

10 Ideas to Encourage Workplace Wellness

Pinnacle Health & Wellness, LLC

1. Make sure clean drinking water is available. Encourage water consumption over sugar sweetened beverages.
2. Promote eating breakfast as a healthy start to the day. Research has shown that breakfast eaters tend to weigh less and have lower cholesterol levels than non breakfast eaters.
3. Discourage fad dieting. Focus and concentration on the job decreases when too few calories are consumed through a fad diet or a fasting plan.
4. Include education on depression and how to get assistance. Many depressed employees do not know where to find help. It has been estimated that nearly 10 million Americans suffer from depression.
5. Initiate a "Stay Safe in the Sun" program. Wearing sunscreen protects the skin from harmful sunburns and the risk of skin cancer. Request free sunscreen samples and coupons from sunscreen manufacturers.
6. Modify workplace vending machines. Post signs on the healthiest vending options. Check out www.healthyvending.com to provide more nutritious snacks.
7. Promote physical activity and movement. A poor physical condition and being overweight is associated with about 300,000 premature deaths yearly. Start a breakfast walking club so your employees start the day energized.
8. Provide a family friendly environment. Some businesses offer flexible work hours and telecommuting to assist employees in managing family obligations.
9. Increase awareness on the health benefits of including fruits and vegetables daily. A lunch and learn with tastings is a great way to introduce fresh fruits and vegetables to employees.
10. Start a "Stress Buster" program. Include seminars or webinars on time management, conflict resolution, and positive workplace relationships.

Pinnacle Health & Wellness, LLC is dedicated to improving the health and wellness of their clients. They assist businesses, organizations, and schools in creating a community of wellness.

Contact us today for information — info@pinnacle4health.com or 443-949-7016.

"A Lifestyle Approach to Better Health"