

Encouraging Fitness and Healthy Living in the Workplace TIPS

KIT for HR
Employee
Experience
Architect

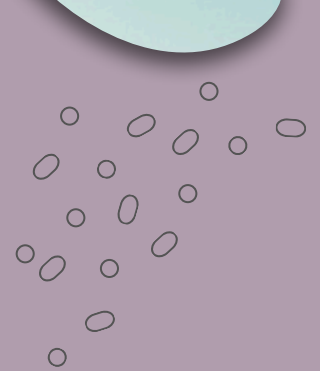


1

Bike-to-Work Programs

Promote cycling by installing bike racks and providing informational materials about bike safety and commuting routes.

This encourages employees to choose a healthier mode of transportation.

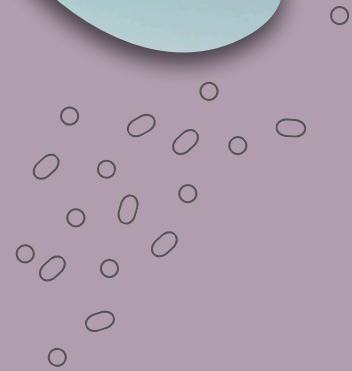


2

Encourage Stair Use

Place motivational posters near elevators to encourage employees to use stairs for short trips between floors.

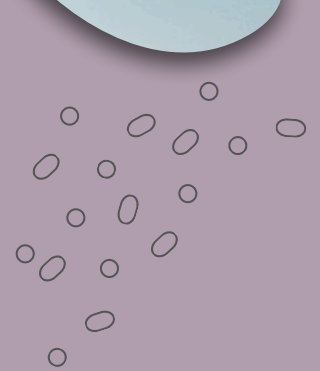
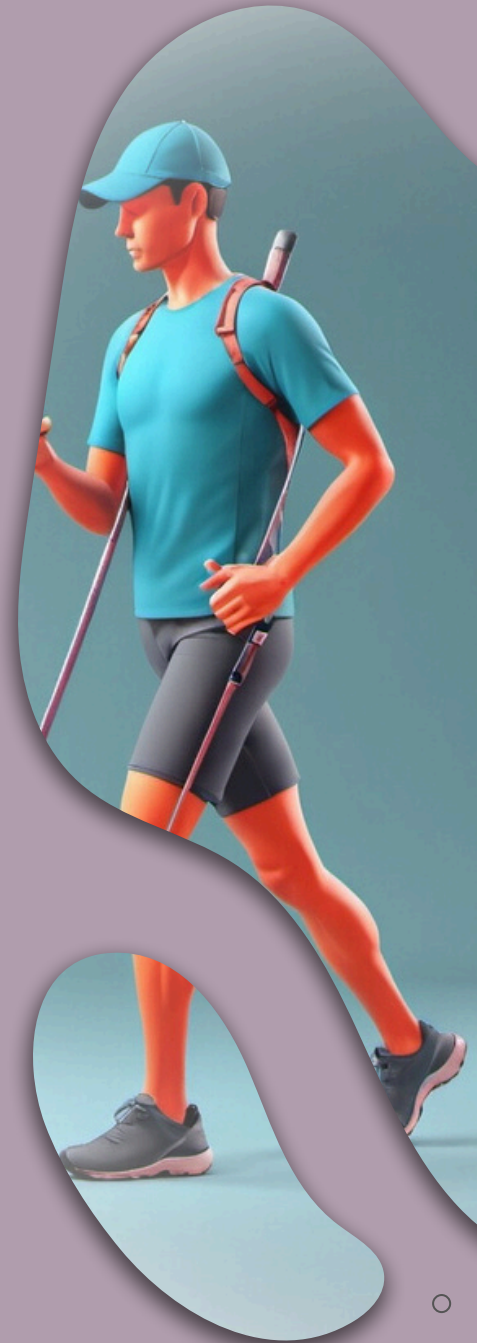
This simple change can significantly increase daily physical activity.



3

Exercise Programs

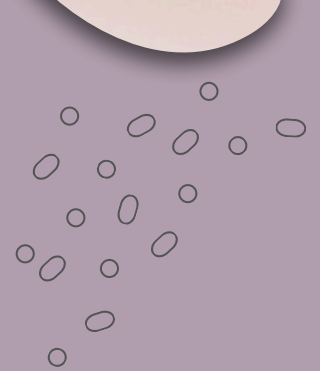
Develop exercise programs that encourage outdoor activities like walking or running, conduct "walking meetings," and offer reimbursement for home exercise equipment, workout wear, fitness trackers, or shoes.



4

Integrated Wellness Programs

Offer integrated programs combining behavioral, nutrition, and exercise components for healthy, sustainable weight loss.

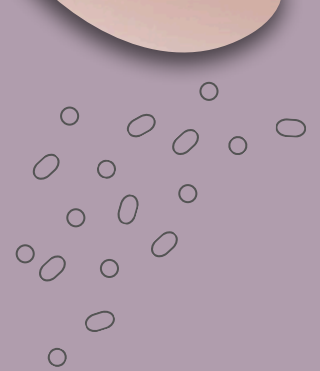


5

Healthy Sleep Programs

Educate employees on the importance of sleep and provide resources for improving sleep hygiene.

