

How to Add Wellness to Your Workplace

Share



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

Wellness resources

Tools & trackers

Resources for managing stress

Learn

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

Host a presentation

Join a scheduled webinar

Video library



Challenge

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

Lead a team building activity

Join a challenge

Host a challenge



Move

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

Lead a stretch break (select Ways to Get Active)

Join a workout

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.

