

## Worksite Wellness Program Introduction

Welcome to the 60 Day Worksite Wellness Program. Thank you for taking this step to improve your employee's overall health and wellness throughout the next two months. This program is a voluntary wellness program consisting of both daily and weekly structured activities designed to create and/or improve healthy habits for employee's that will form into permanent lifestyle changes.

### What will the Worksite Wellness Program Consist of?

We believe it is important to focus on the whole self to encompass total wellness, not just simply focusing on healthy physical habits such as diet and exercise. Based on the evidence of the Eight Dimensions of Wellness, we believe that you can create or enhance your wellness program by addressing these areas:

1. **Emotional Wellness**- coping effectively with life and creating satisfying relationships
2. **Spiritual Wellness**- expanding our sense of purpose and meaning in life
3. **Intellectual Wellness**- recognizing creative abilities and finding ways to expand on knowledge and skills
4. **Physical Wellness**- recognizing the need for physical activity, sleep, and proper nutrition
5. **Environmental Wellness**- good health by occupying pleasant, stimulating environments that support well-being
6. **Financial Wellness**- satisfaction with current and future financial situations
7. **Occupational Wellness**- personal satisfaction and enrichment from one's work
8. **Social Wellness**- developing a sense of belonging, connection, support system

Each participant should receive a 60-day electronic, printable planner that includes a habit tracker, gratitude diary, calendar to track weekly active minutes, and a journal page to track their wellness each of the 60 days.

We are providing you with everything you need to support the participants. Every week there will be electronic PDF resource pages that you send out with links, graphics and videos for each dimension of wellness. These tips and tricks are designed to help participants create healthier habits throughout the next two months.

We encourage you to have your participants check in weekly as well as provide them with incentives (should you need suggestions, we're here to help with ideas!) We won't leave you hanging should you need support throughout the new program. If you need assistance please contact Tasha Cramer at [tcramer@lifebridgehealth.org](mailto:tcramer@lifebridgehealth.org)

## For the Participants

1. This program is about wellness as a whole. We want you to take the next 60 days to evaluate your overall health and wellness. This program is not all about losing weight, but about making healthy lifestyle choices through a little encouragement, incentive and hope. Ideally, once you've completed the 60-day program, you'll see your healthy changes and be motivated to continue the path to total wellness!
2. Each participant will receive a 60-day electronic, printable planner. This is yours to use daily. You should use this to track your daily active minutes, write down a few things you are grateful for, as well as take the time to create some personal goals. These are your goals, whatever you want them to be. Whether it is to make your bed everyday (which is important for daily wellness) or to drink 64oz of water a day (also very important), you get to set the goal. Feel free to keep it or change it up monthly. Remember, how long it takes a new habit to form can vary widely depending on the behavior, the person, and the circumstances. Give yourself time. Building better habits is not an all-or-nothing process.
3. Weekly check-ins. To help you stay accountable, we ask that you check in weekly. Your site coordinator will tell you how they expect a check in.

We wish you the best on your new journey!



# Eight Dimensions of Wellness



**Emotional** - coping effectively with life and creating satisfying relationships



**Spiritual** - expanding our sense of purpose and meaning in life



**Intellectual** - recognizing creative abilities and finding ways to expand on knowledge and skills



**Physical** - recognizing the need for physical activity, sleep, and proper nutrition



**Environmental** - good health by occupying pleasant, stimulating environments that support well-being



**Financial** - satisfaction with current and future financial situations



**Occupational** - personal satisfaction and enrichment from one's work



**Social** - developing a sense of belonging, connection, support system

# For Today...

Date: \_\_\_\_\_

**M T W TH F SAT SUN**

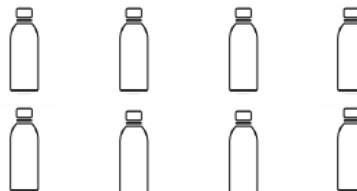
Today I am Grateful for:

I will focus on:

- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_
- ◇ \_\_\_\_\_

I will let go of:

Water



What did you do for yourself today?

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For someone else?

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Exercise of the day:



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EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL

## Weekly Physical Activity

Adults who are physically active are not only healthier overall, but also have a decreased chance of developing chronic diseases such as cardiovascular disease and type 2 diabetes.

Most health benefits for adults are gained when they do **150-300 minutes of moderate-intensity** activity per week.

Please use the attached *Monthly Active Minutes Calendar* in this planner to track time spent on physical activity each day. This will be used to help keep you accountable and on track!

Happy Tracking!

Source: Physical Activity Guidelines for Americans, 2nd edition | 2018 U.S. Department of Health and Human Services

*Monthly Active  
Minutes*

*Month:*

<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Weds</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>

*My goals for this month are...*



# Habit Tracker

A habit tracker is a simple way to measure a habit you've completed. Habit trackers like the ones in this program, help you develop good habits and accomplish your goals by creating accountability. This tracker is a good way to physically see that you are completing your habit every day.

