoting Employee Health and Wellbeing is an essential guide for employers and HR professionals seeking to enhance the health and productivity of their workforce. This comprehensive book covers every aspect of designing, implementing, and sustaining effective wellness programs, from physical health initiatives and mental health support to financial wellness and creating a healthy work environment. With practical strategies, real-world case studies, and insights into the latest technology and trends, this book provides the tools and knowledge needed to create a thriving workplace where employees can achieve their best both personally and professionally. Whether you are starting from scratch or looking to improve existing programs, this book is your roadmap to fostering a culture of wellness and success.

health and wellness activities for employees: Implementing Strategies to Enhance Public Health Surveillance of Physical Activity in the United States National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Food and Nutrition Board, Committee on Strategies for Implementing Physical Activity Surveillance, 2019-07-19 Physical activity has far-reaching benefits for physical, mental, emotional, and social health and well-being for all segments of the population. Despite these documented health benefits and previous efforts to promote physical activity in the U.S. population, most Americans do not meet current public health guidelines for physical activity. Surveillance in public health is the ongoing systematic collection, analysis, and interpretation of outcome-specific data, which can then be used for planning, implementation and evaluation of public health practice. Surveillance of physical activity is a core public health function that is necessary for monitoring population engagement in physical activity, including participation in physical activity initiatives. Surveillance activities are guided by standard protocols and are used to establish baseline data and to track implementation and evaluation of interventions, programs, and policies that aim to increase physical activity. However, physical activity is challenging to assess because it is a complex and multidimensional behavior that varies by type, intensity, setting, motives, and environmental and social influences. The lack of surveillance systems to assess both physical activity behaviors (including walking) and physical activity environments (such as the walkability of communities) is a critical gap. Implementing Strategies to Enhance Public Health Surveillance of Physical Activity in the United States develops strategies that support the implementation of recommended actions to improve national physical activity surveillance. This report also examines and builds upon existing recommended actions.

health and wellness activities for employees: *A Design Thinking, Systems Approach to Well-Being Within Education and Practice* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Global Health, Global Forum on Innovation in Health Professional Education, 2019-04-04 The mental health and well-being of health professionals is a topic that is broad, exceptionally relevant, and urgent to address. It is both a local and a global issue, and affects professionals in all stages of their careers. To explore this topic, the Global Forum on Innovation in Health Professional Education held a 1.5 day workshop. This publication summarizes the presentations and discussions from the workshop.

health and wellness activities for employees: *Corporate Stewardship* Susan Albers Mohrman, James O'Toole, Edward E. Lawler III, 2017-09-29 Stewardship entails a profound understanding and acceptance of the challenges that result from the organization's interdependence with the societal and ecological contexts in which it operates—and of what it takes to embrace the challenges to be a force for building a viable future. This book dares to ask 'why' business leaders should embrace stewardship in the current market where profit reigns supreme. A shift in approach represents fundamental change for the corporate world, and even the most advanced corporations

consider themselves to be in the starting block of this transition. The book sets out the practical ways in which corporate stewardship can be achieved through embedding new approaches across the different functions of a business. This book, written by the leading thinkers in sustainability research, provides practical guidance on how companies can resolve the paradoxical challenges they face. How can they be at the same time profitable and responsible, effective and ethical, sustainable and adaptable? It explores what businesses are doing, what they can and should do to effectively respond to external challenges, and focuses on how leaders can create cultures, strategies, and designs far beyond "business as usual". Stewards must not only make proper current use of that which they hold in trust, they also must leave it in better condition for use by future generations. Corporate Stewardship challenges managers, executives, and directors of global corporations to think and act as stewards of both their organizations and the physical and social environments in which they operate.

health and wellness activities for employees: A Review of the U.S. Workplace Wellness Market Soeren Mattke, Christopher Schnyer, Kristin R Van Busum, 2012-11-28 This paper describes the current state of workplace wellness programs in the United States, including typical program components; assesses current uptake among U.S. employers; reviews the evidence for program impact; and evaluates the current use and the impact of incentives to promote employee engagement.

health and wellness activities for employees: The Psychologically Healthy Workplace Matthew J. Grawitch, David W. Ballard, 2016 This book examines the complex interplay between employees and management, to determine how a psychologically healthy workplace is constructed and maintained.

