

Worksite Wellness: Think Outside the Cubicle



Worksite wellness programs have become popular recently for several reasons. People have become more health conscious and are accepting more responsibility for their own health, so they are willing to join groups of people with that same goal. Businesses are offering wellness programs for their employees because they see the results of more productivity, fewer sick days, and even a financial incentive from their group insurance programs. People who team up to work on any goal tend to do better and stick with it longer.

But what if your worksite does not have one of these programs, or you do not work at a worksite with co-workers? Think outside the cubicle when considering what groups of people might want to come together and participate in a group wellness program. Some that come to mind are churches or groups within a church, communities, neighborhoods, and parent/teacher organizations. The list of possibilities is unlimited.

Worksite wellness programs usually are led by someone with education related to sports, nutrition, or physical fitness. Like the programs at worksites, there does need to be a leader, but that leader only needs a desire to get the program started because the kits that are available are complete with instructions, posters, invitations, recipes, tracking forms, and other helpful components.

The worksite wellness kits listed below are available on the Internet, are from reputable sources, and are free. The information can be printed from the website, or, in some cases, the kit may be ordered from the sponsoring organization.

- The American Heart Association Well-being Works Better:
<https://www.wellbeingworksbetter.org/>
- Centers for Disease Control and Prevention (CDC) Workplace Health Promotion:
<https://www.cdc.gov/workplace-health-promotion>

While the language in these kits is worksite specific, it won't take much imagination to tailor the program to another group of people with a goal of wellness.

Check out more Food Fun on the Run Newsletters at: <http://go.unl.edu/familyfun>.

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