



**Financial Brokerage**  
**Wellness!**

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## Workplace Wellness Initiatives:

*“Tips for promoting a healthier work environment!”*

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- **Stretch & Jog:** Take 3 minutes to stretch (as a group) before each meeting, then, jog in place for 30 seconds.

*This gets employees' blood flowing, which increases alertness and attention span. A great way to start a meeting is with a group of energized employees!*

- **Ask your vendor to replace snacks with high fat and sugar content in your office vending machines with healthy alternatives.**

*The first step in any wellness program should be promoting a healthy lifestyle in and out of the workplace!*

- **Institute a “Smoke-free Campus” policy.**

*Initially, this might be met with some resistance. However, you will limit second-hand smoke exposure to non-smokers in and around your office! Additionally, employees will take fewer smoke breaks since they will have to walk farther to designated smoking area.*

- **Place a community fruit bowl in your break room.**

*Encourage employees to bring fruit in a rotation. This will encourage healthy snacking and ensure that your employees are getting fruits in their daily diet!*

- **Place posters by elevators encouraging employees to take the stairs.**

*By promoting more movement, you are adding to the fitness level of your employees. There are countless benefits to increasing the amount of exertion you experience in a given day.*

- **Place a water cooler in your break room.**

*There are many schools of thought on just how much water the average person should consume a day. A good rule of thumb is to try and get 8 8oz. glasses of water per day. Consuming water reduces caloric intake from sugar-heavy drinks like sodas!*

- **Encourage physical communication to increase movement.**

*One of the most basic things you can do to increase physical activity is to walk to other people when you need to speak to them or obtain information from them. Try to encourage physical communication as a healthy alternative to the intercom system or email.*

- **Remind employees to utilize their health insurance carrier websites.**

*Carrier websites have valuable information on nutrition, staying healthy, exercise, and even discounts and rewards programs!*