health and wellness activities for employees: Resilience (HBR Emotional Intelligence Series) Harvard Business Review, Daniel Goleman, Jeffrey A. Sonnenfeld, Shawn Achor, 2017-04-18 How to be resilient in a professional setting. How do some people bounce back with vigor from daily setbacks, professional crises, or even intense personal trauma? This book reveals the key traits of those who emerge stronger from challenges, helps you train your brain to withstand the stresses of daily life, and presents an approach to an effective career reboot. This volume includes the work of: Daniel Goleman Jeffrey A. Sonnenfeld Shawn Achor This collection of articles includes "How Resilience Works," by Diane Coutu; "Resilience for the Rest of Us," by Daniel Goleman; "How to Evaluate, Manage, and Strengthen Your Resilience," by David Kopans; "Find the Coaching in Criticism," by Sheila Heen and Douglas Stone; "Firing Back: How Great Leaders Rebound After Career Disasters," by Jeffrey A. Sonnenfeld and Andrew J. Ward; and "Resilience Is About How You Recharge, Not How You Endure," by Shawn Achor and Michelle Gielan. How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

health and wellness activities for employees: The Pig Book Citizens Against Government Waste, 2013-09-17 The federal government wastes your tax dollars worse than a drunken sailor on shore leave. The 1984 Grace Commission uncovered that the Department of Defense spent \$640 for a toilet seat and \$436 for a hammer. Twenty years later things weren't much better. In 2004, Congress spent a record-breaking \$22.9 billion dollars of your money on 10,656 of their pork-barrel projects. The war on terror has a lot to do with the record \$413 billion in deficit spending, but it's also the result of pork over the last 18 years the likes of: - \$50 million for an indoor rain forest in Iowa - \$102 million to study screwworms which were long ago eradicated from American soil - \$273,000 to combat goth culture in Missouri - \$2.2 million to renovate the North Pole (Lucky for Santa!) - \$50,000 for a tattoo removal program in California - \$1 million for ornamental fish research Funny in some instances and jaw-droppingly stupid and wasteful in others, The Pig Book proves one

thing about Capitol Hill: pork is king!

health and wellness activities for employees: Wellbeing: The Five Essential Elements

Tom Rath, James K. Harter, 2010-05-04 Shows the interconnections among the elements of well-being, how they cannot be considered independently, and provides readers with a research-based approach to improving all aspects of their lives.

health and wellness activities for employees: ReSYNC Your Life Samir Becic, 2017-10-31

Named “#1 Fitness Trainer in the World” four times in a row, health and fitness expert Samir Becic motivates readers to become a stronger, leaner, smarter, and happier version of themselves in 28 days by using his revolutionary and highly effective ReSYNC® Method. Samir Becic is one of the most celebrated fitness trainers in the world. His revolutionary ReSYNC® Method shows people how to resync their minds and bodies for optimum health and fitness so that they live fully and healthy, the way God created them. A whole body-mind approach, ReSYNC® is an alternative training program that encompasses physical fitness, nutritional health, and mental and spiritual balance. The power of the ReSYNC® Method comes from its simplicity. It uses the body’s own movement and natural resistance instead of costly or heavy equipment, which allows followers to push their bodies to their full potential without harming themselves. As a result, athletes and exercise buffs consistently tout it as more effective than gym training. The nutrition plan includes foods that lead to glowing health, a leaner physique, and increased brain power. And the spiritual component encourages prayer and meditation techniques linked to better health. Samir Becic’s proven strategies, implemented with tens of thousands of clients for more than 15 years--from Lakewood Church to Bally Total Fitness Clubs--will help readers ReSYNC® their body, mind, and spirit to be everything they were meant to be.

health and wellness activities for employees: Head Start Program Performance

Standards United States. Office of Child Development, 1975

health and wellness activities for employees: Management Lessons from the Mayo Clinic