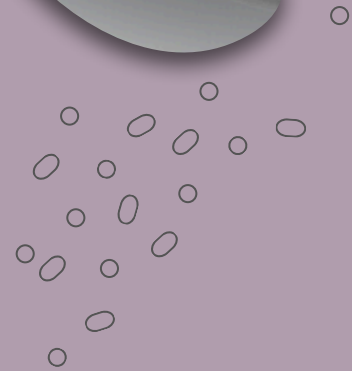
Offer reimbursement for sleep support tools such as weighted blankets, supportive pillows, or white noise machines.



6

Encourage Physical Activity

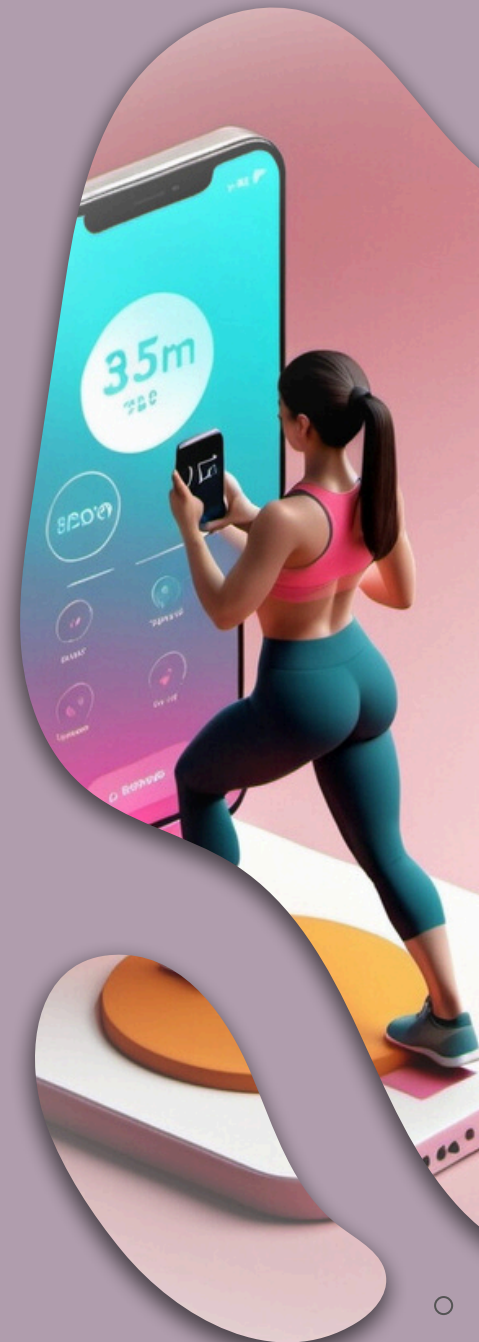
Implement strategies to reduce sedentary behavior and promote physical activity, such as on-site fitness facilities, standing desks, walking meetings, and fitness challenges.



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Deskercise and Active Workstations

Promote light exercises employees can do at their desks, and provide standing desks or active workstations.



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Group Fitness Classes

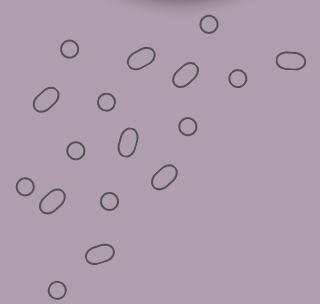
Organize group fitness classes or subsidize gym memberships to encourage regular physical activity.



9

On-site Fitness Facilities

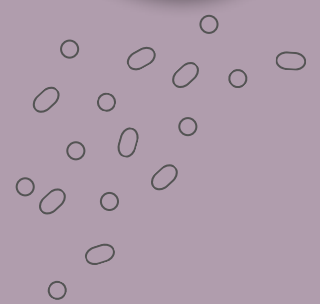
If feasible, provide on-site fitness facilities or partner with local gyms to offer discounted memberships and fitness classes.



10

Fitness Tracking

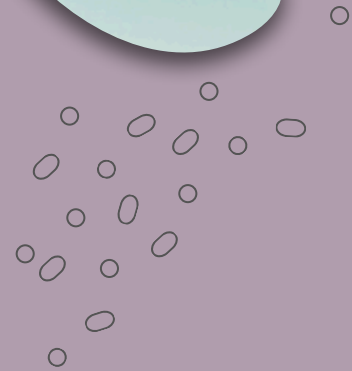
Encourage the use of fitness tracking devices and incorporate physical activity into daily routines, such as adding 10 minutes of exercise or organizing group fitness activities.



11

Diverse Wellness Experiences

Offer a range of wellness activities and experiences to cater to different interests, helping to broaden employees' horizons and embrace new experiences.



12

Get Wember to sort it all out

Wember provides comprehensive wellness solutions for companies, utilizing technology to offer wellness monitoring, employee activation, and incentivization programs encompassing various well-being dimensions, including physical, mental, and environmental well-being, thus fostering a healthier, more engaged workforce.

