

# CELEBRATE WORKPLACE WELLNESS DURING NEW BRUNSWICK WELLNESS WEEK OCTOBER 1-7



Excited to plan something for Wellness Week but not sure where to start? Here are some ideas of how you can celebrate Wellness Week in your workplace!

## October is Canada's Healthy Workplace Month

Each year, there is a new theme chosen. Consider aligning your activity with the current theme. For more information on Canada's Healthy Workplace Month, go to [www.healthyworkplacemonth.ca](http://www.healthyworkplacemonth.ca).

## Wellness Photo Contest

Organize a wellness photo contest. Employees take pictures of physical activities, healthy eating, mental fitness or how they are living tobacco-free. Set up a planning committee of employees to create the categories, and ensure all employees have an opportunity to be a judge. Include categories of photos such as individual, co-workers, family and friends! Top three pictures in each category are posted and winners could receive recognition from the employer. Share your winning photos on *The Wellness Movement's* Facebook page at [www.facebook.com/WellnessNBMieuxEtreNB](http://www.facebook.com/WellnessNBMieuxEtreNB).

## Wellness Week Lunch and Learn Series

Organize a daily lunch-and-learn on a variety of wellness topics presented by a community member, a co-worker with a specialty or a professional. A noon hour talk could give information on how to stop smoking, what supports are available and/or how employees can support others in the process. Another could teach employees how to read nutrition labels. Have a lunch that celebrates cultural traditions, foods and activities by countries represented by your employees, within your community or First Nations. Show the physical activity options available in the community. Host talks on topics like Mental Fitness & Resilience, Work-Life Balance, Men's and Women's Health Issues, etc. Cap off the week with a healthy potluck lunch! Make it a 'casual day' where employees wear their favourite team jersey to work.

## Wellness Week Event

Host a noon hour walk or organize a friendly walking challenge between work groups. Encourage employees to participate in a tobacco-free day around the worksite grounds. Plan a time to celebrate team accomplishments over the past year. Take the week to notice what colleagues have done to make the workplace a more positive place to work. Provide the opportunity for employees to share some healthy recipes with each other.

## Volunteer for a Day

Empower employees to become more engaged in the community. With approval from your organization's management, organize a morning, an afternoon or a full day during Wellness Week to volunteer within the community to help a group or organization. Involve employees in the decision as to which group or organization your employees will help this year. Use this as a starting point for ongoing support through the year for employees to volunteer. Celebrate and recognize employees' volunteer efforts, skills and talents.

## Organize a Workplace Challenge

Gather everyone from the office and walk around a block or two. Do a stair climb challenge and have a tracking sheet so employees can record their stair count. Hold a nutrition challenge.

## Start a Workplace Wellness Initiative

Take advantage of Wellness Week, and start a workplace wellness initiative for your organization. Establish a workplace wellness committee including employees and management representatives from all levels of your organization. Invite employee participation in discussions and decisions about wellness issues such as cafeteria menus or tobacco-free places. Conduct a survey to find out what wellness topics employees are interested in learning more about. Set up a Wellness Corner where information about a variety of wellness topics can be shared with employees. Start a walking club.

The ideas don't stop there! Check out the resources available through *The Workplace Wellness Movement* in New Brunswick at [www.wellnessnb.ca/workplace-wellness-movement/](http://www.wellnessnb.ca/workplace-wellness-movement/).



If you need more guidance or support for your Wellness initiative, connect with your **Regional Wellness Consultant**. **Contact information can be found at** <http://www.wellnessnb.ca/resources/regional-wellness-consultants/>

**Don't forget to register your activity in the [Wellness Events Calendar](http://calendar.wellnessnb.ca/) at <http://calendar.wellnessnb.ca/> even if your event is not open to the public. It will help inspire other workplaces across the province and show people in your community what your workplace is doing to enhance wellness!**