



Financial Brokerage
Wellness!

Wellness Incentive Ideas:

“Helping employees stay on track with Wellness!”

When challenging ourselves to accomplish a goal, especially one we aren't used to, we often times require a little extra motivation. This holds true for many aspects of our life.

Rewards are fun, exciting, and they help keep us focused on completing the task at hand. They also help boost morale and raise success rates!

Since incentive programs have numerous benefits, PFB recommends that our clients implement one to accompany their wellness program(s). There are many low-cost incentives that can provide fun ways to reward employees for staying active and living a healthier lifestyle. Here are just a few that we came up with...

- Offer **Gift Certificates** to restaurants, retailers like Wal*Mart, Target, and Foodlion, or specialty services such as salons.
- With the soaring price of gas, **Gas Cards** are a great way to keep employees motivated for success! Amounts can be from \$5 - \$20; your employees will definitely appreciate this one.
- **Magazine Subscriptions** can be very inexpensive for 6 months, or even 12 months. Check out <http://www.magsforless.com!>
- Create a **Reward Basket!** Take \$20, go to Dollar Tree, and buy 20 items. Place them in a basket and let the employees choose their reward when reaching a goal. This is a low-cost incentive that your employees are sure to love!
- **½ hour paid leave** – Once every two weeks, if an employee reaches or exceeds a goal, allow them to leave a ½ hour early one day with pay. They will definitely appreciate the extra time to beat the traffic and get home a little early!
- **Order Lunch** – Once a month, if a team meets their goal, order lunch for them from a healthy restaurant. 3 foot-long subs from Subway costs \$15 – split them and you have lunch for 6 without breaking the budget!