

Wellness Recognition Tips

We're going to share a secret with you: wellness works best when it becomes a part of your workplace culture. Makes sense, right? When it is just normal for your workplace to have challenges or workshops or go for walks or meditate it creates an environment that helps people change their behaviors for good. However, we cannot wave a wand and have your organization be filled with a culture of wellness. One great start is Wellness Recognition! Just like we want to recognize when people are doing good work, we want to acknowledge and encourage healthful behavior! Below are some tips:

- Wellness Recognition Cards (we've made some for you so check them out!)
- Wellness or company branded notepads
- Water bottles! Whether they are branded or not, water bottles are a great and affordable gift.
- Cutting boards
- Wellness shoutouts - Highlight a team member's wellness journey or healthful activity. Testimonials are always great to have! They encourage the specific team member but also tell others within your organization about those who are kicking butt in their wellness! Some avenues for shoutouts include:
 - Wellness shoutout in team or management meetings
 - Your organization's social media
 - Email blasts
 - TV monitors where updates are shared
 - Newsletters! If your organization has a wellness newsletter, that is a great place to recognize your team participating in healthy activities.

These recognition tips work best if they are not tied to some sort of incentive but rather as random gifts to encourage healthful activities around the office!

We recommend being specific in what you are recognizing, be fair, and be balanced. It is amazing to highlight a team member's massive weight loss but it is also great to recognize walking around the building, parking further away, or completing this first 5k!