

# Staff Wellness Ideas



Category	Activity Name	Description
<b>Activity Challenge</b>	<b>Track Fitness</b>	Track steps, miles biked/run, or hours spent being active. Purchase a set of pedometers, FitBits or similar device that staff members can rent out for a period of time to track their activity levels.
	<b>Healthy Zone Website Resources</b>	Check out the HZS Resource page for other staff wellness exercise logs.
	<b>10,000 Steps</b>	Try to get staff to reach 10,000 steps per day (recommendation). At the start of the challenge, participants receive a healthy snack and water. At the end of the challenge, two names are drawn to win a grand prize.
	<b>Classroom Activity Challenge</b>	Have each classroom teacher participate in an activity challenge. Hang a chart outside the classroom door, and every time the teacher meets a certain bench mark (example-5 miles=10,000 steps/ all the way up to 26.2=marathon) the classroom receives a sticker that shows they met that benchmark. At the end of the challenge period, the classroom and teacher get a special reward. This encourages healthy competition among teachers and classrooms, and encourages the students to encourage the teacher to engage in healthy habits.
	<b>Sports Tournaments</b>	Offer an afterschool volleyball or favorite sports

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	<p><b>Stability Balls</b></p> <p><b>Exercise Clubs</b></p>	<p>tournament for teachers to participate in. If some staff members are not able to play due to injuries they can cheer on the sidelines.</p> <p>Buy stability balls for teachers to use at their desk instead of regular chairs. Stability balls increase balance and core strength.</p> <p>Implement before or afterschool walking, running, or any type of exercise clubs for teachers. Can offer incentives to increase participation.</p>
<p><b>Nutrition Challenge</b></p>	<p><b>Cookbook Challenge</b></p> <p><b>Caught You Eating Healthy/Healthy Wall of Fame</b></p> <p><b>Healthy Selfies</b></p> <p><b>Healthy Breakfast Cook-off</b></p>	<p>Have the staff create healthy recipes to enter into a school cookbook. Staff and students can taste test the recipes. The school can then sell the cookbooks to families as a fundraiser.</p> <p>Display and highlight what teachers are doing to be healthy (both physical activities and food choices).</p> <p>Have teachers take “Healthy Selfies” of themselves being active or eating fruits and vegetables. Post them around the school or in the cafeteria to be a positive role model for students.</p> <p>Have staff bring in a healthy breakfast that includes a recipe and ingredient list. Have staff</p>

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		<p>compete to see who has the tastiest and healthiest meal! Have other staff members vote on the winner for a prize.</p>
<b>Hydration Promotion</b>	<b>Drink Your H2O</b>	<p>Purchase reusable water bottles to promote drinking water. Make it fun by adding your school logo. Add in a water bottle filling station.</p>
<b>Taste Testing</b>	<b>Healthy Food Servings</b>	<p>Host a yogurt bar, smoothie bar or build your own healthy breakfast tacos.</p>
<b>Walking/Running Activities</b>	<b>5K Fun Race</b>	<p>Enter staff in a local race—there are several fun 5K races: Glow Run, Color Run, Warrior Dash, Jingle Bell Run, Turkey Trot.</p>
<b>Health and Wellness</b>	<b>Brain Breaks</b>	<p>Brain boosts for the classroom by providing a list of brain breaks that teachers can use to refocus the class and even themselves.</p>
	<b>Weekly Health Tip</b>	<p>Provide a weekly health/nutrition tip along with a healthy snack and water at the beginning of the school day.</p>

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	<p><b>Free or Low Cost Vaccines</b></p> <p><b>Stress Management</b></p> <p><b>Biggest Loser</b></p>	<p>Bring in a company like Passport Health to offer vaccines to the staff such as DTAP, Hep A, Hep B, Pneumonia, Pertussis and flu shots.</p> <p>Hire a massage therapist to offer 10-15 minute chair massages to teachers.</p> <p>Each teacher has an entry fee of \$10 to participate in the Biggest Loser contest. You can do weekly weigh-ins to track progress. The individual who loses the most weight at the end of the contest will win all the money.</p>
<p><b>Group Exercise</b></p>	<p><b>Fitness Classes</b></p>	<p>Hire a group exercise instructor to teach yoga, Zumba or a fun boot camp class before or after school. Ask around if any parents teach fitness classes—if they do, they often will give a discount or volunteer their time for free. You can also purchase fitness DVDs like P90X or Insanity to project on a screen in the gym.</p>