

Workplace Wellness Initiatives

Municipal
Joint
Insurance
Fund



South Jersey Communities Securing Their Future

February 2020

Activities

CHALLENGES

- Football Fitness
- Healthy Lifestyle for Permanent Weight Loss
- Hydration Challenge
- Step Challenge
- One Mile a Day Challenge
- Plank Challenge
- T-shirt Wellness Slogan Contest
- Chili Cook Off or Healthy Tailgate Lunch

JUST FOR FUN

- Family Feud, Jeopardy, Bingo, Trivia Questions
- “Walking Wednesday” or “Wellness Wednesday”
- Healthy Recipe Swap
- Employee Managed Raised Box Garden
- Team Building Activities:
 - ⇒ *Escape Rooms, Axe Throwing, Bowling, Paint Night, 5K Race*
- Gratitude Board/Wall
- Start a Book Club or Walking Club
- Monthly Clothing Theme:
 - ⇒ *Pink in October, Red for Heart Month*
- Update Wellness Bulletin Board with Different Themes Throughout the Year

PRESENTATIONS

- Smoking/Vaping/Chewing Cessation
- Local Chiropractic or Acupuncture Education
- Chair Massages or Reflexology for Stress Management
- Nutritionist
- Cooking, Yoga, Meditation Demonstrations
- Grocery Store Tour with Dietician
- Smoothie Demonstration with Sampling and Recipes
- Health Fairs
- Examples of Other Various Wellness Topics:
 - ⇒ *Decoding the Nutrition Label*
 - ⇒ *Beginner Meditation & Mindfulness*
 - ⇒ *Sleep Hygiene*
 - ⇒ *Workplace Ergonomics*
 - ⇒ *Basic Office Exercises*

PREVENTION

- Annual Biometric Screenings
- Annual Mammogram Van Visit
- Quarterly Blood Pressure Screenings Through Your County or Municipality EMT or Fire Department
- Flu Clinics

FOR MORE INFO VISIT THE WELLNESS SECTION ON YOUR MUNICIPAL JIF WEBSITE:
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Workplace Wellness Initiatives

JIF Approved Wellness Items

HEALTHY FOODS*

- Monthly Fresh Fruit or Vegetable Trays:
⇒ *To Serve During Presentations*
- Healthy food for “Farmers Market Day”
- Farm Market/Co-op Gift Certificates
- Healthy Meal Subscription Box
- Water
- Healthy Snacks:
⇒ *Almonds, Walnuts, Trail Mix, Seeds, Fruits and Vegetables*
- Try a New Recipe from the Monthly Wellness Newsletter!

DE-STRESS

- Create an Employee “Quiet Room” with Sound Machine, Salt Lamp, Comfortable Chairs, Relaxing Music, Inspirational Posters, Eye Pillows, Dim Lighting, Essential Oil Diffuser, Motivational Books
- Create a Gratitude Board
- Download a Meditation App
- Healthy Magazine Subscription
- Break Room De-Stressors:
⇒ *Community Puzzle, Word Search, Sudoku & Crossword Puzzle Books, Coloring Books, Healthy Magazines*

INCENTIVES/DOOR PRIZES

- Exercise Equipment:
⇒ *Resistance Bands, Dumbbells, Yoga Mat*
- Office Treadmill or Bicycle for Lunch Break Use
- Exercise Tracking Devices
- Gym Bag
- Lunch Coolers
- Vacuum Water Bottles
- Cover Registration Fee for Local Races
- Offer Gym Reimbursement
- Massage/Spa Day Gift Certificates
- Gardening Tools
- Camping Equipment
- Kitchen Appliance for Healthy Cooking:
⇒ *Blenders, Air Fryer, Pressure Cooker*

ERGONOMICS

- Standing Desk
- Ergonomically Correct Office Chairs
- Active Sitting Discs
- Screen Glare Protector
- Ergonomic Chairs/Keyboards/Mouse

PROTECT YOURSELF

Wrist Blood Pressure Machine • Bike Helmet • Running Hat/Visor • Sports Sunglasses • Sunscreen

*Please check with your Wellness Director prior to selecting food to purchase for reimbursement

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