

Worksite Wellness: *Think Outside the Cubicle*



Worksite wellness programs have become popular in the last twenty-five years 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 possibly even a financial incentive from their group insurance programs. And, people who team up to work on any goal, wellness in this case, tend to do better and stick with it longer.

But, what if your worksite doesn't have one of these programs, or you don't 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 Worksite Wellness Kit: <http://go.unl.edu/txbt>
- Centers for Disease Control and Prevention (CDC) National Healthy Worksite Program: www.cdc.gov/nationalhealthyworksite
- Nebraska Worksite Wellness Toolkit: <http://dhhs.ne.gov/WorkplaceWellnessToolkit/Pages/Start.aspx>

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/familyrun>.
This publication has been peer reviewed.