

How to Add Wellness to Your Workplace

Share



Learn

Create a healthy workplace by sharing resources with your coworkers to help promote healthy habits.

Make your well-being a priority by learning behaviors and tools to help you live a healthier life.

Wellness resources

Host a presentation

Tools & trackers

Join a scheduled webinar

Resources for managing stress

Video library



Challenge

Boost your healthy habits, decrease stress and gain social support by hosting or joining a wellness challenge.

Move

Improve your brain health, manage weight, decrease stress and reduce risk of disease by moving regularly.

Lead a team building activity

Lead a stretch break
(select Ways to Get Active)

Join a challenge

Join a workout

Host a challenge

Start a walking club



Inspire

Whether you share your successes or those of others, you can motivate your colleagues to live a healthier life.

Make kindness the norm by doing a daily act of kindness for yourself and one for a colleague.

