



## Staff Wellness

Having a healthy staff is part of creating a culture of wellness at your school. School personnel who make healthy choices themselves are more likely to advocate for nutrition and physical activity for their students. Also, students really look up to their teachers, so if your school's staff lives a healthy lifestyle, kids will surely notice.

As stated by the Alliance for a Healthier Generation, potential benefits of school employee wellness programs include:

- Decreased employee absenteeism
- Attractiveness to prospective employees
- Lower health care and insurance costs
- Healthy role models for students
- Increased employee retention
- Positive community image
- Improved employee morale
- Increased productivity
- Fewer work-related injuries
- Increased motivation to teach about health
- Fewer worker compensation and disability claims
- Increased motivation to practice healthy behaviors



## Staff Wellness Ideas

- Promote the stairs as an easy way to fit in some activity. Posting signs outside the elevators to choose the stairs whenever possible can make a big difference!
- Encourage faculty and staff to park further away. Remind them of some simple steps that help overall wellness, including parking further from the entrance to the building
- Have a wellness challenge. This can be a huge morale booster and motivator to get people excited about getting in shape! Have a contest for the biggest weight loss or percent body fat loss. Give away a spa certificate to the person who records the most steps using a pedometer or records the greatest number of workouts in a period of time. Make it fun!
- Group Fitness. Consider outsourcing a fitness leadership group to lead a fitness class at lunch or after work. Another great team building motivator.
- Corporate memberships. Consider working with the local fitness facility to set up a corporate deal for your employees.
- Fitness Facility. If your school has the means, and has the space, consider adding a fitness facility on-site. If your school already has a quality fitness center, be sure to make this accessible for faculty and staff.
- Charity Walks and Relays. Get everyone to participate in a walk or run to raise funds on behalf of the school.
- Extend your programming to include employees' families. One option is to create family health days for your employees. Do this on a Saturday and create a multiple sport event where families can play soccer, baseball, ultimate Frisbee etc.
- Desk Exercise Ideas:
  - Neck Rolls—drop your head to one side, roll it around in a wide circle, and switch directions. Slowly find your tight spots. Hold and breathe, letting your breath release the tightness.
  - Clean it out! Mess=stress, so clean out your desk, workspace, classroom, car, etc.
  - Sit on an exercise ball instead of a chair
  - Massage—place both hands on your shoulders and neck, squeeze with your fingers and palms, and rub vigorously.



## Additional Staff Wellness Resources

Workplace Stretches:

<http://blog.spafinder.com/10-ways-increase-workplace-wellness/>

Video demonstrating desk exercises:

<http://www.ahealthiermichigan.org/2012/05/30/wellnessweds-10-exercises-to-do-at-your-desk/>

Alliance for a Healthier Generation – Workplace Wellness Toolkit:

<https://www.healthiergeneration.org/>

LiveWell Workplace Toolkit:

[CATCH | Coordinated Approach To Child Health](#)

Center for Disease Control, Healthier Worksite Initiative page:

<http://www.cdc.gov/nccdphp/dnpao/hwi/index.htm>

Positive Eating Tips:

[http://www.zonya.com/healthtips\\_positive.html](http://www.zonya.com/healthtips_positive.html)