(PB) Leonard L. Berry, Kent D. Seltman, 2008-05-31 Management Lessons from Mayo Clinic reveals for the first time how this complex service organization fosters a culture that exceeds customer expectations and earns deep loyalty from both customers and employees. Service business authority Leonard Berry and Mayo Clinic marketing administrator Kent Seltman explain how the Clinic implements and maintains its strategy, adheres to its management system, executes its care model, and embraces new knowledge - invaluable lessons for managers and service providers of all industries. Drs. Berry and Seltman had the rare opportunity to study Mayo Clinic's service culture and systems from the inside by conducting personal interviews with leaders, clinicians, staff, and patients, as well as observing hundreds of clinician-patient interactions. The result is a book about how the Clinic's business concept produces stellar clinical results, organizational efficiency, and interpersonal service. By examining the operating principles that guide every management decision at this legendary healthcare institution, the authors Demonstrate how a great service brand evolves from the core values that nourish and protect it Extrapolate instructive business lessons that apply outside healthcare Illustrate the benefits of pooling talent and encouraging teamwork Relate historical events and perspectives to the present-day Mayo Clinic Share inspiring stories from staff and patients An innovative analysis of this exemplary institution, Management Lessons from Mayo Clinic presents a proven prescription for creating sustainable service excellence in any organization.

health and wellness activities for employees: Fitness 9 to 5 Shirley Archer, 2013-01-11

The latest trend in fitness for the overworked and underexercised? The office cubicle, of course! Fitness 9 to 5 is the perfect antidote to long hours hunched over a desk and missed dates with the gym. This handy book features 75 quick and easy exercises that can be performed discreetly while sitting at a desk, standing at a file cabinet, and even on the morning commute. Coffee Pot Curls in the kitchenette build up biceps, while Stairwell Bun Blasters are sure to improve the bottom line. And stress-busters for tired eyes and wrists keep computer fatigue at bay. A calorie count is provided for each exercise, so it's easy to see how simple changes can shed pounds. With charming illustrations and step-by-step instructions, Fitness 9 to 5 is the best defense against the office candy jar.

health and wellness activities for employees: *White Awareness* Judy H. Katz, 1978 Stage 1.

health and wellness activities for employees: Wellness Leadership Judd Allen, 2008-01-01
Wellness Leadership empowers managers, wellness committee members and other wellness champions to create a workplace culture that supports healthy lifestyles. Such a culture of health saves lives, cuts medical costs, enhances productivity, improves morale and adds new vitality to work groups. Wellness Leadership explains how to create a shared wellness vision, serve as an effective role model, align cultural influences and monitor/celebrate success. Revealing self-tests, a culture survey, information about legal issues, guidelines for establishing wellness committees, leadership stories and checklists take the guesswork out of creating a culture of health.

health and wellness activities for employees: The Bad Food Bible Aaron E. Carroll, 2017
Reveals the positive benefits of enjoying moderate portions of vilified ingredients ranging from red meat and alcohol to gluten and salt.

health and wellness activities for employees: Say Grace Steve Palmer, 2019-11-19
Living Sober in an Industry Ravaged by Addiction As a child, Steve Palmer never belonged--not in school, not in his troubled home, not with friends. After his father and grandfather passed away, he was sent to a series of rehabs and halfway houses before ending up on the streets. Drugs and alcohol soon became a way of life. Eventually, he would go on to a career running some of the country's most celebrated and innovative fine dining establishments. But first, he had to learn how to be sober in an industry awash with alcohol and drugs. Thanks to coworkers that were able to love him when he couldn't love himself, Steve got sober. He escaped addiction alive. Many in the industry do not. No other industry has higher rates of alcohol and drug abuse. People are losing careers and families. They're losing their health. They're losing their lives. This is the story of one man who found healing and recovery in the industry that enabled his addiction--and he's on a quest to help others do the same.

health and wellness activities for employees: *College Success* Amy Baldwin, 2020-03

health and wellness activities for employees: Leadership Girl Haley Lynn Gray, 2016-01-05
Leadership Girl - Empowering Women Entrepreneurs to Achieve Extraordinary Results by Capturing Massive Sales was written to help give small business owners the information that they need to grow their businesses. Techniques include marketing and sales both online and offline. This book focuses on teaching the specific skills that you need to grow your business.

