



HEALTH & WELLNESS

IN THE WORKPLACE



FEBRUARY

FEBRUARY CALANDER

American Heart Month
Astrological sign: Aquarius
Birthstone: Amethyst

1

GET UP!

National Get
Up Day

2



Super Bowl LIV

14



Valentines Day

21



National
Caregivers Day

25



Mardi Gras

29



Leap Day





PROMOTING OFFICE WELLNESS

Creating a work environment that focuses on health and wellness may be something you are striving for. At first, it may seem daunting to up and change your company work environment, but it is not as difficult as it may seem. You have several options to consider when looking to change your company culture to focus on promoting a healthy lifestyle.

IMPORTANCE OF PROMOTING WORKPLACE WELLNESS

A healthy workplace not only affects company medical costs, but it also creates a more productive workforce. Workplace wellness should be seen as an investment in its employees. If you begin to implement a healthy work environment you can expect to see many benefits.

Fewer absences: According to a study conducted by RAND research, companies that implement a fitness and wellness work environment lead to employees missing 18%-32% fewer workdays.

More engagement: Employees who feel better are more engaged in their work, in fact, 80% of employees at companies with robust health and wellness programs at work feel engaged and cared for by their employers.

Stronger recruiting: With millennials expected to make up 75 percent of the workforce by 2025, workplace perks will be expected from new employees. Offering a solid wellness program can give your company a competitive edge against competitors that do not offer such programs.

Keep health cost down: When your team is sick it costs you more money. When a company began to implement a wellness program they began to see a decrease in health costs and payouts for their employees.

The industry standard: According to a study by SHRM, 70% of employers offer a workplace wellness program and those investments yield a 150% return on investment.

HOW TO PROMOTE WORKPLACE WELLNESS

Now that you know the importance and value of implementing a workplace wellness program it's time to get started. Finding what works for your company does not have to be difficult or expensive. Here are a few examples of programs and activities you can start to implement.

Start a fitness challenge: It may be difficult to change the office culture overnight, so a great way to kick off workplace wellness would be to start an office-wide fitness challenge. Offer prizes and incentives for the employees who participate making it worth their time. This is a great way to convince your team the importance of healthy living and can prepare them for changes.

Provide healthy snacks: Most offices that provide snacks usually do not offer healthy options. While chips and candies are tasty, offering these unhealthy options shows your employees you do not value healthy living. If you replace sodas with water, and candy with granola bars it can promote a healthy work environment by reducing available junk food options.

Offer gym memberships: Gym memberships can get expensive for an individual. If you can afford it offering free gym memberships to a local gym to your employees is an amazing benefit the employees will truly appreciate. This is an amazing tool to help retain and recruit employees.

Allow activity breaks: If you allow your team to step away from the desk for 5 to 10 minutes to just step outside and walk or stretch can improve both physical and mental health in the office. Taking time to get fresh air helps the brain stay more focused and engaged.

Give out wellness products: Providing your employees with free gifts that promote health and wellness is a great way to show your staff what you value. Not only can these products promote wellness they can promote your brand if you find the right products.

GUIDE TO WELLNESS PRODUCTS



Item# 672230

Stay motivated and hydrated with a **custom plastic sports bottle**. Reusable water bottles are a great way to promote wellness in the office because it encourages you to drink my water.



Item# 769628

Get the team movin' with the **Activity Tracker Wristband 2.0**! The activity tracker can promote fitness in the workplace and can help you challenge your employees to be better.



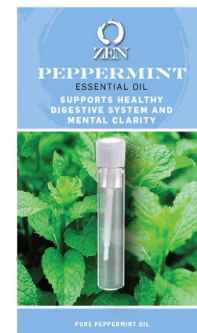
Item# 717125

A clean office is a healthy office. With the **1.0 oz Hand Sanitizer Antibacterial Gel**, you can help keep your team healthy and clean. Promote cleanliness by giving everyone at your company a custom hand sanitizer.



Item# 769721

If you and your staff spend a lot of time sitting at the computer **Blue Light Blocking Glasses** are a must-have. These glasses block the blue light that is projected from computer screens that help prevent eye strain and damage. This would be a great giveaway in a new hire kit to show your care about your team's health.



Item# 769793

Looking to bring some relaxation to your employees? These **3 ML Vial of Essential Oils** are great giveaways. Essential oils are known to help relax and help relieve stress in the office. Allowing essential oils in the office is a great way to promote wellness in the workplace.



Item# 726839

Want your team to really be able to unwind on their breaks? Give away free **Backscratcher & Massager** to your employees to help them relax. These massagers a fun way to show your employees you care are about there well being.