

YOU'RE *It!* GET FIT!

May 19, 2021

— MANITOWOC COUNTY —
NATIONAL HEALTH & FITNESS DAY



Fitness Ideas

Lunchtime Fitness Walk – Walk around your facility, campus or on a nearby path or trail.

Fitness Trail – Set up a fitness trail within your office or building. Post signs on elevators encouraging the use of stairs, designate stretching areas, etc.

Wellness Route – Map out a 30-minute walk route for employees. One route inside and one outside.

Aerobics at Work – Invite a Zumba or step aerobics instructor to lead a group onsite.

Fitness Video Games – Set up a few fitness video game stations (Examples: Wii Fit, Wii Sports, Just Dance, Ring Fit Adventure, VR games, etc.) for “team competitions”. Teams record their scores to earn points.

Track Steps – Provide a pedometer and a calendar type logbook for employees to track their steps. Each time an employee hits a goal (example: 10,000 steps) their achievement is recognized or rewarded. You can also turn it into a competition.

Workout Outside – Pick a day, gather trainers to volunteer to lead exercises, put on some moving music and stage an outdoor workout session.

Hold Walking Meetings – Meeting with a small group? Put on your tennis shoes and talk while you walk.

Stairs Challenge – Avoid elevators as much as you can – take the stairs!

Add Steps to Your Day – Block off the parking spaces closest to the door, or give awards for parking at the back of the lot.

Fitness Video Lending Library – Many people have unused fitness DVDs at home, create a collection and develop a lending library system where employees can “check out” exercise DVDs!

Fitness Bingo – Create bingo cards with exercises in each square, such as walking 10 minutes, stair climbing 5 minutes, squats for 3 minutes, jumping jacks for 5 minutes, etc. As employees complete the exercises they check off their bingo card to win!

Poker Walk – Employees earn one card for every 5 minutes they walk. The person with the best poker hand wins!

Walk with Residents – At assisted living facilities employees can walk with residents outside.

CORPORATE WELLNESS IDEAS

- Sponsor a healthy breakfast or lunch
- Provide worksite health screenings on the same date
- Partner up with a nearby gym to offer an employee discount
- Start intramural athletic teams like softball, kickball, or soccer and compete against other companies in your area
- Bring in your health insurance provider to the office to give employees physical exams
- Sponsor step-by-step challenges
- Facilitate a healthy recipe exchange
- Stretch breaks – implement stretch breaks throughout the work day, give employees example stretches to do daily
- Snack attack – handout healthy snacks or have employees share their healthy snack recipes
- Community garden – create a garden at your worksite for employees to take care of and eat from
- Race for Wellness – stage a 3K, 5K, or 10K event for your employees to participate in

WHY EMPLOYEE HEALTH IS IMPORTANT

- ❖ Increased productivity
- ❖ Reduced rates of absenteeism, presenteeism, and sickness
- ❖ Reduced medical costs
- ❖ Improved stamina and morale
- ❖ Reduced stress
- ❖ Improving the health of Manitowoc County strengthens our economic climate

the
Chamber
Safety, Health & Wellness Council
Manitowoc County