health and wellness activities for employees: The Surgeon General's Vision for a Healthy and Fit Nation, 2010, 2010 In the 2001 Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity, former Surgeon General David Satcher, MD, PhD, warned of the negative effects of the increasing weight of American citizens and outlined a public health response to reverse the trend. The Surgeon General plans to strengthen and expand this blueprint for action created by her predecessor. Although the country has made some strides since 2001, the prevalence of obesity, obesity-related diseases, and premature death remains too high.

health and wellness activities for employees: All In Josh Levs, 2015-05-12
When journalist Josh Levs was denied fair parental leave by his employer after his child was born, he fought back—and won. Since then, he's become an advocate for modern families and working fathers. In *All In*, he explores the changing face of fatherhood and what it means for our individual lives, families, workplaces, and society. Fatherhood today is far different from previous generations. Stay-at-home dads are increasingly common, and growing numbers of men are working part-time or flextime schedules to spend more time with their children. Even the traditional breadwinner-dad is being transformed. Dads today are more emotionally and physically involved on the home front. They are "all in" and—like mothers—they are struggling with work-life balance and doing it all. Journalist and "dad columnist" Josh Levs explains that despite these unprecedented changes, our laws, corporate policies, and gender-based expectations in the workplace remain rigid. They are preventing both women and men from living out the equality we believe in—and hurting businesses in the process. Women have done a great job of speaking out about this, Levs—whose fight for parental leave made front page news across the country—argues. It's now time for men to join in. Combining Levs'

personal experiences with investigative reporting and frank conversations with fathers about everything from work life to money to sex, *All In* busts popular myths, lays out facts, uncovers the forces holding all of us back, and shows how we can all join together to change them.

health and wellness activities for employees: *The Palgrave Handbook of Corporate Social Responsibility* , 2019

health and wellness activities for employees: *The Surgeon General's Call to Action to Improve the Health and Wellness of Persons with Disabilities* United States. Public Health Service. Office of the Surgeon General, 2005

health and wellness activities for employees: *Mental Health Policies and Programmes in the Workplace* World Health Organization, 2005 Work substantially contributes to one's identity. It provides income for an individual and their family and gives the feeling of playing a useful role in society. However, the nature of work is changing rapidly and factors such as the globalization of markets, urbanization and migration, and the advancements in information technology are impacting on the nature of work and the health and mental health of employees. This module outlines the types of mental health problems encountered in the workplace, their causes and impact. Importantly, it provides guidance to workplaces on how to develop and implement a workplace mental health policy and strategies to improve the mental health of employees. Also available: WHO Mental Health Policy and Service Guidance Package--14 modules Other modules included in the package: Improving Access and Use of Psychotropic Medicines Child and Adolescent Mental Health Policies and Plans Mental Health Policy, Plans and Programmes. Updated version Mental Health Context Mental Health Financing Advocacy for Mental Health Quality Improvement for Mental Health Organization of Services for Mental Health Planning and Budgeting to Deliver Services for Mental Health Mental Health Legislation and Human Rights Mental Health Information Systems Human Resources and Training in Mental Health Monitoring and Evaluation of Mental Health Policies and Plans

health and wellness activities for employees: Wellness at Work Robert Maris Cunningham, 1982

health and wellness activities for employees: Mental Health and Productivity in the Workplace Jeffrey P. Kahn, M.D., Alan M. Langlieb, M.D., M.B.A., 2002-11-29 Mental Health and Productivity in the Workplace is a comprehensive and practical guide to identifying, understanding, preventing, and resolving individual and organizational mental health problems in the workplace. Originally published as *Mental Health in the Workplace* (Van Nostrand/Wiley, 1993), this completely revised, updated, and expanded edition represents the most current thinking in the field and contains contributions from an expert panel of organizational and occupational psychiatrists. With fifty percent more chapters, this new edition adds essential material on creating systems and cultures that encourage organizational productivity and employee mental health and on finding cost-effective, quality mental health care. The book focuses on problems that start at the top (executive dysfunction) as well as on the effects of organizational structure, office politics, chronic change, downsizing and employment uncertainty, office wide emotional crises, and aspects of organizational development. In addition, this helpful resource includes information about such basic issues as anxiety, stress, burnout, depression, drug and alcohol abuse, violence, and psychosis.

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