Fill in the line with a habit you'd like to start tracking, for example drinking more water. Each day that you drink the amount of water you want, you will color/fill your box for that day. The idea is to fill the habit tracker for the full month. Studies show it takes an average of 66 days to create a habit.

# 50 HABIT TRACKER

## Ideas

### SELF CARE AND BEAUTY

- ☐ Manicure or Pedicure
- ☐ Style Hair
- ☐ Wash and Moisturize Face
- ☐ Mental Health Check
- ☐ Self Care
- ☐ Make Up
- ☐ Hobbies
- ☐ No Phone Time
- ☐ Daily Journaling
- ☐ Compliment Myself
- ☐ Laugh Today
- ☐ Watch 1 Episode of Favorite Show
- ☐ Read
- ☐ Learn Something New

### FAMILY AND RELATIONSHIPS

- ☐ Read To Child
- ☐ Quality Time with Family
- ☐ Educational Play with Kids
- ☐ Compliment my Husband
- ☐ Call a Family Member
- ☐ Call a Friend

### HOME AND FAMILY CARE

- ☐ Eat Breakfast
- ☐ Cooked Dinner
- ☐ Packed Lunch
- ☐ Cleaned House
- ☐ One Load of Laundry
- ☐ Walk Dogs
- ☐ Play With Cats
- ☐ Declutter

### MONEY AND PRODUCTIVITY

- ☐ No Spending
- ☐ Pay Bills
- ☐ Create Daily To Do's the Night Before
- ☐ Finished To Do List

### HEALTHY

- ☐ No Cigarettes
- ☐ Drank Water
- ☐ Exercised
- ☐ No Soda
- ☐ No Alcohol
- ☐ Veggie Servings
- ☐ Fruit Servings

### TRY SOMETHING NEW

- ☐ Try a New Craft or Hobby
- ☐ Smile at a Stranger
- ☐ Talk to a Stranger
- ☐ Exercise Brain with puzzles
- ☐ Exercise Brain with memory games

### BUSINESS

- ☐ Wrote for Blog
- ☐ Marketed Business
- ☐ Social Media Posts
- ☐ Created new Products
- ☐ Updated Products
- ☐ Pinterest Pinning
- ☐ Daily Brain Dump



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# Weekly Reflection

Week \_\_\_\_\_



This Week Was



What's Going Well?

What to Improve Upon?

Financial Goals

3 Wins This Week

1

2

3

Action Steps to Take



Notes



The Partnership  
for a Healthier Carroll County

HealthyCarroll.org



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## 60 Health and Wellness Activities

- ◇ Eat (3) servings of fruits
- ◇ Eat (3) servings of vegetables
- ◇ Make (1/2) your grains whole grain
- ◇ Drink 64oz of water
- ◇ Contact a friend/relative
- ◇ Go for a walk
- ◇ Make a doctors appointment
- ◇ Therapy
- ◇ Meditate
- ◇ Make your breaks active
- ◇ Create a financial plan/goal
- ◇ Track food
- ◇ Take the stairs
- ◇ Join a workout class
- ◇ Join a club
- ◇ Donate blood
- ◇ Unplug from electronics
- ◇ Volunteer
- ◇ Cook
- ◇ Form a sleep routine
- ◇ Practice good posture
- ◇ Sign up for an event
- ◇ Make a “To Do” list
- ◇ Schedule in some “Me Time”
- ◇ Meal prep for the day/week
- ◇ Practice daily gratitude
- ◇ Catch up with your favorite TV show
- ◇ Journal
- ◇ Spend time in nature
- ◇ Get a massage
- ◇ Acupuncture
- ◇ Practice deep breathing
- ◇ Wake up earlier
- ◇ Revisit a hobby/interest
- ◇ Detox from social media
- ◇ Listen actively when someone else is talking
- ◇ Stand while working (standing desk)
- ◇ Read
- ◇ Learn something new
- ◇ Have a meatless meal
- ◇ Try a yoga pose
- ◇ Declutter
- ◇ No Soda
- ◇ No Alcohol
- ◇ Mental Health Check
- ◇ Talk to a stranger
- ◇ Practice mindful eating
- ◇ Take a music break
- ◇ Give at least one compliment every day
- ◇ Take a prediabetes quiz
- ◇ Try a different route to school/work/home
- ◇ Fix something that is broken
- ◇ Donate to a charity
- ◇ Commit to laughing more
- ◇ Make it a point to eat dinner together as a family
- ◇ Aim for 10,000 steps/day
- ◇ Avoid heavy meals close to bedtime
- ◇ Workout during TV commercials
- ◇ Schedule annual physical exam
- ◇ Stick to grocery list



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