



# Live Well Manitowoc

May 18,  
2022

Manitowoc County – National  
Employee 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.

**Onsite Group Fitness Classes** – Invite a fitness instructor to offer before or after work demonstrations (Zumba, Yoga, etc.). Also, consider hosting classes outside.

**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.

**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.

**Online Exercise Classes** – Put on an online exercise class to follow.

**Team Scavenger Hunt** – Have your teams compete in a scavenger hunt.

**Deskercises** – Share exercises that people can do at their desk.

**Walk/Bike to Work** – Encourage/support walking or biking to work.

## CORPORATE WELLNESS IDEAS

- Sponsor a healthy breakfast or lunch
- Provide worksite health screenings
- Gym membership discounts/reimbursements
- Start intramural athletic teams like softball, kickball, or soccer and compete against other companies in your area
- 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
- Healthier foods and snacks in break rooms
- Community garden – create a garden at your worksite for employees to take care of and eat from
- Flexible work schedules and No-hassle sick days
- Company-wide walking challenge/Fitness Challenge
- Subsidize wearable technology that helps employees track their activity
- Personalized Support for individual health goals
- Financial incentives and Wellness Goal Challenges
- Lifestyle- and nutrition-improvement courses
- Financial counseling
- Group wellness education
- Participation by managers and leaders
- Stress-reducing activities and relaxing break areas
- Health awareness initiatives
- Ergonomic chairs and desks

## 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