

# Employee Wellness Program

We all know the benefits of healthy living: increased energy and productivity, decreased risk of chronic disease, and a better-quality life, but healthy living is often easier said than done. Finding time to incorporate healthy behaviors in our personal lives can be complicated between the hustle and bustle of work, family, school, and other responsibilities. In an effort to practice what we preach, we have created a simple wellness program for our employees. Creating better health in our communities starts with us.

We hope that as you increase your personal wellness, you will experience improved productivity and job satisfaction. Have fun working towards these challenges both individually and as a team.

## Modeling Behavior

Ambassadors of Create Better Health Utah are allowed to take 30 minutes per 10 hours worked to create better health. If you are a 20 hour per week employee then you can use one hour of your work time to improve your health. This is privilege we hope you take advantage of. You can use your time all at once, or split it between multiple days (i.e. take a 15 minute walk in the middle of your work day 4 days/week). Modeling behavior can include being physically active, menu planning, create a family meal, etc.

## Office Improvements

Collectively as a program, we are encouraging healthy office environments to make it easier to choose healthy behaviors. Below are some suggestions of behaviors your team can adapt to improve the health environment of your office.

## Healthy Food Environment

Assure healthy options are available when food is incorporated into an office event. Instead of keeping candy in a jar on your desk, keep a jar of mixed nuts. Bring sliced fruits or vegetables

to office meetings and parties. Pack your own lunches or pick healthy lunch destinations for your team to gather at.

## Meetings

Try going on a 30-minute walk for your staff meeting rather than sitting around a table. Avoid holding meetings over lunchtime to allow employees the opportunity to eat a nutrition meal.

## Recipe Sharing

Encourage conversations where healthy recipes can be shared among fellow employees.

## Work Settings

Where available, design an office space that allows you to stand as well as sit while you work. Work together with your team to incorporate these changes into your office culture.

## Monthly Challenges

In addition to modeling behavior and office improvements we would also like to encourage ambassadors to practice what he/she teaches. To help facilitate this, during the Create Better Health Fiscal Year from October 2021 - September 2022, we will hold a monthly health challenges. The challenges will include a variety of topics that promote good nutrition, physical activity, and mental health well-being. These activities do not count toward work time.

The challenges will be hosted on the USU Create Better Health Ambassador Facebook group.

Entries into a prize drawing will be awarded for participation and completed challenges. At the end of the year, a prize drawing will be held. Three winners will receive a prize valued at \$100. Prizes will help encourage healthy living.

