

Workplace Wellness

from the INsideOut



FACULTY OF KINESIOLOGY | UNIVERSITY OF CALGARY

TEN Things you can do Right Now, FREE that will improve the health of your workplace:

- (1) Greet your fellow workers with a smile and a hello.*
- (2) Treat your fellow workers with respect.*
- (3) Recognize your peers for a job well done.*
- (4) Have educational materials on health and fitness available in the cafeteria or meeting rooms. (free from the Heart and Stroke Foundation, Alberta Cancer Board and Foundation, Canadian Diabetes Association).*
- (5) Replace “junk” food vending machines with “healthy” food vending machines.*
- (6) Assign one or several “champions” among your staff who are already living a healthy lifestyle to mentor and encourage the others.*
- (7) Perform a random act of kindness.*
- (8) Introduce the “walking meeting” in your workplace; as long as you don’t need AV equipment it is a great way to interact with no interruptions.*
- (9) Save the environment and money; bring your own water bottle and coffee cup to work.*
- (10) Take a 2 minute break EVERY HOUR of your work day to stand up, stretch and breathe.*

www.ucalgaryrecreation.ca/workplacewellness